

Course Syllabus

Course: **Mental Health and Wellness**

Course Title: Mental Health and Wellness

School Level: Middle School and High School

Course Purpose & Objective:

Having a positive mindset and a healthy outlook on life can empower you to overcome life's challenges, pressures, and demands. In this course, you will learn the importance of keeping a healthy mind and that challenging life events can make you stronger. Get ready to hack your brain.

Description:

Mental Health & Wellness is a course designed to reinforce and empower a student's overall mental health, especially in times of crisis or trauma. This course is designed to help students cope with difficult situations, self-soothe, and manage conflicting emotions. It seeks to give students the tools they need to keep their mind and well-being safe and sound.

Resiliency is essential for our development as citizens of the modern world. In this course, students will upgrade their self-management tool kit. They explore topics from anger management and bullying to dealing with family challenges and the impact of diversity on our society. Throughout the course, students add to this personal tool box of life skills, by exploring the social and emotional skills and strategies that will help them overcome adversity and life obstacles.

Success in life comes from overcoming personal, professional, and social challenges. In this course, students hear stories of success and reconciliation and learn strategies to cope when these kinds of challenges arise.

By participating in this course, students build a framework for citizenship, embrace the value of diversity, and learn how to appropriately use their voice to fight against injustices. Upon completing this course, students will understand the value of resiliency and how to utilize a framework for working through life challenges, enabling them to lead a meaningful and fulfilling life.

Course Outcomes:

After completing this course students will be able to:

1. Understand how to utilize different communication skills, manage your emotions, anger and thoughts and harness self-awareness and self-esteem.
2. Identify aspects of bullying, overcome bullying through unique techniques, become a champion to others in need and evaluate the different effects bullying has on everyone.
3. Create a healthy mental framework for citizenship, embrace the need for diversity, respect and value peace officers and evaluate different aspects of social justice.

4. Generate healthy mindsets regarding trauma, create a plan for how to handle different family challenges, build resiliency and overcome barriers to mental wellness.

Course Outline:

Unit 1: Upgrade Yourself
Unit 2: Transforming Bullying
Unit 3: Social Impact
Unit 4: Overcoming Adversity

Resources Included:

Lesson content is embedded directly in the course and can be removed or reordered within the system. No additional costs or materials are needed to complete this course.

Scoring System:

The default grading weight in the Edgenuity LMS is as follows:

Quizzes: 10%

Assignments (Call to Action, Assessment and Reflection, and Mentor Activity): 90%

Total: 100%

All grading weights may be modified by checking the box of the desired course or module and choosing “Edit Course Options” from the drop-down bar that appears. Educators also have the option to customize courses to add/remove/etc. activities and designate their category for the grade weight.

Graded Assignments:

- Call to Action Assignments
- Wrap-Up – Assessment and Reflection
- Wrap-Up – Quiz
- Wrap-Up – Mentor Activities

Course Implementation & Schedule:

This course is comprised of 20 lessons and can be implemented in a single semester, trimester, or a full year of instruction. Courses are flexible and can be offered fully online, hybrid, or whole classroom. Lessons are sequenced purposefully within a unit, to ensure connections between larger ideas and concepts within that unit. However, all units and lessons can be customized into any order that suits the implementation.