**Podcast Project: Managing Feeling Anxious and Depressed During COVID-19**

We have been reading the story “At the Clinic” in class and talking about Carlos. Carlos has felt anxious during the pandemic. The nurse asked him if he felt depressed too.

To practice what we have learned about in class and practice fluency, we will make a podcast talking about how we can manage feeling anxious or depressed during COVID-19.

**Podcast Requirements:**

For the podcast, we will:

* Create a **20-30 minutes** podcast as a whole class
* Half the podcast will be about managing stress or anxiety, the other half of the podcast will be about managing sadness or depression
* Someone will **host the podcast.** They will **introduce and conclude** the podcast.
	+ Welcome listeners, tell what the podcast is about and introduce others
	+ conclude or finish the podcast, summarizing what we talked about and what they hope the audience learned
* Other students will be **interviewers, subject matter experts, or tech editors.**
	+ Interviewers will ask questions in other parts of the podcast and keep the conversation going
	+ Subject matter experts will answer questions from the interviewers and share tips for managing anxiety or depression, make an argument for why this is a good thing to do, research to find evidence to support their idea
	+ Tech editors will help record the podcast, edit it, and make it sound good
	+ The class will decide what the teacher does.
* You are encouraged to use vocabulary and grammar we have learned recently, including:
	+ Words from “At the Clinic”
	+ Subordinating Conjunctions (although, rather than, while, since)
	+ Present and Past Perfect Tense
	+ Should
	+ Sequencing Words

Steps for the Podcast Project

1. **We will listen to and talk about podcasts in class.**
2. **We will decide together what we will talk about in our podcast.**

Some ideas of how to manage stress we will talk about:

1.

2.

3.

Some ideas of how to manage sadness we will talk about:

1.

2.

3.

**3. We will assign roles for people in our class to do.**

Podcast Host(s)- introduces and concludes podcast, introduce other speakers:

1.

2.

Interviewers- ask questions of subject matter experts, keep the conversation going:

1.

2.

3.

Subject Matter Experts- tell about and explain about ways to manage feeling anxious or depressed

1.

2.

3.

4.

5.

Tech Editors- help all students record using Anchor app, put transitions into story, make sure the podcast sounds good

1.

2.

3.

**4. We will learn and practice language for interviewing and continuing conversations. I will give you a handout to use.**

**5. We will work in smaller groups to write scripts for different parts of the podcast**

a. Introduction script

b. Part 1 (manage stress script #1)

c. Part 2 (manage stress script #2)

d. Part 3 (manage sadness script #1)

e. Part 4 (manage sadness script #2)

f. Conclusion script

**6. We will check the scripts in class using a rubric.**

**7. We will look at the Anchor app together and review a little about that.**

**8. We will record the podcast together during class time.**

**9. We will invite other people to listen to our finished podcast.**

“**This American Life” Podcast Listening Guide- Episode 697 ‘Alone Together’**

**https://www.thisamericanlife.org/697/alone-together**

1. Why did Ira Glass have to go into strict quarantine? Do you think he is going to be okay? Why?
2. What age did the podcast talk about quarantine being difficult for? Why?
3. The podcast mentions that someone has a **compromised** immune system. What do you think that means? What part of speech is “compromised”? Is it safer or more dangerous during the pandemic for someone with a compromised immune system?
4. Where did they do the interview of the older woman named Tova?
5. “We have all been **holed up** in our own homes.” “So many of us are **cooped up** with our families.” These 2 words have similar meanings. What do you think “cooped up” or “holed up” mean? What part of speech do you think “holed up” and “cooped up” are?
6. What will the stories be about later in the podcast? Why did they choose that topic?

