

Psychology 12 Lesson 21

Review from last Class: (lesson 20)

Journal entry #20 Mood disorder - lived <https://www.youtube.com/watch?v=mpE-oaix5kA>

Mood Disorders Power Point -Last three slides from last class

Mood Disorder Assignment:

Find a song in which its lyrics express a mood related disorder:

In a Power point or Presi presentation:

1. List the artist and song title and supply a YouTube hyper link to the song. (5 marks)
2. Explain how the song relates to a mood disorder. (5 marks)
3. What might you do for yourself or someone who is experiencing such a disorder to help them - List five things (5 marks)
4. What are somethings you should not do or say to help someone (5 marks)
*Include your first and last name in the title followed by the words Mood Disorder Assignment
Example: John Dradger Mood Disorder Assignment (5 marks)
Total (25 marks)

Today's Class: Lesson 21

Journal Entry #21 Mental Health and Emotional Hygiene https://www.ted.com/talks/guy_winch_the_case_for_emotional_hygiene

What can you do to improve your emotional hygiene?

Presentations on Mood Disorders – Self Evaluations

Psychological Disorder Final Assignment (See Marking Sheet for Criteria)

Catch up, Reading in Dibbs