



by *Jostens*[®]

CRITICAL THINKING ROSS SZABO

Use the following critical thinking questions to help foster an open, student-led discussion on the theme(s) discussed in this episode of The Harbor.

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1. AFTER BEING HOSPITALIZED AT AGE 17 FOR ATTEMPTED SUICIDE, ROSS RETURNED TO

SCHOOL AND WAS MADE FUN OF BY HIS PEERS BECAUSE OF HIS MENTAL HEALTH CONDITION.

Why do you think his classmates laughed at him after such a serious incident? Do you think this could happen at your school? Why or why not?

2. MOST OF US THINK ABOUT OUR MENTAL HEALTH REACTIVELY, BUT ROSS ADVISES US TO TAKE CARE OF OUR MENTAL HEALTH JUST AS PROACTIVELY AS WE DO OUR PHYSICAL HEALTH.

What are some ways you can take better care of your mental health starting today?

3. ROSS SAYS THAT MENTAL HEALTH IS ALSO ABOUT UNDERSTANDING YOUR EMOTIONS, COMMUNICATING YOUR FEELINGS WITH OTHERS, AND PAYING ATTENTION TO HOW YOU COPE WITH THOSE FEELINGS.

How do you cope with feelings of stress, frustration, or sadness? What do your friends or family members do to cope with their emotions?

Are there coping mechanisms you've seen or heard about that you would want to try for yourself?

4. AN IMPORTANT FACET OF MENTAL HEALTH THAT MIKE AND ROSS DISCUSS AT LENGTH IS IDENTITY. FOR MANY OF US, WE BASE OUR IDENTITY IN TERMS OF WHAT WE DO, SUCH AS BEING AN ATHLETE OR A MUSICIAN.

How would you describe your identity? How might your identity change after you graduate high school?

When you're 40 or 50 years old? If you were to someday lose your identity like Ross warns, how would you cope?

5. RECREATE ROSS' CLASSROOM ACTIVITY: SPLIT YOUR CLASS INTO SMALL GROUPS AND HAVE EACH GROUP WRITE DOWN ALL THE WORDS, IDEAS, AND CONCEPTS THAT THEY THINK OF WHEN THEY HEAR THE TERM MENTAL HEALTH.

How many of those words have a positive connotation? How many have a negative connotation?

How many have a neutral connotation? Discuss your results as a class.





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