

Psychology 12

Final Psychological Disorders Assignment: Marking Sheet

Pick a psychological disorder that a high school student you know of suffers from and prepare a two page report (250-500 words) in which you discuss: Please note students may choose to use an alternate medium to fulfill the following criteria. Poster, song, recorded interviews, skits, song and dance, skit etc.

- the symptoms and effects of the disorder, possible or probable causes,
- Unknown things about the disorder (questions that need to be answered) what research needs to be done (5)
- treatment options, identify best treatment option (5)
- cost of treatment, DSM 5 diagnostic criteria and designation/title (5)
- Include comments explaining what stigma is associated with this disorder and what is most difficult for high school students with this disorder in relationships with their peers? Include comments explaining what would cause a student with this disorder to feel most supported by their peers in general and in coping with their symptoms. (Address school cultural issues) (14)
- provide a statement as to what strategies you personally plan to implement (20 bonus marks for actually implementing it) to change school culture to break down stigma associated with the disorder and how you will do it. Imagine/Create strategies that attempt to normalize mental health symptoms and build a community of support for mental health related challenges and or disorders (15)

Example: Create a poster or a YouTube video that highlights the points below:

Getting a cut on your body is common likely everyone gets a cut at some time in their life and we know what to do... We can recognize it and distinguish between major and minor cuts and we know what to do for both:

-minor cut (small not too deep or long, small amount of blood) = Band-Aid

-major cut (longer or deeper cut, fair bit of blood) put something on it pressure and get help

Feeling Depressed is Common likely everyone feels depressed at some time in their life and we know what to do... We can recognize it and distinguish between major and minor depression and we know what to do for both:

-minor depression (feeling sad, empty, hopeless, down, blue, low mood, diminished pleasure in life, feelings of worthlessness, trouble sleeping or sleeping all the time, weight loss or gain with no diet change, unmotivated, loss of interest, withdraw from people and activities lasting a longer time -more than two weeks Feelings are causing impairment in job or school performance) talk to friends/supportive people and or family, give yourself permission to just feel the feelings and know they will soon pass.

-major depression (feeling sad, empty, hopeless, down, blue, low mood, diminished pleasure in life, feelings of worthlessness, trouble sleeping or sleeping all the time, weight loss or gain with no diet change, unmotivated, loss of interest, withdraw from people and activities lasting a longer time -more than two weeks Feelings are causing impairment in job or school performance) talk to friends/supportive people and get some professional help from a counsellor, family doctor, social worker.

-spelling /grammar (make it readable) (1)

-sources used (Bibliography) (5)

