



Marietta City Schools

District Unit Planner

AP Psychology

Unit title	Unit 5: Physical and Mental Health	Unit duration (hours)	15-25% Exam 9 Days 5 AP Exam Review
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Mastering Content and Skills through INQUIRY (Establishing the purpose of the Unit): *What will students learn?*

GA DoE Standards

5.1 Introduction to Health Psychology

5.2 Positive Psychology

5.3 Explaining and Classifying Psychological Disorders

5.4 Selection of Categories of Psychological Disorders

5.5 Treatment of Psychological Disorders

GSE: SSPBC2; SSPBC3

SSPFR2; SSPSP1d

Map and Globe Skills:

12. compare maps with data sets (charts, tables, graphs) and /or readings to draw conclusions and make generalizations

Information Processing Skills:

7. interpret timelines

16. check for consistency of information

SS Reading Skills:

L11-12RHSS4

L11-12RHSS7

SS Writing Skills:

L11-12WHST1; L11-12WHST2

MCS Gifted Stds:

S4A, S4B, S4C, S5A, S5B, S5C, S5D

Essential Questions

Stress and Coping

- How does stress affect mental and physical health?
- What are the main sources of stress, and how do they impact individuals differently?
- How do biological, psychological, and social factors influence stress responses?
- What are effective coping strategies for managing stress?

Psychological Disorders

- What criteria are used to define abnormal behavior?
- How do psychological disorders develop, and what are the key factors (biological, psychological, social) contributing to them?
- What are some common misconceptions about mental health disorders?
- How does culture influence the perception and diagnosis of mental disorders?

Treatment of Psychological Disorders

- What are the major types of psychological therapies, and how do they work?
- How do biomedical treatments (e.g., medications, electroconvulsive therapy) differ from psychotherapeutic approaches?
- What role do ethics play in the treatment of mental health disorders?
- How do we evaluate the effectiveness of different treatments for psychological disorders?

Health Psychology and Lifestyle Choices

- How do lifestyle choices (e.g., diet, exercise, sleep) impact both mental and physical health?
- What role does behavior play in the development and prevention of health problems?

- How do health psychologists work to promote wellness and prevent illness?
- How do social factors, like socioeconomic status and cultural beliefs, influence health behaviors and outcomes?

Mind-Body Connection

- What is the relationship between mental health and physical health?
- How do psychological factors influence the immune system and vulnerability to illness?
- How can positive mental health practices enhance physical well-being?

Assessment Tasks

List of common formative and summative assessments.

Formative Assessment(s):

- Disorder Quiz
- Character Case
- Study Diagnosis Project
- Therapies Quiz
- Skits/Tableaus on Anxiety Disorders
- Role Play Formative

Summative Assessment(s):

- Therapy Project- The Doctor is in
- Unit 5 Summative
- Unit 5 EBQ and Unit 5 AAQ
- AP Exam Review Cram Packet
- Group Review Games per unit.

Learning Experiences

Add additional rows below as needed.

Objective or Content	Learning Experiences	Personalized Learning and Differentiation All information included by PLC in the differentiation box is the responsibility and ownership of the local school to review and approve per Board Policy IKB.
Introduction to Health Psychology	A walk around the block simulation. Notes for All Unit 5. Class discussion On deviant vs. distressful vs dysfunctional vs insanity to introduce DSM. Being Sane in Insane Discuss the Rosenhan Study- https://www.youtube.com/watch?v=D8OxdGV_7lo	Read Developmental Issues, Prenatal Development, and the Newborn Read Physical and Cognitive Development of Infancy and Childhood Pre-teach academic vocabulary through flipped learning homework
Positive Psychology	1. Gratitude Journals <ul style="list-style-type: none">● Activity: Students keep a gratitude journal for one week, writing down three things they're grateful for each day.● Objective: Highlight the impact of gratitude on mood and overall well-being. 2. Random Acts of Kindness <ul style="list-style-type: none">● Activity: Encourage students to perform small acts of kindness throughout the week and reflect on their experiences and how it affected their mood.● Objective: Show how prosocial behavior and kindness boost personal well-being and foster positive relationships. 3. Signature Strengths Identification	Scaffolded learning via chunking information

- **Activity:** Have students take a strengths survey, such as the VIA Character Strengths Test, to identify their top strengths and discuss how they can use these in daily life.
- **Objective:** Increase self-awareness and help students understand the role of strengths in promoting a fulfilling life.

