

UNIT 11 (CH.21-22):

GUIDING QUESTIONS & KEY LEARNING POINTS

Guiding Questions

1. Time “turns” for Harry. What does this allow him to do?
2. Can you think of a situation where you were unhappy with what happened? If you could go back, what are some of the things you would choose to do differently? Explain.
3. Dumbledore says to Harry, “The consequences of our actions are always so complicated, so diverse, that predicting the future is a very difficult business indeed.” How can this be applied to dealing with our own negative thinking? Explain.
4. If Harry has more problems with dementors in the future, what are the steps he should try?
5. How does the last line in the novel demonstrate how Harry has changed? Explain?
6. Now that you have read the whole book and learned CBT: a) what are the early signs that tell you that things are getting worse for you and b) what are the strategies you have learned that you can use?

Key Learning Points/ Did I cover?

- Review and summarize all CBT skills learned throughout this book including core CBT principles
- The concept of “fixing” the past and imagining how to manage a future crisis with CBT skills
- Promote the students to rank of “CBT Wizard” (they can now do this on their own)
- Provide a list of mental health resources for students in case they need them