

Psychology

Teacher Course: Psychology	Grade: 11-12	Subject(s): Social Sciences	Unit: Stress, Conflict, and Adjustment	Month(s): December	Unit Time Duration: 2-3 weeks
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Vocabulary:
 anxiety, biofeedback, conflict situations, denial, eustress, adjustment, learned helplessness, relaxation, meditation, stressor, coping mechanism, strategies, modifications

Targets

Knowledge Targets:

- define terms associated with unit
- identify psychological, behavior, and physical reactions to stress
- identify issues related to adjustment after graduation
- recognize stressors on the job

Skills Targets:

- discuss in groups various topics within this unit

Reasoning Targets:

- summarize psychological skills necessary to succeed on the job
- analyze factors that lead to a good marriage or could lead to divorce
- interpret different sources of stress and how they positively or negatively affect us

Product Targets:

- create opinion essay on current news article about 'stress'

Activities

Activities - All Learners:

- stress test

stressors activity

conflict journal

