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| **TEXAS CTE LESSON PLAN**  [www.txcte.org](http://www.txcte.org) | |
| **Lesson Identification and TEKS Addressed** | |
| **Career Cluster** | Human Services |
| **Course Name** | Counseling and Mental Health |
| **Lesson/Unit Title** | Personality Disorders: A Class of Their Own |
| **TEKS Student Expectations** | **130.276. (c) Knowledge and Skills**  (2) The student applies mathematics, science, English language arts, and social studies in health science. The student is expected to:  (A) evaluate the use of verbal and nonverbal language in a variety of mental health situations  (C) identify societal perspectives related to mental health  (2) The student applies mathematics, science, English language arts, and social studies in health science. The student is expected to:  (F) identify socioeconomic factors that influence mental health and care |
| **Basic Direct Teach Lesson**  (Includes Special Education Modifications/Accommodations and  one English Language Proficiency Standards (ELPS) Strategy) | |
| **Instructional Objectives** | **Students will:**   * Evaluate how society perceives people with personality disorders * Distinguish the differences between various personality disorders * Outline causes, symptoms, signs, treatment, and complications from personality disorders * Illustrate multimedia presentations of information |
| **Rationale** | Society places a great deal of emphasis on how people act and behave. Are people born with personality disorders or are they manifested, as we get older? Does the stress of school, jobs, and responsibilities contribute to the development of personality disorders? The information covered in this lesson is beneficial for all counseling and mental health professionals. |
| **Duration of Lesson** | Six 45-minute class periods |
| **Word Wall/Key Vocabulary**  *(ELPS c1a, c, f; c2b; c3a, b, d; c4c; c5b) PDAS II (5)* | **Antisocial personality disorder:** a disregard for and violation of rights of others  **Avoidant personality disorder:** demonstrates pattern of social inhibition, feelings of inadequacy, and hypersensitivity to negative situations  **Borderline personality disorder:** demonstrates unpredictability of self-image, in relationships, and emotions  **Dependent personality disorder:** excessive need to be taken care of that leads  to submissive and clinging behavior and fears of separation  **Histrionic personality disorder:** excessive emotions and attention seeking  **Maladaptive:** not providing adequate or appropriate adjustment to the environment or situation  **Narcissistic personality disorder:** attitude that the world exists to meet his/her needs  **Obsessive-compulsive personality disorder:** preoccupation with orderliness and perfectionism  **Paranoid personality disorder:** pervasive distrust and suspiciousness of others  **Personality disorder:** is an enduring pattern of maladaptive behavior and should not be confused with a personality type  **Personality type:** an individual quality or trait that makes one person different from another, but does not constitute “abnormal” or dysfunctional behavior and never reaches the threshold for a personality disorder  **Schizoid personality disorder:** pattern of detachment from social relationships and a restricted range of expressions of emotions (cool, aloof, doesn’t react)  **Schizotypal personality disorder:** demonstrates many symptoms related to those of schizophrenia but of a less severe nature  Note: Many other terms on the slide presentation can be identified. Encourage students to include these definitions in the assignment. |
| **Materials/Specialized Equipment Needed** | **Equipment:**   * Computer with projector for multimedia presentations * Computer lab with internet access for research   **Materials**   * Flashcards * Copies of handouts   **PowerPoint:**   * Personality Disorders: A Class of Their Own   **Technology**   * Prezi  A cloud-based presentation software that opens up a new world between whiteboards and slides.<http://www.prezi.com> * GlogsterEDU  Provides an outlet for unlimited creative expression online.<http://www.edu.glogster.com>   **TEDx Talk:**  Time to talk – a parent’s perspective on children’s mental illness: Liza Long at TEDxSanAntonio 2013  On December 14, 2012, the day Adam Lanza killed his mother, then walked into a school in Newtown, Connecticut and shot 20 first graders and 6 brave educators, I shared my struggles as a parent of a child with mental illness on my anonymous blog, the Anarchist Soccer Mom.<http://youtu.be/EkL6Qx07aiU>  **Graphic Organizers:**   * Four Corner Word Wall/Vocabulary Activity * Personality Disorders Student Notes   **Handouts:**   * Famous People with Mental Illnesses * Flashcards of Famous People with Mental Illnesses * Personality Disorders Research Assignment * Rubric for Electronic Display – GlogsterEDU Poster * Rubric for Multimedia Presentation – Prezi * Rubric for PowerPoint Presentation * Rubric for Written Report * Rubric for Visual Display |
