

<b>Course Title:</b>	MASTERING MENTAL HEALTH & WELLNESS
<b>Course Length</b>	One Semester (Approximately 12-15 weeks)
<b>Units</b>	<p>Unit 1: Personality Systems &amp; Inventories (Approximately 1 week)</p> <p>Unit 2: Enneagram Psychology &amp; Typology (Approximately 2-3 weeks)</p> <p>Unit 3: Study of the “Complete Self”- Personality Profile, Centers of Intelligence, Persona, &amp; Rooted Fear (Approximately 4-5 weeks)</p> <p>Unit 4: Examination &amp; Exploration of the “Complete Self” (Approximately 4-5 weeks)</p> <p>Final Prep &amp; Course Review (Approximately 1 week)</p>
<b>Information for Each Unit</b>	<p>State Standards: <i>Curriculum should be designed to meet specific State’s requirements.</i></p> <p>Essential Standards: <i>Essential Standards should reflect main learning objectives of the course.</i></p> <p>Learning Targets: <i>Learning targets should unwrap multiple layers of each Essential Standard.</i></p> <p>Learning Activities: <i>Should be Instructor-designed that include multiple pathways to learning.</i></p> <p>Vocabulary: <i>Key terms are identified &amp; detailed via the Textbook.</i></p> <p>Formative Assessments: <i>Instructor should provide in multiple forms.</i></p> <p>Summative Assessment: <i>A Department-approved Summative should encapsulate the total learning of the course.</i></p>
<b>Assessment Options</b>	<p><u>FORMATIVE OPTIONS</u></p> <p>Learning Checkpoints</p> <p>Traditional Quizzes/Tests</p> <p>Content-Related Activities</p> <p>Group Projects</p> <p><u>SUMMATIVE OPTIONS</u></p> <p>Traditional Exam</p> <p>Presentation with Artifacts</p> <p>Research-Based Capstone</p> <p>Summative Portfolio</p>