 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? |

Feedback: