

## Counseling and Mental Health Pacing Guide

	Recommended Weeks
<b>FCCLA INTRODUCTION</b>	<b>2 Weeks</b>
<b>Topic 1: Introduction</b>	<b>3 Weeks</b>
<ul style="list-style-type: none"> <li>Unit 1: Class Guidelines and Stigma (9)</li> <li>Unit 2: Overview, Prevalence, and History (8)</li> </ul>	
<b>Topic 2: Careers</b>	<b>1 Week</b>
<ul style="list-style-type: none"> <li>Unit 1: Careers in Counseling and Mental Health (13)</li> <li>Unit 2: Consequences of Career Decisions (9)</li> </ul>	
<b>Topic 3: Ethics and the Law</b>	<b>3 Weeks</b>
<ul style="list-style-type: none"> <li>Unit 1: Ethics and Professionalism (9)</li> <li>Unit 2: Laws (9)</li> </ul>	
<b>Topic 4: The Brain and Nervous System</b>	<b>2 Weeks</b>
<ul style="list-style-type: none"> <li>Unit 1: Brain and Nervous System (21)</li> </ul>	
<b>Topic 5: Mental Health</b>	<b>6 Weeks</b>
<ul style="list-style-type: none"> <li>Unit 1: Mental Health and Wellness Across the Lifespan (20)</li> <li>Unit 2: Healthy Communication (22)</li> <li>Unit 3: Good Practices for Mental Health (22)</li> </ul>	
<b>TESTING</b>	<b>1 Week</b>
<b>Topic 6: Theories and Treatments</b>	<b>4 Weeks</b>
<ul style="list-style-type: none"> <li>Unit 1: Theories (16)</li> <li>Unit 2: Treatments (17)</li> </ul>	
<b>Topic 7: Mental Disorders</b>	<b>8 Weeks</b>
<ul style="list-style-type: none"> <li>Unit 1: Overview, Classification, Assessment, Diagnosis, Epidemiology, and Etiology (10)</li> <li>Unit 2: Disorders that Start in Childhood (13)</li> <li>Unit 3: Specific Disorders (23)</li> <li>Unit 4: Substance-Related Disorders (26)</li> </ul>	
<b>Topic 8: Technology and Information Services</b>	<b>1 Week</b>
<ul style="list-style-type: none"> <li>Unit 1: Technology and Information Services (8)</li> </ul>	
<b>Topic 9: Safety</b>	<b>3 Weeks</b>
<ul style="list-style-type: none"> <li>Unit 1: Domestic and Dating Violence, Child Abuse, Suicide (22)</li> </ul>	
<b>Topic 2: Careers</b>	<b>1 Week</b>
<ul style="list-style-type: none"> <li>Unit 3: Employability Skills (8)</li> </ul>	
<b>TESTING</b>	<b>1 Week</b>

*career***tech**

OKLAHOMA DEPARTMENT OF CAREER  
AND TECHNOLOGY EDUCATION