

### **1. National Institute of Mental Health (NIMH).**

*Child and Adolescent Mental Health.*

National Institute of Mental Health, U.S. Department of Health and Human Services,

<https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health>.

This source is a very strong source that gives insight on mental health issues in teens. More specifically, anxiety, depression, ADHD, and autism. It provides details, resources, as well as treatment options. This source is important to my capstone because it is very helpful in understanding the different challenges teens go through during their adolescence. It discusses how these challenges can affect their home lives, their friendships and relationships, their academic performance especially during difficult transitions.

### **2. The Jed Foundation (JED).**

*Home Page.*

The Jed Foundation,

<https://jedfoundation.org/>.

The Jed foundation is a nonprofit organization that is focused on protecting emotional health and preventing suicide among teens. The website/foundation has countless resources and tools for students, teachers, as well as parents on how they can support their children. It has a lot of resources that cover mental health in both high school and college. This is important to my capstone because it is very strong on suicide prevention as well as promoting mental health. It allows adults to gain knowledge about how to best support their students through their struggles and transitions.

### **3. Lombardi, Jessica.**

*Social and Emotional Learning and Project-Based Learning: Exploring the Intersection of Two Powerful Learning Models.*

National Institutes of Health, PubMed Central, 11 July 2017,

<https://pmc.ncbi.nlm.nih.gov/articles/PMC5693765/>.

This source gives insight on project based learning and the social and emotional benefits it can have on students. They talk about how project based learning and social and emotional learning are tied together. They discuss the importance of having both of these and not only one. They talk about how they work together to create a better understanding of the world using real world learning experiences. This is important to my project because it talks about how PBL can be beneficial to the progression of students.

### **4. PBLWorks.**

*Home Page.*

PBLWorks,

<https://www.pblworks.org/>.

This is a resource that provides a guide for educators participating in project based learning. It advocates a lot for project based learning and the benefits it can have on students both in the moment and their futures. They discuss many ways to engage students and how to create a learning environment that is centered around the students. This source is important for my

capstone because it talks about the different ways that project based learning can be beneficial for students and how it can be improved.

#### **5. Wolpert-Gawron, Heather.**

*What the Heck is Project-Based Learning?*

*Edutopia*, George Lucas Educational Foundation, 24 June 2015,

<https://www.edutopia.org/blog/what-heck-project-based-learning-heather-wolpert-gawron>.

This is a blog that has a very clear explanation of project based learning. It talks about how it works, the ways in which it is effective, and how it can be used in classrooms. It explains the many benefits of project based learning such as allowing students to learn deeper and have a deeper understanding of the topics. It can improve a students collaboration as well as their performance skills. This source is important because it can help students and families get insight on project based learning and the benefits that it could have. It talks about how it can be beneficial during the transition into highschool as well.

#### **6. Youth.gov.**

*School-Based Mental Health Services.*

U.S. Department of Health & Human Services,

<https://youth.gov/youth-topics/youth-mental-health/school-based>.

This source provides important and strong resources about the importance of mental health services in schools. It highlights many skills and resources that could be helpful to students struggling, as well as help them through their transition from middle school. It suggests practices that schools and teachers can implement to support students in the best way possible. It provides counseling services, crisis intervention, and school based programs. This is important for my capstone because it provides resources like mental health services and crisis lines and websites. It also discusses the importance of having a strong mental health programs in schools.

#### **7. Google form 1**

For my first google form I want to make one for 8th graders that will soon be making the transition to highschool. I want to gain data from them about their worries and challenges that they had with the application process. I hope that this will help me find the most effective information and resources. This is important because it will provide me with real data. I plan to get data from kids that came from SLAMS (project based) and a traditional style school. I hope to be able to compare their data to see which learning style makes students feel more prepared for the future.

#### **8. Google form 2**

For my second google form I want to make one geared towards the freshman and potentially the sophomores. I want to gather data about their transitions into both highschool overall and SLA specifically. I hope to be able to understand more of their challenges that they faced and ways in which they could have benefited from help. I want to get real data from kids that have been through the transition more recently than I have. I also know that other peoples

experiences were different from my own so I want to gain as many perspectives as I can. This is important because it provides real world data and information.

#### **9. National School Climate Center (NSCC).**

*Home Page.*

National School Climate Center,

<https://schoolclimate.org/>.

This source is an organization whose goal is to provide a safe and supportive environment for students. It includes a range of tools for both students and teachers, as well as resources that can be helpful for both. It talks about the importance of being supportive of students' emotional and academic needs in order to allow them to succeed. This source is important to my capstone because it could be very helpful in improving a school's climate. It talks about mental health solutions, bullying prevention, and social emotional learning. It highlights the importance of students being supported in order to manage their transition as well as give their best performance.

#### **10. TeenHealthFX.**

*Home Page.*

TeenHealthFX,

<https://www.teenhealthfx.com/>.

This source is a platform that provides sources for students when it comes to mental health. It provides students with resources as well as coping strategies. It not only talks about mental health but also provides students aid in their physical well being. It has a feature where students can ask questions and reach out for help and it provides answers the best it can. It can be very helpful for students that do not feel comfortable reaching out to people for help. It provides advice for students to help them navigate the many challenges they face. This is important for my capstone because I want to include a website where they can freely ask questions and get the help that they need.