Mental Health and Wellness 12

Course completion Checklist

Use this checklist to guide your progress through this course. See what you have completed and have yet to complete.

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| Module | Name of Assignment | Complete  |
| 1 | Initial assessment |  |
|  | Paragraph on how people are not defined by their mental illness |  |
|  | Chart – famous people with Mental Illness |  |
|  | Case study questions |  |
|  |  |  |
| 2 | Language matters – read and highlight |  |
|  | Categorize list of words |  |
|  | News story paragraph |  |
|  |  |  |
| 3 | Module 3A – Questions from Slides 3A |  |
|  | E-magazine/fact sheet reporting page |  |
|  |  |  |
| 4 | Video discussion sheets |  |
|  | Healthy relationships and resilience activity |  |
|  |  |  |
| 5 | What if scenarios (activity #2 handout) |  |
|  | Self-care wheel |  |
|  | What are the differences between the checklists? |  |
|  | Support Strategies – what would you add to the list paragraph? |  |
|  | Research project - make a brochure |  |
|  |  |  |
| 6 | Stress reaction cards categorization |  |
|  | What is stress handout and questions |  |
|  | Toxic stress worksheet (using Harvard webpage) |  |
|  |  |  |
| 7 | Checklist of protective factors and paragraph |  |
|  | Self-care assessment and plan for self-care |  |
|  |  |  |
| 8 | Helping profession paragraph – Did any of your “lifestyles” line up? |  |