

Core Skills Analysis

Psychology

- The student gained a deeper understanding of human behavior and emotions through the portrayal of characters in the films.
- They learned about various psychological disorders and how they can manifest in individuals.
- The films helped them grasp concepts of therapy and counseling approaches in dealing with mental health issues.
- They were able to analyze the impact of environment and upbringing on a person's psychological wellbeing.

Tips

Engage in discussions about the psychological themes portrayed in the films to enhance critical thinking and perspective-taking skills. Encourage the student to research real-life case studies related to the mental health topics touched upon in the movies. Organize film analysis sessions with friends or family members to foster collaborative learning and different viewpoints.

Book Recommendations

- [Girl, Interrupted](#) by Susanna Kaysen: A memoir that delves into the author's experiences in a psychiatric hospital and explores the complexities of mental health.
- [The Perks of Being a Wallflower](#) by Stephen Chbosky: A coming-of-age novel that addresses themes of mental health, trauma, and the impact of past experiences on a person's psyche.
- [A Beautiful Mind](#) by Sylvia Nasar: The biography of John Nash, a mathematician battling schizophrenia, providing insights into the intersection of brilliance and mental illness.