

MENTAL HEALTH FITNESS
COURSE CODE: 6108
STUDENT PROFILE

Student's Name/Initials	Date	Teacher's Name/Initials	Date
Complete the student profile by inserting the representative letter in the space provided and completing all other information requested. E – Exceeds Performance Requirements (80-100): Work that is above the criteria of the standard. M – Meets Performance Requirements (70-79): Work that meets the criteria of the standard. B – Below Performance Requirements (69 and below): Work that fails to meet the criteria of the standard.			
MHF.A. Mental Health Basics: The Brain		E	M
MHF.A.1. Analyze the relationship between functions of the brain and mental health.			
MHF.A.1.1 Engage: Describe the functions of the brain. MHF.A.1.2 Explore: Explore how the brain impacts mental health. MHF.A.1.3 Explain: Explain how the brain affects perceptions of life experiences. MHF.A.1.4 Extend: Analyze how the brain responds to different environmental conditions. MHF.A.1.5 Evaluate: Evaluate strategies to develop a growth mindset.		Comments:	
MHF.B. Adolescent Mental Health		E	M
MHF.B.1. Describe factors that influence the mental health of adolescents and teens.			
MHF.B.1.1. Engage: Identify factors that affect adolescent mental health. MHF.B.1.2. Explore: Assess the impact of external factors that affect adolescent mental health. MHF.B.1.3. Explain: Explain the six grand theories of psychology and the relationship to adolescent mental health. MHF.B.1.4. Extend: Investigate external factors that could affect adolescent mental health. MHF.B.1.5. Evaluate: Compare therapeutic interventions used in mental health counseling.		Comments:	

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MHF.C. Wellness Framework		E	M	B
MHF.C.1. Analyze health practices that promote wellness and mental health.				
MHF.C.1.1. Engage: Examine the characteristics of positive mental health. MHF.C.1.2. Explore: Investigate connections between physical and mental wellness. MHF.C.1.3. Explain: Describe environmental factors which influence mental wellness. MHF.C.1.4. Extend: Critique social influences on mental wellness. MHF.C.1.5. Evaluate: Evaluate personal practices that promote wellness and mental health.				
MHF.D. Interpersonal Relationships		E	M	B
MHF.D.1. Analyze processes for building and maintaining interpersonal relationships.				
MHF.D.1.1. Engage: Demonstrate verbal and nonverbal cues/behaviors that contribute to effective communication. MHF.D.1.2. Explore: Analyze the effects of personal standards and characteristics on relationships. MHF.D.1.3. Explain: Explain the effects of technology on communication. MHF.D.1.4. Extend: Apply active listening and feedback techniques to obtain and clarify information. MHF.D.1.5. Evaluate: Evaluate personal relationships.	Comments:			
MHF.E. Coping Mechanisms		E	M	B
MHF.E.1. Determine coping mechanisms that can be used to promote positive mental health.				
MHF.E.1.1. Engage: Identify coping mechanisms and tools that can be used to address mental health issues. MHF.E.1.2. Explore: Describe coping mechanisms and tools that should be used to address mental health issues. MHF.E.1.3. Explain: Justify the importance of self-reflection and identification when determining coping mechanisms. MHF.E.1.4. Extend: Explain how coping mechanisms used to address mental health are adaptable based on personal environmental settings. MHF.E.1.5. Evaluate: Evaluate coping mechanisms in real-life situations that would promote positive mental health.	Comments:			

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MHF.F. Mental Health and Human Service Career Pathways and Employability Skills		E	M	B
MHF.F.1. Analyze career pathways and employability skills in mental health and human service industries.				
MHF.F.1.1. Engage: Analyze career pathways in the mental health and human service industries. MHF.F.1.2. Explore: Explore labor market information for mental health and human service careers. MHF.F.1.3. Explain: Explain the effects of mental health and human service careers on local, state, national, and global economies. MHF.F.1.4. Extend: Examine professional organizations associated with mental health and human services. MHF.F.1.5. Evaluate: Evaluate personal mental health and human services career goals and employability skills.				