

GALE LESSON PLAN: Mental Health KWL Chart

Gale In Context: High School

GRADE LEVEL: 9-12

SUBJECT/CONTENT: Mental Health, Social and Emotional Education

FOCUS QUESTIONS: What do you know about mental health? What do you want to learn more about?

RESOURCE: *Gale In Context: High School*

LEARNING EXPECTATION: Utilizing a KWL chart, students will organize their current knowledge about a mental health topic of their choice. They will then explore the materials found within *Gale In Context: High School* to better understand their chosen topic.

MATERIALS NEEDED: Devices (computers, laptop, tablets, chrome books, or phones) with access to *Gale In Context: High School*, and copies of the accompanying activity.

PROCEDURES:

Steps/Activities for the Teacher:

- Print copies of the attached activity.
- Spend 15-20 minutes explaining how to utilize *Gale In Context: High School*. Be sure to provide students with your log in information (password).
- *Gale In Context: High School* has pre-made Mental Health **Topic Pages** designed to organize content for learners. Guiding students to these **Topic Pages** is a good way to support simple discovery.
- Students will find all Mental Health **Topic Pages** by selecting the **Science and Health** section from the homepage. Some key topics include (but aren't limited to):
 - » Alzheimer's Disease
 - » Anorexia
 - » Anxiety/ Anxiety Disorder
 - » ADHD
 - » Autism Spectrum Disorder
 - » Bipolar Disorder
 - » Depression
 - » Mindfulness
 - » Post Traumatic Stress Disorder

Steps/Activities for Students:

- Before signing into *Gale In Context: High School*, choose a topic and complete the K (knowledge) and W (want to know) columns on the KWL chart.
- Log in to *Gale In Context: High School* and navigate to the correct **Topic Page**, or complete a search if the chosen topic doesn't have a **Topic Page**.
- Read/view three pieces of content related to the topic. This could include articles, images, videos, podcasts, or news reports.

What do you know about Mental Health?

Mental Health is a difficult subject that includes a huge group of topics. Today you're going to research a mental health topic that's interesting to you using an online resource called *Gale In Context: High School*.

Some sample topics to consider include: Anxiety, Autism, Depression, Mindfulness, or Post Traumatic Stress Disorder. If you are interested in another topic, you can choose that instead.

Before you start using *Gale In Context: High School*, write your topic below and fill out the first two columns of the chart, which are K and W. K is asking you what you already know about the topic you chose, and W is asking you what you want to learn.

To fill out the L column, select three pieces of content to read, watch or view about your topic. This could include articles, images, statistics, videos, or any other results you find. Write your notes in the L column, and include the citations for each piece of content you used.

My Topic:

K: What I Know	W: What I Want to Learn	L: What I Learned

My Sources:

- 1.
- 2.
- 3.