

Psychology 12 Lesson 22

Review from last 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

Today's Class: Lesson 22

Journal Entry #22 Rate your mood 1 to 5 (1 being very low and 5 being very high)

Think of a funny memory or story and write it down. What exactly was the funniest part? Rate your mood again, any change?

Student progress reports

Psychological Disorder Final Assignment (See Marking Sheet for Criteria)

Catch up work, Reading in Dibbs