| **Anticipatory Set**  (May include pre-assessment for prior knowledge) | **Prior to class:**  **Note:** Be familiar with multimedia presentations such as Prezi and GlogsterEDU. You may need to register and allow students to use student accounts.  Print the handout Flashcards of Famous People with Mental Illnesses. Cut along lines to separate.  **Before class begins:**  As students enter the classroom, hand them a flashcard with a celebrity’s name on it. Pair students and have them discuss the type of personality traits the individual may possesses. Is it possible that he/she had a personality disorder? Why or why not?  After students share their thoughts, read each celebrity description located on Famous People with Mental Illnesses, one at a time. See if students can identify the person, you are describing, discuss their reasoning. |
| **Direct Instruction \*** | Introduce lesson objectives, terms, and definitions.  Introduce PowerPoint Personality Disorders – A Class of Their Own. Distribute graphic organizer, Personality Disorders Student Notes, Students should fill in the blanks as you review slide presentation. Allow for questions and discussion.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * checking for understanding * providing assistance with note-taking |
| **Guided Practice \*** | Divide class into subgroups of three to four students.  Scenario: A million-dollar grant for research on a specific personality disorder will be awarded to a counseling and mental health professional team.  Distribute handout Personality Disorders Research Assignment**.** Explain to students that this project will require their team to thoroughly investigate a personality disorder of their choice. They must outline its causes, symptoms, signs, treatment, and complications. The team may select to present the information in a PowerPoint, Prezi®, GlogsterEDU, written report, or a visual display.  Allow teams a few minutes to select the topic and format of their research project presentation.  Distribute appropriate rubric to each team. Thoroughly review all rubric components for each presentation so that students understand how their assignment will be assessed.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * extra time for assignments * provide positive feedback |
| **Independent Practice/Laboratory Experience/Differentiated Activities \*** | Guide students in the use of the Prezior GlogsterEDU if they are not familiar with the electronic presentations. Research project presentations not completed within three days should be assigned for homework.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * extended “wait time” * providing praise and encouragement |
| **Lesson Closure** | Review terms, definitions, and lesson objectives.  Personality disorders research project presentations will be made to the class by each team.  At the end of the presentations, students will vote to determine which team would be awarded the million-dollar grant. Provide an incentive to the winning team such as bonus points and/or teacher made certificates. |
| **Summative/End of Lesson Assessment \*** | Student Personality Disorders Research /projects PowerPoint, Prezi, GlogsterEDU, written assignment, or visual display, provided during Guided Practice will be assessed with appropriate rubric.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * grading according to work done * shortened, simplified instructions |
| **References/Resources/**  **Teacher Preparation** | **Websites:**   * Personality Disorders Source: Medline Plus Trusted health information for you<http://www.nlm.nih.gov/medlineplus/personalitydisorders.html> * Types of Personality Disorders Source: Mental Help America Personality disorders and clusters of personality disorders<http://www.nmha.org/go/information/get-info/personality-disorders> |
| **Additional Required Components** | |
| **English Language Proficiency Standards (ELPS) Strategies** | * Four Corner Word Wall/Vocabulary Activity * Word wall |
| **College and Career Readiness Connection[[1]](#footnote-1)** |  |
| **Recommended Strategies** | |
| **Reading Strategies** | Current Events: Assign students to read about personality disorders. Information can be found in newspaper articles, magazines, journals, and online print.  Suggestions:  Print various articles from the American Psychological Association (APA) on personality disorders. Distribute the articles to students. Have them use the reading strategy “prediction” prior to reading the article. Students will then read and summarize their findings.   * Borderline Personality Disorders<http://www.mentalhealthamerica.net/conditions/personality-disorder> * Help for Personality Disorders<http://www.apa.org/topics/personality/disorders-help.aspx> * What Causes Personality Disorders?<http://www.apa.org/topics/personality/disorders-causes.aspx> |