4. Mindfulness Meditation Session

- **Activity:** Lead a short mindfulness meditation or use an app like Headspace. Reflect as a class on how mindfulness might contribute to mental clarity and emotional regulation.
- **Objective:** Teach the benefits of mindfulness for reducing stress and improving focus.

5. Best Possible Self Exercise

- **Activity:** Ask students to write about their “best possible self” five or ten years in the future and imagine how they can achieve this vision.
- **Objective:** Enhance optimism and goal-setting by visualizing a positive future.

6. Positive Psychology Film Analysis

- **Activity:** Watch clips from films like *Inside Out* or *The Pursuit of Happyness* and analyze the positive psychology themes present, such as resilience, growth, or optimism.
- **Objective:** Explore real-life applications of positive psychology concepts.

7. Savoring the Moment Exercise

- **Activity:** Assign students a task to intentionally savor a moment (e.g., during a meal or spending time in nature) and then reflect on how they felt.
- **Objective:** Encourage students to practice savoring to enhance joy in everyday experiences.

	<p>8. Positive Relationships Discussion</p> <ul style="list-style-type: none"> ● Activity: Discuss what makes a positive relationship and have students identify examples in their lives. They can also reflect on how they can nurture these connections. ● Objective: Highlight the impact of relationships on well-being and social support. <p>9. Growth Mindset and Grit Reflection</p> <ul style="list-style-type: none"> ● Activity: Discuss Carol Dweck’s growth mindset theory and Angela Duckworth’s concept of grit. Students can then reflect on a personal experience where they persevered through a challenge. ● Objective: Emphasize the importance of resilience, perseverance, and adaptive mindset for long-term success. <p>10. Weekly Check-In on “Three Good Things”</p> <ul style="list-style-type: none"> ● Activity: Each week, have students write down three positive things that happened and share how these moments made them feel. ● Objective: Train students to notice the positives in life, increasing their sense of gratitude and well-being over time. 	
<p>Explaining and Classifying Psychological Disorders</p>	<p>Disorder Research and Presentation</p> <ul style="list-style-type: none"> ● Activity: Assign each student or group a specific psychological disorder to research, using the DSM-5 criteria. Students should prepare a presentation covering symptoms, prevalence, causes, and treatment options. ● Objective: Familiarize students with various disorders, helping them understand diagnostic criteria and distinguishing features. <p>2. Symptom and Disorder Matching Game</p> <ul style="list-style-type: none"> ● Activity: Create cards with symptoms on one set and disorders on another. 	<p>Read Cognitive and Moral Reasoning.</p> <p>Read Social Development of Infancy and Childhood</p> <p>Read Adolescence and Social Development</p> <p>Learning through role play</p> <p>Self-directed learning by way of problem-based learning</p>

Students work in pairs or small groups to match symptoms to the correct disorder.

- **Objective:** Reinforce understanding of symptom clusters and classification, improving diagnostic reasoning.

3. Case Study Analysis

- **Activity:** Present case studies that describe individuals exhibiting certain symptoms. Students discuss and determine possible diagnoses, referring to DSM-5 criteria. Follow up with a discussion about differential diagnosis.
- **Objective:** Develop critical thinking and diagnostic skills by practicing with realistic scenarios.

4. “Misconceptions vs. Facts” about Mental Illness

- **Activity:** Present common misconceptions about mental illness and have students identify or research the correct facts. Discuss the impact of stigma and misinformation on individuals with psychological disorders.
- **Objective:** Encourage empathy, dispel myths, and educate students about societal views and challenges.

5. Role-Playing Diagnostic Interviews

- **Activity:** In pairs, students role-play a clinical interview, with one acting as a psychologist and the other as a patient exhibiting symptoms of a chosen disorder. The “psychologist” must ask questions to narrow down a possible diagnosis.
- **Objective:** Help students understand the diagnostic process and develop empathy by “experiencing” symptoms.

