**Overcoming Depression**

**Student Goals**

Areas of Growth

Questions or Problems I am facing

Subjects I would like to study

**Major Theme**

Controlling Emotions

**Minor Theme**

Joyfullness

**Goals**

1. Learn about true Joy

2. Give my emotions to God

3. Student Sets

4. Student Sets

**Lessons & Bible Study**

Dealing with Depression

Report adapting these ideas to your life

Fruits of the Spirit

1 page report "What is Joy"

**Scripture Memorization Class**

1 Peter 4:12-13

1 Peter 5:7

Psalm 34:18

Find 1 scripture of your own on Joy

Include 4 SMC Worksheets & 4 SMC tests

**Character Qualities**

Joyfulness

Self Control

Include CQ Checklist

2 CQ worksheets/ 2 CQ tests

**Personal Reading**

Battlefield of the Mind by Joyce Meyer/ISBN 0446691097

write 2 page report (f&b)

**Bible Reading Class**

Job

Bible Reading notes

1 page report (f&b) how did Job overcome depression & how can you apply his victory to your life

**Special Projects**

Project 203-Your Thoughts

List 10 things you can do as an outlet when you are feeling depressed

**Completion**

Report on how contract benefited student and how much they have grown