| **Quotes** | Human beings, like plants, grow in the soil of acceptance, not in the atmosphere of rejection.  **-John Powell**  It’s easy to cry when you realize that everyone you love will reject you or die.  **-Chuck Palahniuk**  A real friend is one who walks in when the rest of the world walks out.  **-Walter Winchell**  Your perspective on life comes from the cage you were held captive in.  **-Shannon L. Alder**  Never give up on someone with a mental illness. When “I” is replaced by “We”, illness becomes wellness. **-Shannon L. Alder**  People with borderline personality disorders (BPD) are like people with third degree burns over 90% of their bodies. Lacking emotional skin, they feel agony at the slightest touch or movement. **-Marsha M. Linehan** |
| **Writing Strategies**  **Journal Entries + 1 Additional Writing Strategy** | **Journal Entries:**   * A personality disorder is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. * People with personality disorders are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. * People treat other people with personality disorders like \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. * A mental illness can affect an individual by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. * Personality disorders form a class of mental disorders that are characterized by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. * Schizoid Personality Disorder is characterized by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.   **Writing Strategy:**  RAFT letter: Write to a Psychologist asking for information about his/her career.   * Role: Student * Audience: Psychologist * Format: Letter * Topic: Career information |
| **Communication**  **90 Second Speech Topics** | * Select a famous person with a mental illness. Describe their disorder and how it affected their life. * What is a personality disorder? |
| **Other Essential Lesson Components** | |
| **Enrichment Activity**  (e.g., homework assignment) | * Students can create a phone list of agencies and organizations that deal with personality disorders. Copies of the list may be placed in the health center, counseling office or distributed to the local community.   **Counseling and Mental Health Math Assessment Problems**  Question 3. Jesse wants to purchase workbooks for each member of the counseling groups he facilitates. The book costs $25.00 each when bought individually. If he buys more than 10, he can get a 15% discount and free shipping. Not including sales tax, how much will it cost to buy 14 books?  a. $ 21.25  b. $212.50  c. $297.50  d. $358.25  Answer: C  **TED Talk:**  TED is a nonprofit organization devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or fewer). The video below is related to this lesson. Allow students to view the video and lead a discussion concerning the TED Talk.  Time to talk – a parent’s perspective on children’s mental illness: Liza Long at TEDxSanAntonio 2013  On December 14, 2012, the day Adam Lanza killed his mother, then walked into a school in Newtown, Connecticut and shot 20 first graders and 6 brave educators, I shared my struggles as a parent of a child with mental illness on my anonymous blog, the Anarchist Soccer Mom.<http://youtu.be/EkL6Qx07aiU> |
| **Family/Community Connection** | Guest Speaker – invite the school psychologist (or local doctor) to speak to the class about personality disorders. |
| **CTSO connection(s)** | **Family Career and Community Leaders of America (FCCLA)**  <http://texasfccla.org>  STAR Events:   * Applied Technology – An individual or team event: Recognizes participants who develop a project using technology that addresses a concern related to Family and Consumer Sciences and/or related occupations. The project integrates and applies content from academic subjects. * Chapter Service Project (Display and Manual): A team event – recognizes chapters that develop and implement an in-depth service project that makes a worthwhile contribution to families, schools, and communities. Students must use Family and Consumer Sciences content and skills to address and take action on a community need.   Families First- Students display research posters, mobiles, tri-fold boards on personality disorders at a school open house or community fair. |
| **Service Learning Projects** | Successful service learning project ideas originate from student concerns and needs. Allow students to brainstorm about service projects pertaining to the lesson. For additional information on service learning see:<http://www.nylc.org>  Example: Refer to Enrichment Activity tab for an example. |

1. Visit the Texas College and Career Readiness Standards at <http://www.thecb.state.tx.us/collegereadiness/CRS.pdf>, Texas Higher Education Coordinating Board (THECB), 2009. [↑](#footnote-ref-1)