

Human Services Career Cluster

Counseling and Mental Health Services Pathway

Classroom Activities

- Compare and contrast the different types of counseling
- Compare and contrast the duties and responsibilities of a school guidance counselor and a licensed professional counselor
- Construct posters on character education and post in the hallways of your school
- Create a Animoto™ on how to positively manage strong emotions
- Create a brochure for parents and teachers on early warning signs of some common issues that may require early intervention, such as autism, ADD, ADHD or developmental delay
- Create a list of items that a school counselor may contain in his/her “tool box” that can be brought from classroom to classroom (i.e. a stress relieving ball)
- Create a list of various mental health organizations and their function (NAMI, NIMH)
- Create a PowerPoint™ on therapeutic games or activities students can do to get them to relax or open up to the counselor
- Create an anti-bullying video
- Create flyers/pamphlets about various types of situations-anger/stress/conflict resolution for distribution in counselor’s office
- Create role-play situations illustrating changes in family members’ roles during a crisis
- Explore and create a chart on the differences between Licensed Professional Counselors, Marriage and Family Therapists, Master Social Worker, Family Studies Professional, Psychotherapists, Psychiatrists and Psychologists
- Have a psychologist speak to the class on addictive and compulsive behaviors, explaining what causes people to become victims of these behavior patterns
- In small groups, research community agencies available to help in crisis situations; organize information in a classroom file
- Interview a counselor or mental health professional. Have questions ready before the interview
- Invite a professional from a half-way house or drug rehabilitation center to speak to the class
- Invite a professional trained in crisis intervention to speak to the class

Name: _____ Period: _____ Date _____

- Invite other industry professionals to speak to the class
- Recognize/celebrate Mental Health Awareness Month/Week in May, with various activities
- Research and report on various types of therapy (equine, art, music)
- Research careers within the industry
- Research the education necessary to become a mental health professional in several different fields
- Research types of mental health facilities
- Role play various feelings
- Survey students in your school to determine how they deal with sadness, anger or disappointment
- Trace the sequence of drug addiction from first use to when drugs have taken control of the person's life

Service Learning Activities

- Celebrate and promote Random Acts of Kindness Week
- Create a safe and undisturbed area of the school that students can go to for a time of reflection; making available books, ear phones (for listening to music), art supplies, and any other items as stress relievers
- Decorate a bulletin board during Character Awareness Week
- Publish a monthly newsletter at your school to build community among students
- Start and support a campaign in your school to stand up to bullying
- Start an all-inclusive character club; students plan ways to help other students feel special at your school
- Start and monitor a student-led peer counseling group