This lesson will provide you with a brief overview of this course.
Introductory Lesson: Counseling and Mental Health
Copyright © Texas Education Agency, 2012. All rights reserved.
Has anyone ever heard of Career and Technical Education? Have students brainstorm: What do you think it is?
Career and Technical Education (CTE)

**Definition #1:**
Career and Technical Education (CTE) instruction aims at developing foundational skills, core workplace competencies, and specific skill competencies in various occupational areas.

**Definition #2:**
Career and Technical Education (CTE) prepares young people to manage the dual roles of family member and wage earner and enable students to gain entry-level employment in a high-skill, high-wage job and/or to continue their education.

Allow a student to read the definitions for Career and Technical Education. Provide students with an index card and have them write a definition for CTE in their own words. Share responses.

If you choose to further explore the topic of Career and Technical Education, please see About CTE Presentation [http://cte.unt.edu/home/about.html](http://cte.unt.edu/home/about.html)
Career and Technical Education (CTE)

Internships, practicum courses, career preparation courses, dual enrollment programs, and apprenticeships are a few venues that deliver career and technical education by providing meaningful opportunities for learners to apply their academic and technical skills.

Allow student a few moments to read the information on the slide and on the back of their index card write down all unfamiliar terms.
Lead a brief class discussion on the contents of the slide. Define and provide examples of all unfamiliar terms. Inform students of CTE venues available in your district, your campus and your program.
In the past, Career and Technical Education (CTE) was organized by program areas, but is now organized by career clusters.

Example:
Family and Consumer Sciences (program area) courses are now located in five career clusters:

- Architecture and Construction (Interior Design courses)
- Arts, AV Technology and Communication (Fashion Design courses)
- Education and Training
- Hospitality and Tourism
- Human Services

Arts, AV Technology and Communication (Fashion Design courses) and Architecture and Construction (Interior Design courses) cluster information can be found at http://cte.unt.edu/
Career and Technical Education (CTE)

- You are currently enrolled in the course *Counseling and Mental Health*
- *Counseling and Mental Health* is a CTE course
- You are a CTE student
- I am a CTE instructor
A copy of this document can be found in the Attachments section of this lesson.

The 16 clusters identified by the U.S. Department of Education, classify workforce preparation programs that are obtained through career and technical education.

What cluster do you think Counseling and Mental Health falls under? Have students read the descriptors for each cluster.
Counseling and Mental Health is in the Human Services Clusters.

If time permits, allow students to discuss other CTE courses available at your campus and determine their career clusters.
Counseling and Mental Health is in the Human Services Cluster.
The Texas Education Agency has approved 12 high school courses in Human Services. Not all high schools offer all courses.

What is meant by coherent sequence? The goal of CTE in high school is to progress through a sequence of courses that lead to the attainment of academic and technical skills. Discuss the sequence of Human Services on your campus/district.

Inform students that it is possible to incorporate courses from other sequences or clusters into their personal program of study.

Example:
Sandra wants to someday own a hair salon. In addition to her cosmetology courses, she asks her counselor to enroll her in the course DOLLARS and SENSE (another Human Services course) so that she can learn about handling finances.

In the future, Juan would like to work in a salon and eventually provide for a family of his own. In addition to his cosmetology courses, Juan asks his counselor to enroll him in CHILD DEVELOPMENT, so he can learn as much as he can about children.

Encourage students to speak to their counselors.

Recommended sequences for all cluster courses can be found at: http://www.tea.state.tx.us/index2.aspx?id=5415

Introductory Lesson: Counseling and Mental Health
Copyright © Texas Education Agency, 2012. All rights reserved.
Review the sequence available for your course.

If time permits, allow students to determine the sequences available for other CTE courses on their campus/district.
Each cluster has various Programs of Study.
We have already established that Counseling and Mental Health is in the Human Services career cluster.
What Program of Study do you think it follows?
Yes, Counseling and Mental Health is in the Human Services Cluster and is categorized under the **Consumer Services and Counseling and Mental Health Services** Programs of Study.
### Career and Technical Education (CTE)

<table>
<thead>
<tr>
<th>Career Cluster</th>
<th>Course Title</th>
<th>Program of Study</th>
</tr>
</thead>
<tbody>
<tr>
<td>Human Services</td>
<td>Counseling and Mental Health</td>
<td>Consumer Services</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Counseling and Mental Health Services</td>
</tr>
</tbody>
</table>

Career Description: Providing for families and serving human needs

The Cluster icon above is used with permission of the State’s Career Clusters Initiative, 2007. For more information visit [www.careerclusters.org](http://www.careerclusters.org)

Copyright © Texas Education Agency, 2012. All rights reserved.

