# High Anxiety

Theme:
**PERSPECTIVES**

## Common Core State Anchor Standards

### Comprehension and Collaboration

CCSS.ELA-LITERACY.CCRA.SL.1

Prepare for and participate effectively in a range of conversations and collaborations with diverse partners, building on others' ideas and expressing their own clearly and persuasively.

### Presentation of Knowledge and Ideas

CCSS.ELA-LITERACY.CCRA.SL.4

Present information, findings, and supporting evidence so that listeners can follow the line of reasoning and so that the organization, development, and style are appropriate to task, purpose, and audience.

# EXTEND: POST-GAME DISCUSSION QUESTIONS

## LESSON DURATION
10–20 minutes

## 21ST CENTURY LEARNING COMPETENCIES

**Life and Career Skills**
- Social and Cross-Cultural

**Learning and Innovation Skills**
- Critical Thinking
- Communication

## EDUCATOR PREP
Discussion Facilitation Strategies:
- Whole group
- Turn and Talk
- Small group
- Fish bowl
- Independent

## EPISODE CHALLENGE
A young woman, Sofia Reyes, has a variety of vague symptoms (headaches, trouble sleeping, stomachache) and has been having difficulty at work. She is convinced she has an obscure medical disorder she read about on the Internet, but Marianne thinks she's suffering from anxiety. Student must determine how to best address Sofia's concerns and get her the help she needs.

### Conversation Starters
"I agree with you because ___."
"I disagree with you because ___."
"Could you tell me more about why ___?"
"What did you mean when you said ___?"
"Have you considered ___?"
"Adding to what you said…"
"Can you give an example?"
"What you said made me think about . . ."

## DISCUSSION QUESTIONS

1. **What are the dangers of self-diagnosing by searching on the Internet?**
   *Dangers of self-diagnosing on the Internet include misdiagnosing yourself, not accepting help from medical professionals, and thinking you have all of the answers.*

2. **Why was it important for Sofia to acknowledge her anxiety on her own?** *It was important for Sofia to acknowledge her anxiety on her own because therapy and the treatment for anxiety works best if the patient comes to see the need for it him- or herself.*

3. **Why does Marianne suspect Sofia's real problem is due to anxiety?**
   *Marianne suspects Sofia's real problem is due to anxiety because she is in the middle of applying to graduate school and is very busy working at the Common Ground Community Center.*

4. **Compare and contrast the way Marianne and Austen want to determine what is causing Sofia's symptoms. Whose approach do you think is better? Why?** *Answers will vary. Possible answers include:*
   - *Marianne tries to convince Sofia that she is dealing with anxiety and pushes her to seek therapy. She believes Sofia's current self-diagnosis*

DISCUSSION QUESTIONS (continued)

*is unfounded and is irritated that Sofia is wasting time and not trusting her medical opinion. Austen agrees that Sofia may be dealing with anxiety, but thinks that it is not hard to run a few tests to rule out the self-diagnoses and that she needs to see for herself that therapy could help.*

- ◉ *I believe Austen's approach was better because he recommended that the staff listen to Sofia and take an approach that took her ideas into consideration.*
- ◉ *I believe Marianne's approach was better because she knows Sofia's self-diagnosis is not correct and wants to get her help quickly instead of wasting time on tests.*

5. **Did you tell Sofia she has to see Austen for therapy, or did you tell her that the clinic will investigate physical factors that could be causing her illness if she keeps an open mind about going to therapy? Use evidence from the episode to support your answer.** *Answers will vary. Possible answers include:*
   - ◉ *I told Sofia she has to see Austen for therapy because I know that her self-diagnosis is not what is causing her pain. I gave her an article about "cyberchondria" and explained to her that the stresses going on in her life may be causing her anxiety.*
   - ◉ *I told Sofia that the team will investigate the physical factors that could be causing her illness if she keeps an open mind, because I trust Austen's judgment as someone who deals with mental health issues. Sofia seems resistant to therapy, and Austen says that Sofia needs to acknowledge her anxiety before therapy can work. He says that I need to listen to her. I should give Sofia a blood test to rule out other causes, as I don't know for certain that anxiety is what is causing her pain.*

## DEBATE QUESTION

In the medical handbook, under the term "anxiety," we explain there are different types of therapy options if you want to seek treatment from a mental health provider. Types of therapy include one-on-one therapy and group therapy. Which type of therapy do you think is more beneficial? Why? Work with a partner and list the advantages and disadvantages of both.

*Answers will vary. Possible answers include:*

**Advantages of one-on-one therapy:**

- ◉ *Privacy*
- ◉ *Full focus is on you*
- ◉ *All of the time is devoted to you so you can talk more*

**DEBATE QUESTION** (continued)

**Tech Tip**

Post the debate in Google Classroom and allow students to comment on each other's responses using conversation starters. Or, post the debate on **Padlet** and have students vote.

***DIsadvantages of one-on-one therapy:***

- *Miss out on connecting with a community of people going through the same issues*
- *Don't get to hear different perspectives on the same issue*
- *You may feel alone with your issues*

***Advantages of group therapy:***

- *Opportunity to connect with a community of people going through the same issues*
- *Opportunity to hear different perspectives on the same issue*
- *You feel you are not alone with your issues*

***Disadvantages of group therapy:***

- *There is limited privacy*
- *You may not have the opportunity to share*
- *You may not feel confident enough to share*

# POST-GAME DISCUSSION QUESTIONS

**Directions:** Complete each discussion question, using complete sentences.
Use evidence to support your answers.

**1.** What are the dangers of self-diagnosing by searching on the Internet?

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**2.** Why was it important for Sofia to acknowledge her anxiety on her own?

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**3.** Why does Marianne suspect Sofia's real problem is due to anxiety?

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**4.** Compare and contrast the way Marianne and Austen want to determine what is causing Sofia's symptoms. Whose approach do you think is better? Why?

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**5.** Did you tell Sofia she has to see Austen for therapy, or did you tell her that the clinic will investigate physical factors that could be causing her illness if she keeps an open mind about going to therapy? Use evidence from the episode to support your answer.

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**Post-Game Discussion Questions** (continued)

## Debate Question!

**Answer the following question, using complete sentences.**
**Be sure to state your opinion and support it with reasons.**

In the medical handbook, under the term "anxiety," we explain there are different types of therapy options if you want to seek treatment from a mental health provider. Types of therapy include one-on-one therapy and group therapy. Which type of therapy do you think is more beneficial? Why? Work with a partner and list the advantages and disadvantages of both. Then answer the question on the lines below.

| ONE-ON-ONE THERAPY | |
|---|---|
| Advantages: | Disadvantages: |

| GROUP THERAPY | |
|---|---|
| Advantages: | Disadvantages: |

_____

_____

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