6. Creating a DSM-5 Mini Guide

- **Activity:** Assign students to create a mini-guide to selected DSM-5 disorders. Each entry should include symptoms, diagnostic criteria, and potential treatment options.
- **Objective:** Deepen understanding of the DSM-5 and its organizational structure by

creating a quick-reference resource.

7. “Theoretical Perspectives” Analysis

- **Activity:** For various disorders, students explore different theoretical perspectives (e.g., biological, cognitive, psychoanalytic, behavioral) to explain possible causes.
- **Objective:** Show how disorders can be understood from multiple perspectives and reinforce the biopsychosocial approach to mental health.

8. Group Debate on Diagnosis Challenges

- **Activity:** Divide students into groups to debate the complexities of diagnosis (e.g., cultural differences, stigma, overlapping symptoms) and ethical considerations in labeling individuals.
- **Objective:** Discuss the challenges of classification and the importance of cultural sensitivity and ethical concerns in diagnosis.

9. Media Representation Analysis

- **Activity:** Watch clips from movies, shows, or documentaries that portray characters with psychological disorders. Discuss how accurately these portrayals reflect the symptoms and diagnostic criteria.
- **Objective:** Build media literacy around psychological disorders and challenge stereotypes or inaccuracies in popular culture.

10. Disorder Family Tree Activity

- **Activity:** Have students create a “family tree” of related disorders (e.g., mood disorders, anxiety disorders) that maps out symptoms and differentiates each type within the category.
- **Objective:** Visually organize disorders by category and understand how symptom clusters create distinct diagnostic groups.

<p>Selection of Categories of Psychological Disorders</p>	<p>PPT - Anxiety Disorders Walk in our Shows- Show website and listen to one story of each:</p> <ol style="list-style-type: none"> Phobias- Jesse and Emma Panic Disorder- Andrea and Ben Generalized Anxiety Disorder (GAD)- Jasmine and Mitchell PTSD- Eric and Lucie OCD- Debbie and Jamal <p>The Mind Explained... Anxiety https://www.netflix.com/watch/81062190?trackId=13752289&tctx=0%2C0%2C6dff2283c0907751ccc6a%3A8750e4b2a7140de9e73b87f4d30320900aec9701%2C%2C</p> <p>Mood Disorders PPT</p> <p>Excerpts of a Beautiful Mind. Powerpoint: Schizophrenia and Other Disorders Teen Medical Mystery: https://www.youtube.com/watch?v=gbQK8uclAw Read and discuss the story in Myers Text Mark from Plotnik. Dissociative Identity Disorder Part 1: https://www.youtube.com/watch?v=YXuG2z139yA Part 2: https://www.youtube.com/watch?v=6XIKOC-WnZo</p>	<p>Read Culture, Gender, and Other Environmental Influences .</p> <p>Self-directed learning by way of problem-based learning</p> <p>Reading in partners and pairs, table sets and individually.</p> <p>Extended learning via Crash course and Edpuzzle videos</p>
<p>Treatment of Psychological Disorders</p>	<p>Review Twin and Adoption studies with genetic predisposition on factors to produce schizophrenia.</p> <p>Dinner Party for Personality Disorders.</p> <p>FRQ</p> <p>6 groups to present Perspective on therapies:</p> <ol style="list-style-type: none"> Psychoanalytic therapy Humanistic therapy Behavioral therapies Cognitive therapies Drug therapies Other Biomedical therapies 	<p>Extended learning via TEDTalk and Edpuzzle videos</p> <p>Teacher centered notes with guided notes and class discussion built in.</p> <p>Individual student choice and listening processing.</p> <p>Table talks.</p>

	The Doc is In Case Study Diagnosis Game	
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Content Resources		
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AP Classroom, Barron's AP Psychology, Myers Understanding Psychology Updated 3rd Edition. Ppt and Prezi Notes, Quizlet, Kahoot, Quizziz and Blookets review for all units.		
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