---

Labeled diagram

---

Introductory Lesson: Counseling and Mental Health
Copyright © Texas Education Agency, 2012. All rights reserved.
Review the contents of this chart with the students, helping them make a connection between the cluster, selected program of study/pathway and possible career/occupations available to them.

This chart and frames for all career clusters can be found at:
http://www.careertech.org/career-clusters/resources/career-frames.html
Click on logo to link to AchieveTexas Human Services component.
Possible Program of Study
Counselor, Mental Health
LOTS OF OPTIONS are available to you.
Sample Bachelor Degrees

- Child Psychology
- Developmental Psychology
- Health & Wellness Promotion
- Human Development & Family Studies
- Psychology
Graduate Degrees

- Allied Health Sciences-Clinical Gerontology
- Child Psychology
- Counseling Psychology
- Developmental Psychology
- Marriage & Family Therapy Counseling
Sample Career Options

- Adult Educator
- Counseling Aide
- Rehabilitation Aide
- Social Service Worker
- Family Counselor
Provide students with a brief definition and explanation of the Texas Essential Knowledge and Skills (TEKS).

TEKS - the state standards for what students should know and be able to do
Differentiate between the Knowledge and Skills Statement and the Student Expectations.
TEXAS ESSENTIAL KNOWLEDGE AND SKILLS (TEKS)
Introduction to Counseling and Mental Health

(1) The student applies mathematics, science, English language arts, and social studies in health science. The student is expected to:
(A) evaluate the use of verbal and nonverbal language in a variety of mental health situations;
(B) explain the nervous system of the human body;
(C) identify societal perspectives related to mental health;
(D) explain the physiological effects of stress and aging;
(E) distinguish the psychological aspects of health and wellness across the life span;
(F) identify socioeconomic factors that influence mental health and care;
(G) compare social services such as drug dependency rehabilitation centers; and
(H) differentiate maladaptive conditions such as paranoia, schizophrenia, and aggression.

Provide students with a copy of the course TEKS. Inform students that they will be referring to this document throughout the school year. Stress that all TEKS listed will be addressed. Provide students with sample course activities that correspond to the TEKS.
TEXAS ESSENTIAL KNOWLEDGE AND SKILLS (TEKS)
Introduction to Counseling and Mental Health

(2) The student demonstrates verbal and nonverbal communication skills. The student is expected to:
(A) interpret verbal and nonverbal messages and adapt communication to the needs of the individual;
(B) demonstrate listening skills and techniques to minimize communication barriers; and
(C) implement communication skills that are responsive rather than reactive.

Provide students with sample course activities that correspond to the TEKS.
Provide students with sample course activities that correspond to the TEKS.
(4) The student models the ethical behavior standards and legal responsibilities related
to mental health. The student is expected to:
(A) display ethical practices and the principles of confidentiality;
(B) research and describe legal aspects and issues of malpractice, negligence, and
liability;
(C) examine designated scope of practice of professionals;
(D) recognize client rights and choices and circumstances that alter client rights;
(E) dramatize case studies related to client rights and choices;
(F) review legislation that affects standards of client care; and
(G) describe regulatory agencies such as the Department of State Health Services
and Department of Aging and Disability Services.

Provide students with sample course activities that correspond to the TEKS.
(5) The student maintains a safe environment to prevent hazardous situations. The student is expected to:

(A) recognize abusive situations;

(B) anticipate and adapt to changing situations;

(C) demonstrate appropriate actions in emergency situations; and

(D) practice personal and client safety.

Provide students with sample course activities that correspond to the TEKS.
End of Course Project Options – Counseling and Mental Health instructional lesson can be found on the SIRDC website. Title on slide is hyperlinked to slide presentation for said lesson.
Next Lesson
Overview of Counseling and Mental Health
Any questions, comments or concerns?
Instruct students to create their interpretation of the information on this slide. It may be used as the coversheet for their class binder, folder or journal. Students may draw or use a computer to complete the task.
Criteria used for assessment of project:
Must include all five components
Creativity
Neatness
Spelling and Grammar
References and Resources

AchieveTexas
Education initiative designed to prepare students for a lifetime of success.
http://www.achievetexas.org

Learning that Works for America™
Sponsored by The National Association of State Directors of Career Technical Education Consortium (NASDCTEc). Aims to support an innovative CTE system that prepares individuals to succeed in education and their careers.
http://www.careertech.org/career-clusters/glance/at-a-glance.html

Texas Education Agency
Texas Essential Knowledge and Skills. The mission of the Texas Education Agency is to provide leadership, guidance and resources to help schools meet the educational needs of all students.
http://ritter.tea.state.tx.us/rules/tac/chapter130/index.html