

PROJECT OVERVIEW

Name of Project: Your Mind Matters		Duration (days): 4-6 weeks		Written For: ☒ Period Schedule ☐ Trimester ☐ Block Schedule ☐ Semester	
Subject/Course: JAG class	Teacher(s): Amanda Harvey	State: MO	Grade Level(s): ☐ 7/8 ☐ Alternative Ed. ☐ 9/10 ☐ Out of School ☒ 11/12 ☐ Any		
Other Subject Areas to be Included: Public Speaking, Graphic Design, Health					
Project Summary What will the students be doing? What challenges will they face? What is the purpose?		Students will first learn about the importance of teenagers handling stress, coping techniques, & positive & negative mental health behaviors. This can be done by a presentation from a mental health professional and/or completion of an online course such as Everfi's Mental Health Awareness. After they understand the importance of mental health awareness they will work in small groups of 3-4 to brainstorm & create a presentation that is two parts: 1. Summary of mental health stats, tips, and techniques to share with other teens, and 2. ideas for activities that encourage healthy habits that JAG members would like to learn more about. Then JAG students will divide into committees to complete the following: 1. plan activities (field trips, guest speakers, etc) for JAG members to learn about healthy habits, 2. use their knowledge to create & present about mental health awareness to younger teens, and 3. create a campaign to inform others in their high school about mental health awareness.			
Driving Question What problems/questions will students be learning about?		Why is positive mental health important? How can we help other teens recognize the importance of mental health awareness?			
Entry Event How will you introduce the topic in an engaging way?		Reach out to a mental health professional to come and speak with your JAG students about the importance of mental health and coping techniques for managing stress. Recommended speakers include Burrell Behavioral Health, school counselors and/or psychologists, and independent psychologist/counselors serving your community.			

Public Product How will students be able to demonstrate what they have learned?	Team: After learning about mental health the students will work in small groups to summarize the information they learned & brainstorm ideas for healthy habits. After all groups present their ideas to their classmates they will each join a committee they are most interested in. Committee work includes: 1. preparing a presentation for incoming freshmen or a middle school junior high audience 2. planning and implementing a school wide mental health awareness week, and 3. planning activities for JAG members to participate in to improve their mental health.	Presentation Audience X Class X School ☐ Community ☐ Experts ☐ Web X Other: Incoming freshman or middle school/junior high students
	Individual: By being involved in group activities and presentations to others, students will demonstrate their understanding, and a written reflection of the unit will summarize what they have learned.	

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Competency Attainment What competencies should students understand, know, and be able to do as a result of this PBL?	What competencies will you introduce in this project? (Level 1): F. 35 Demonstrate ability to assume responsibility for actions and decisions F. 37 Develop a healthy self-concept for home, school, and work What competencies will be in progress during this project? (Level 2): C. 17 Demonstrate time management C. 18 Follow directions D. 21 Comprehend verbal communications D. 22 Comprehend written communications D. 23 Communicate in writing D. 24 Communicate verbally E. 26 Demonstrate team membership E. 27 Demonstrate team leadership E. 28 Deliver presentations to a group E. 30 Demonstrate commitment to an organization F. 36 Demonstrate a positive attitude
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	What competencies will students be able to demonstrate mastery by the end of the project? (Level 3): D. 21 Comprehend verbal communications D. 22 Comprehend written communications D. 23 Communicate in writing D. 24 Communicate verbally E. 28 Deliver presentations to a group		
Formative Assessments (Check all that apply or add your own) How will you assess student learning throughout the PBL?	☐ Checklists	☐ Notes	X Plans/Outlines/Prototypes
	☐ Concept Maps	☐ Online Test/Exams	☐ Quizzes/Tests
	X Journal/Learning Log	X Practice Presentations	☐ Rough Drafts
	X Other (see PBL Library for ideas): Daily bellwork with questions related to mental health & mental health awareness.		
Summative Assessments (Check all that apply or add your own) How will you assess student learning at the completion of the project?	☐ Essay	X Oral Presentation w/Rubric	X Peer Evaluation
	☐ Multiple Choice/Short Answer Test	☐ Written Final w/ Rubric	☐ Self-Evaluation
	X Other (see PBL Library for ideas): A written reflection upon completion of the project to summarize what they learned by participating.		
Reflection Methods (Check all that apply or add your own) How will you provide intentional opportunities for students to reflect on learning throughout the PBL?	X Journal/Learning Log	☐ Fishbowl Discussion	☐ Survey
	X Whole-Class Discussion	☐ Focus Group	
	☐ Other (see PBL Library for ides): Click here to enter text.		

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Career Association How will you build student leadership into the PBL? Think of natural ways to build leadership, extend ownership, and empower your students through this project.	Which CA Goal(s) will be covered in this PBL? ☒ Leadership ☒ Community Service ☐ Career Prep ☐ Civic Awareness ☒ Social Awareness ☐ Fundraising ☐ Other: Click here to enter text.	What roles will your officers lead in planning? Leadership: Will work with the Specialist to identify & plan healthy habit activities that JAG members are the most interested in Community Service: Will work with the Specialist to prepare, proof, and schedule the presentation about mental health concepts to younger students Career Prep: Click here to enter text. Civic Awareness: Click here to enter text. Social Awareness: Will work with the Specialist to implement mental health awareness campaign to high school students Fundraising: Click here to enter text. Other: Click here to enter text.
		How will you incorporate committees, or the rest of your class? Leadership: Will work with a team of JAG members to focus on creation and completion of one specific activity of the project (Ex: Planning activities for JAG members to learn coping strategies to improve mental health such as yoga workshop, healthy eating, outdoor field trip to include hiking, etc.) Community Service: Will work with a team of JAG members to focus on creation and completion of one specific activity of the project. (Ex: Organizing & implementing the sharing of mental health awareness within the school & creating materials such as flyers, bulletin board designs, etc.) Career Prep: Click here to enter text. Civic Awareness: Click here to enter text. Social Awareness: Will work with a team of JAG members to focus on creation and completion of one specific activity of the project. (Ex: Creation of mental health presentation to share with younger students) Fundraising: Click here to enter text. Other: Click here to enter text.
Which Career Pathways will be incorporated into this PBL?		Which employers/businesses will you work with throughout this project? Mental health providers and businesses related to healthy habits (fitness gyms, yoga studios, juice cafes, art studios, etc.)

☐ Agriculture, Food & Natural Resources ☐ Architecture & Construction ☒ Arts, A/V Technology & Communications ☐ Business Management & Administration ☐ Education & Training ☐ Finance ☐ Government & Public Administration ☒ Health Sciences ☐ Hospitality & Tourism	☒ Human Services ☐ Information Technology ☐ Law, Public Safety, Corrections & Security ☐ Manufacturing ☒ Marketing ☐ Science, Technology, Engineering & Math ☐ Transportation, Distribution & Logistics		
Employer Engagement Strategy How will you utilize employer connections to increase relevance?	Circle One: ☐ Meet and Greet ☒ Classroom Presentation ☐ Project Observation ☐ Skype/Webinar ☐ Mock Interview ☐ Other: Click here to enter text.	Circle Two: ☐ Service Learning ☒ Company Tour ☐ Mentoring ☐ Co-Develop PBL/Scaffolding ☐ Critique of Public Product ☒ Other: Field Trip	Circle 3: ☐ Job Shadow ☐ Limited Time Work Experience ☐ Pre-Apprenticeship ☐ Internship/Apprenticeship ☐ Summer Job ☐ Other: Click here to enter text.

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Scaffolding <i>*this is a high level overview, details can be found in the Student Learning Guide</i> What lessons, exercises, and activities will be integrated into the project that build a student's understanding and experience with the content? How is this scaffolding be leading students towards the Driving Question and ultimately to a high-quality Public Project?	Prior to the Project Beginning: (What do you need to do to prepare for the project to begin?) Gather information and statistics on teen mental health. Visit with the school counselor and/or local healthcare professionals about services offered. Possibly survey JAG members on their mental health, healthy habits, and awareness of resources available. Launching the Project: (How will you SPARK their attention?) Share information and statistics about teen mental health, services offered, and JAG survey data. This will likely lead to a discussion that a lot of teens struggle with mental health and are not aware of services offered to assist teens. Project Navigation: (What are the main ideas and lessons you will need to take from the first day, through completion of the PBL?) Stress is a part of life and finding positive coping strategies is important for positive mental health. Mental health and taking care of oneself & helping others needs to be an open conversation. Everyone needs to be comfortable asking for help with mental health struggles and knowing the resources available to them.
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Accommodations What modifications will you need to make to fit the needs of all students in your classroom?	Adjustments may be made based on 504 or IEP accommodations	Revision & Critique How will you provide opportunities for students to review their work and provide feedback for improvement?	Use rubrics for peer evaluations & grading of each group's presentation of ideas.
Resources How will you incorporate business professionals, employers, community leaders, organizations, technology, funding and other resources to implement this project?	WHO will you be incorporating? ☒ School Staff ☒ Business Professionals/Employers ☐ Community Leaders/Organizations ☒ Technology ☐ Other: Click here to enter text.	HOW will you be incorporating? (please describe) If your school has a qualified counselor and/or school psychologist they can present to JAG classes on the importance of positive mental health & coping strategies. Local businesses that support healthy habits should be incorporated into the project and visited if possible. If not, they should be invited into the classroom to share about their services. Technology will be used for students to present their ideas to their classmates. Do not require the use of one platform. if students are most comfortable making a poster let them, if they'd rather use Slides, Prezi, or another software let them. Typically an electronic presentation will be created to share material with an audience of younger students, and possibly material to be shared within the high school (electronic bulletin boards, tv screen displays, etc.)	

STUDENT LEARNING GUIDE

Project Title: Your Mind Matters

Driving Question: Why is positive mental health important? How can we help other teens recognize the importance of mental health awareness?

Description of Activity/Product What will students, specialists, guests, etc. be doing during this portion?		Learning Outcomes/Targets What knowledge, understanding & success skills will students need to successfully complete this portion?
☒ Formative ☐ Final Product ☐ Team ☒ Individual	Students will demonstrate active listening during a presentation from a mental health professional and ask questions when appropriate.	Verbal & non-verbal communication skills. Appropriate classroom behavior (engaged, respect, etc.)
☒ Formative ☐ Final Product ☐ Team ☒ Individual	Students will complete an online Everfi Mental Wellness Basics course.	Technology, study skills, & time management to complete an online, self-paced course.
☒ Formative ☐ Final Product ☒ Team ☐ Individual	Work in small groups of 3-4 to brainstorm, create, & share a presentation that is two parts: 1. Summary of mental health stats, tips, and techniques to share with other teens 2. ideas for activities that encourage healthy habits that JAG members would like to learn more about.	Importance of teenagers handling stress, coping techniques, & positive & negative mental health behaviors. Understand mental wellness concepts like coping strategies, stigma, emotional health, and how to find help for themselves or others. Recognize healthy habits & be aware of local business offerings. Able to cooperatively work & communicate with others to create a presentation of ideas. Use technology or other methods of creating a professional presentation. Knowledge of proper ways to present professionally.
☒ Formative ☐ Final Product ☒ Team ☐ Individual	Students will divide into committees to prepare the following: 1. activities (field trips, guest speakers, etc) for JAG members to learn about healthy habits 2. presentation about mental health awareness to share with younger teens 3. a campaign to inform others in their high school about mental health awareness	Recognize healthy habits & be aware of local business offerings. Able to cooperatively work (negotiate, problem solve, offer & accept constructive criticism, etc) & communicate with others to create a presentation of ideas. Use technology or other methods of creating a professional presentation.

		Knowledge of proper ways to present professionally. Understanding of mental health concepts.
☐ Formative XFinal Product	Participate in field trips and/or be engaged in presentations to learn about healthy habits.	Be open to trying new opportunities.
XTeam XIndividual		
☐ Formative XFinal Product	Participate in implementation of the high school mental health awareness campaign. (Hang flyers, decorate bulletin boards, make school announcements, etc)	Proper design technique for flyers. Visual arts/school policies for creation of bulletin board designs. Public speaking for sharing mental health info via announcements.
XTeam XIndividual		
☐ Formative XFinal Product	Share knowledge about mental health awareness via a small group presentation to younger students.	Good understanding of mental health concepts. Knowledge of proper ways to present professionally.
XTeam ☐ Individual		
XFormative ☐ Final Product	Answer thought provoking bellwork/journal questions throughout the Your Mind Matters project.	Critical thinking skills. Ability to express ideas and feelings using written communication.
☐ Team XIndividual		
☐ Formative XFinal Product	Complete written reflection of Your Mind Matters project with prompts provided as a guide.	Ability to express ideas and feelings using written communication. Evaluate self, others, & project outcomes.
☐ Team XIndividual		

PROJECT CALENDAR				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PROJECT WEEK ONE				
Bellwork/Journal question Introducing the topic of a new project/unit. Have students take a teacher created survey. Begin Everfi Mental Health Basics course. Complete Introduction to Mental Health module.	Bellwork/Journal question Share information and statistics about teen mental health, services offered, and JAG survey data. Share that a lot of teens struggle with mental health and are not aware of services offered to assist teens. Continue Everfi Mental Health Basics course. Complete Understanding Mental Health Disorders.	Bellwork/Journal question Continue Everfi Mental Health Basics course. Complete Healthy Coping Skills module.	Bellwork/Journal question Complete Everfi Mental Health Basics course. Complete Getting Help module.	Bellwork/Journal question Catch Up Day. If not needed, group team building activity.
PROJECT WEEK TWO				
Have guest speaker(s) present about mental health basics & services offered to teens.	Bellwork/Journal question Review/teach presentation expectations (Rule of 7, professional, quality work) Review/teach cooperative learning expectations (accountability, respect, etc) Begin Assignment: Work in small groups of 3-4 to brainstorm, create, & share a presentation that is two parts: 1.Summary of mental health stats, tips, and techniques to share with other teens 2. ideas for activities that encourage healthy habits that JAG members would like to learn more about.	Bellwork/Journal question Continue to work in small groups of 3-4 to brainstorm, create, & share a presentation that is two parts: 1.Summary of mental health stats, tips, and techniques to share with other teens 2. ideas for activities that encourage healthy habits that JAG members would like to learn more about.	Bellwork/Journal question Continue to work in small groups of 3-4 to brainstorm, create, & share a presentation that is two parts: 1.Summary of mental health stats, tips, and techniques to share with other teens 2. ideas for activities that encourage healthy habits that JAG members would like to learn more about.	Bellwork/Journal question Finish creation of presentation & practice presenting.

PROJECT CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PROJECT WEEK THREE				
Bellwork/Journal question Small group presentations to class. (Or if possible have each group present at JAG meeting to all JAG members) Fill out peer evaluations for presentations.	Bellwork/Journal question Divide each class into committees to prepare the following: - activities (field trips, guest speakers, etc) for JAG members to learn about healthy habits - presentation about mental health awareness to share with younger teens - a campaign to inform others in their high school about mental health awareness	Bellwork/Journal question Continue working in committees to prepare the following: - activities (field trips, guest speakers, etc) for JAG members to learn about healthy habits - presentation about mental health awareness to share with younger teens - a campaign to inform others in their high school about mental health awareness	Bellwork/Journal question Continue working in committees to prepare the following: - activities (field trips, guest speakers, etc) for JAG members to learn about healthy habits - presentation about mental health awareness to share with younger teens - a campaign to inform others in their high school about mental health awareness	Bellwork/Journal question Have committees share their work with the JAG officers who will be leading the implementation of the committee's ideas. <i>Suggested:</i> Leadership Officer: healthy habit activities for JAG members Community Service Officer: presentation to younger teens Social Awareness Officer: high school campaign
PROJECT WEEK FOUR				
Bellwork/Journal question Officers: compiling ideas & reaching out to community to schedule field trips/guest speakers, presentation to youth, seeking school administration approval for high school campaign Students: additional activities chosen from https://positivepsychology.com/mental-health-activities-worksheets-books/ by teacher	Bellwork/Journal question Officers: compiling ideas & reaching out to community to schedule field trips/guest speakers, presentation to youth, seeking school administration approval for high school campaign Students: additional activities chosen from https://positivepsychology.com/mental-health-activities-worksheets-books/ by teacher	Bellwork/Journal question Officers: compiling ideas & reaching out to community to schedule field trips/guest speakers, presentation to youth, seeking school administration approval for high school campaign Students: additional activities chosen from https://positivepsychology.com/mental-health-activities-worksheets-books/ by teacher	Bellwork/Journal question Officers: compiling ideas & reaching out to community to schedule field trips/guest speakers, presentation to youth, seeking school administration approval for high school campaign Students: additional activities chosen from https://positivepsychology.com/mental-health-activities-worksheets-books/ by teacher	Bellwork/Journal question Officers: compiling ideas & reaching out to community to schedule field trips/guest speakers, presentation to youth, seeking school administration approval for high school campaign Students: additional activities chosen from https://positivepsychology.com/mental-health-activities-worksheets-books/ by teacher

PROJECT CALENDAR				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PROJECT WEEK FIVE				
Bellwork/Journal question Students designing & hanging flyers, designing & decorating bulletin boards, writing announcements, facts for tv screens, etc. Students practicing presentation to give to younger students. Field trips & guest speakers regarding healthy habits.	Bellwork/Journal question Students designing & hanging flyers, designing & decorating bulletin boards, writing announcements, facts for tv screens, etc. Students practicing presentation to give to younger students. Field trips & guest speakers regarding healthy habits.	Bellwork/Journal question Students designing & hanging flyers, designing & decorating bulletin boards, writing announcements, facts for tv screens, etc. Students practicing presentation to give to younger students. Field trips & guest speakers regarding healthy habits.	Bellwork/Journal question Students designing & hanging flyers, designing & decorating bulletin boards, writing announcements, facts for tv screens, etc. Students practicing presentation to give to younger students. Field trips & guest speakers regarding healthy habits.	Bellwork/Journal question Students designing & hanging flyers, designing & decorating bulletin boards, writing announcements, facts for tv screens, etc. Visiting 8th grade classrooms to present.
PROJECT WEEK SIX				
Complete written reflection of Your Mind Matters project with prompts provided as a guide.				Based on field trip/guest speaker availability you may need to lengthen or shorten this unit.

ADDITIONAL INFORMATION

[Link to Peer Evaluation Presentation Rubric](#)

[Link to Peer Evaluation Group Work Rubric](#)

[Link to Everfi](#). Be sure to tell them Amanda Harvey referred you when signing up.

This PBL template is based on the 1st Place PBL Project at JAG National CDC, May 2022. [Project presentation slides are linked here.](#)