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PBH 645

Learning Experience 3-Week Unit Plan

Guide Students to Learn and Experience Effects of Alcohol and Other Drugs
Alcohol and Other Drugs is an important topic to discuss to students so they can understand what can occur to them in situations in their life. The content of the unit is split into two segments in which the first half of the unit discusses all about alcohol and the second half discusses drugs. This design is meant to teach students that there are different effects, influences, laws, and specifics that students need to know to live a safe and healthy life. This unit is designed to allow students to learn through discussions, role play, simulations, goal-setting, journaling, and self-evaluations. Incorporating these skills in the unit creates learning that is memorable for students. Each lesson is different and unique and provides students to learn how to use journaling and goal-setting skills as well. The unit plan is designed to be a total of 15 days in length which would equal three full weeks of classes. Each lesson starts with a Do Now, Journal, Self-Assessment, or Creating SMART goals. This allows students to reflect on what they have learned in previous lessons or provide ideas of content or misconceptions they may already know about a topic that the class will be discussing in class for the day. Once the opening part of the lesson is complete, the main section will contain notes and an activity that displays a deeper understanding of the information students have learned. At the end of the lesson, students will engage in a final activity in which they will sum up the content learned in the lesson either individually or in a discussion setting. This allows students to hear from other students about what they think or took away from the lesson and hear another person's opinion. Overall, the main goal I want from this lesson is for students to learn the content needed and through skill activities they will remember for the rest of their life. The unit will provide students with situations and scenarios that are realistic to life at different ages and will provide students with moments in life they will remember or even recognize. The ultimate goal is for students to
learn what specifically works for them and their individual life and to remain safe and healthy in all aspects of life.