

**UK**

**Mental Health**



**Mini Lecture**

**EXAMPLE**

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**Lesson Plan: Mental Health EXAMPLE**

**Lesson:** Lecture listening

**Time:** 1 hour

**Level: \*\*\*\*\***[B1/ B2/C1].

**Lesson Aim:**

*To focus on one key topic and develop a range of key academic skills based on this topic.*

**Introduction** [5 minutes]

* Introduce the topic ‘Mental Health’**.**
* Can you explain what mental health means?
* How do people in your country respond to mental health issues?

**Listening: Lecture & Test Questions** [30-40 minutes]

**Video** (03:48): Available in paid download

**MP3:** Available in paid download

* Give out **Listening: mini lecture worksheet.**
* Students check key vocabulary.

**Option 1**

* Students look at the questions.
* Students listen & answer the questions.
* Give 2 minutes to tidy answers.
* Students listen again. Check answers & answer missed questions.
* Feedback: distribute or project ANSWERS.

**Option 2**

* Students listen & take notes (use paper or the PPT slides)
* Students listen again & add to their notes.
* Students use their notes to answer the questions.
* Feedback: distribute or project ANSWERS.

**Post lecture extra ideas**

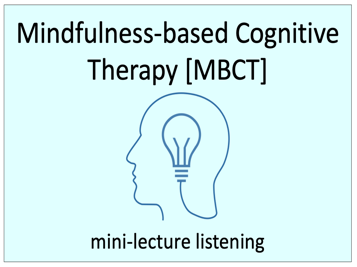
* Write a 100-word summary of the lecture.
* Apply critical thinking strategies to the lecture. Use this critical thinking question document: <https://www.academic-englishuk.com/wp-content/uploads/2020/03/Critical-Questions-a-linear-model-AEUK.pdf> (writing, presentation or seminar).
* Research other types of therapy for mental health disorders (presentation or seminar).
* Research in depth what are the main causes of depression (presentation or seminar).

**Listening: Mini Lecture Worksheet**

**Task 1: Key vocabulary**

Check these words and phrases before listening:

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| --- |
| *treatment. disorder. mental health. genetic. biological. psychological. anxiety. depression. socioeconomic status. susceptible. Buddhist. meditation. aware. therapy. derived. influence. psychotherapy. dysfunctional. therapeutic. adjustments. enhance. recurring. favourable.* |

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**Task 2: Lecture Listening**

Listen to the lecture on Mindfulness-based Cognitive Therapy [MBCT] and answer the following questions:

**2.1 Open Questions**

|  |  |  |
| --- | --- | --- |
| i. | How many people have mental disorders per year in England? |  |
| ii. | Name XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX. | 1.  2. |
| iii. | How many people in Britain suffer from anxiety or depression? |  |
| iv. | Name XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX? | 1.  2. |
| v. | How XXXXXXXXXXXXXXXXXXXXXXXXXXXXX mental health issues? |  |

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**2.2 Multiple choice**

Choose one answer only for each question.

|  |  |  |
| --- | --- | --- |
| i. | Mindfulness is a combination of… | ancient wisdom and 21st century science. |
| XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX. |
| ancient wisdom and 20th century science. |
| ii. | Mindfulness XXXXXXXXXXXXXXXXXXXXX of our… | XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX |
| thoughts, feelings and meditation. |
| XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX |
| iii. | CBT is a type of… | sociology. |
| XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX |
| psychology. |
| iv. | CBT was developed in the… | 1950s. |
| XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX |
| 1970s. |
| v. | MBCT XXXXXXXXXXXXXXXXXXXXXX … | XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX |
| mediation and quality of life strategies. |
| quality of life strategies and thinking patterns. |

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**2.3 Gap Fill**

i)How does MBCT help people with recurring depression? Complete the gaps. The first letter is already given.

|  |
| --- |
| MBCT has shown to be b\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX f\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at the first sign of depression. |

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**Total Score \_\_\_ /14**

**PowerPoint Slides**

Listen to the lecture and take notes using the PPT slides

|  |  |
| --- | --- |
|  |  |
|  |  |
|  |  |
|  |  |

**Listening ANSWERS**

**2.1 Open Questions**

|  |  |  |
| --- | --- | --- |
| i. | How many people have mental disorders per year in England? | 1 in 4 |
| ii. | Name 2 of the 4 factors that cause mental health. | 1.Genetic  2.Biological  … |

**ALL ANSWERS ARE INCLUDED IN PAID VERSION…**

**MBCT Lecture Transcript**

(C. Watts, 2021)

*Hello, I’d like to talk to you today about one of the leading treatments for mental health disorders, MBCT, i.e,. We shall look at exactly what this is a little later in this lecture, as I’d like to start with some important statistics connected to mental health. Mental health is the second largest health burden in…*

**THE FULL TRANSCRIPT IS INCLUDED IN THE PAID VERSION…**