 Psychology 20.7 Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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|  | **Fully meeting expectations, with enriched understanding (EU)** | **Fully meeting grade level expectations (FM)** | **Mostly meeting grade level expectations (MM)** | **Not yet meeting grade level expectations (NY)** |
| **P20.7 Investigate connections between mental health and personal environment in relation to holistic development and behaviour.** | You can thoroughly investigate connections between mental health and personal environment in relation to holistic development and behaviour.You might be: * Investigating common misconceptions that can have an impact on accessing mental health treatments and resources and develop a project (e.g., Public Service Announcements, video, advertisements, pamphlet, picture book) to dispel negative perceptions.
 | You can investigate connections between mental health and personal environment in relation to holistic development and behaviour.You show this by:* Demonstrating an understanding of worldview and how it influences behaviour (yours or others). Give specific example from each of the areas (mental, physical, spiritual, emotional, financial, etc.)
* Discussing why it is important to self-esteem that it is approached in a holistic manner.
* Evaluating how stress and anxiety (e.g., financial, family, social, work, nutrition, physical health) can impact emotional health.
* Examining the impact of addiction on one’s relationships.
* Examining the correlation between drug, alcohol, chemical use and effects on one’s mental health.
* Investigating the impact and consequences of substance misuse on the adolescent brain development.

You support your investigation with relevant details and examples.  | You are exploring and practicing investigating connections between mental health and personal environment in relation to holistic development and behaviour.You may be: * Reviewing worldview (Medicine Wheel)
* Re-examining causes and effects of stress and anxiety.
* Reviewing methods of coping mechanisms
* Listing Mental health resources for dealing with stress, anxiety, or substance abuse.
* Re-examining why it is important to approach mental health from a holistic point of view.
* Revieing resiliency.
 | You are having trouble investigating connections between mental health and personal environment in relation to holistic development and behaviour. Consider: * What is meant by worldview?
* What are the areas included in worldview?
* What does holisitc mean?
* What is stress?
* What is anxiety?
* What are coping mechanisms? (healthy and non-healthy)
* What is substance misuse?
* What are misconceptions?
* How can misconceptions affect our worldview?
* What does it mean to be resilient?
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Feedback: