

Grade 10/12

Distance Learning Module 7: Week of: 5/18/2020-5/22/2020

Introduction to Human Behavior - *Modified from Unit 3 - Positive Psychology*

Targeted Goals from Stage 1: Desired Results

Content Knowledge:

- Endocrine system
- Positive psychology/ Seligman
- Humanistic psychology
- Self concept

Vocabulary: Compassion, extrinsic, flow, genetic set point/range, hedonics, hedonic treadmill (or hedonic adaptation), intrinsic, novelty, positive psychology

Skills:

- Film analysis
- Psychological case studies
- Identifying real-world examples of psychology principles

Expectation:

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Monday: How do humans function at an optimal level to increase happiness?	Positive Psychology slides 1-5 (intro to positive psychology) Review Positive Psychology practices and glossary View Documentary <i>Happy</i> chapter 1 *film viewing schedule is just a suggestion-film should be completed by the end of the week	Complete "What Makes You Happy & Intentional Actions" Activity
Tuesday: Learned Helplessness	Positive Psychology slides 6-12(Seligman-Learned Helplessness) View Documentary <i>Happy</i> chapter 3	Happiness Journal Entry #1

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Wednesday: Preventative measures	Positive Psychology slides 13-18(Prevention of Learned Helplessness) View Documentary <i>Happy</i> chapters 4-5	Happiness Journal Entry #2
Thursday: Positive psychology and humanistic approach	Positive Psychology slides 19-22(Beyond Maslow)	Happiness Journal Entry #3
Friday: Reflection	Reflect on efforts to improve level of happiness	Intentional Acts and Act of Kindness Reflection

Week criteria for success (attach student checklists or rubrics):

Discussion Board/Google Questions Guidelines for success

Social Studies Writing Rubric

Supportive resources and tutorials for the week (plans for re-teaching):

Happy Film Chapter Synopses

Slides with narration or recorded classes may be posted or requested

Additionally students will be able to rewatch slideshows with narration and teacher will be available for one-on-one assistance via email, private messages on Google Classroom, and Google Meet