**Podcast Project Handout #1: Interviewing and Continuing the Conversation**

 In our podcast project, we will work in small groups to create the main stories in the podcast. We decided in the previous class that we would have 2 scripts or parts of the podcast that talk about managing anxiety and 2 scripts or parts of the podcast that talk about managing depression. The 2 scripts on anxiety or stress will focus on exercise and watching nature. The 2 scripts on depression or sadness will focus on talking and spending time with family and friends and eating healthy. An interviewer will ask 1 or 2 subject matter experts about each way of managing stress or sadness for our podcast. We will practice interview strategies and ways to continue a conversation, so that the conversation goes smoothly and is not awkward.

**Tips for Interviewing and Continuing a Conversation**

1. **Ask open-ended questions to continue the interview or conversation.**

An open-ended question is NOT a yes or no question. An open-ended question can be answered many different ways, and it requires the person who is asked the question to think about their answer. For example, Do you like English class? isn’t an open-ended question because the person can just say “yes” or “no,” and then the conversation stops. An open-ended question is often a “W” question. “W” questions start with who, what, where, when, why, or how. “W” questions make a person think and give a longer answer than just “yes” or “no.” For example, to change “Do you like English Class?” to an open-ended question, you can ask “What do you like about English class?” or “Why did you decide to take an English class?”

Practice open-ended questions. Change the Yes/No questions below to 2 open-ended questions.

Example: Do you like pizza-🡪 Where did you first try pizza? What kind of toppings do you like on your pizza?

**Do you like listening to music? --🡪**

**1.**

**2.**

**Have you taken your Driver’s test in the United States? --🡪**

**1.**

**2.**

**Have you ever been to the doctor in the United States? --🡪**

**1.**

**2.**

1. **Give details so it is easy to ask more questions.**

The person answering the questions (subject matter experts) can also help the conversation be better. The more details or more specific you are with your answer, the more the interviewer has to ask you more questions about. For example, if the interviewer asks “What do you like about English class?,” and the other person answers “It is very helpful to me.” There isn’t a lot of details to understand how or why the class is helpful. An answer with more details can be something like “English class really helps me communicate with American people. Last week I had a job interview, and I was able to have a good conversation with the employer. I gave many details in my answers to the employer, and she asked me more questions.” The answer with more details makes it easier to ask another question. The interviewer can ask “What were some of the questions the employer asked you?” or “What was your favorite part of the conversation?”

Practice giving details. Read the questions below. Give an answer with details AND ask another question that uses the details.

Example: What kind of music do you like?--🡪

Answer with details: I like relaxing music to help with stress during the pandemic.

Question that uses the details from the answer: What do you find stressful about the pandemic?

**-What was the first place you moved to in Pittsburgh like?--🡪**

**Answer with details:**

**Question that uses the details from the answer:**

**-How did you feel when you first came to English class?**

**Answer with details:**

**Question the uses the details from the answer:**

**-Who is someone you know that is really good at managing their stress? --🡪**

**Answer with details:**

**Question the uses the details from the answer :**

1. **Use open-ended phrases that show you are interested and listening.**

People enjoy talking to people who are listening to them and want to know more about them and their interests. You can use phrases, or short sentences, to show someone you are listening and want to know more about what they are saying. You can use these phrases before you ask another question. Make sure you ask an open-ended question BEFORE you start to use open-ended phrases. Open-ended phrases come in the middle of the conversation, not at the beginning.

Some examples of these phrases are:

“That’s interesting….”

“Tell me more (about…)”

“Oh really?...”

“How so?”

“How’s that?”

Example of how to use:

Person 1: What did you do this weekend?

Person 2: I went shopping for my daughter’s birthday.

Person 1: Oh really? How old is she?

Person 2: She is 3 years old now. She talks about everything.

Person 1: That’s interesting. How so?

Person 2: She likes to describe what she sees around her. She is very curious.

Practice using the open-ended phrases. Finish the conversations below. Use 1 or 2 open-ended phrases.

Example:

Person 1: What did you eat for dinner last night?

Person 2: I cooked a special Mexican recipe for my family. --🡪

Person 1: Tell me more about this recipe. (What kind of ingredients do you use?)

-**Person 1: What is something you have enjoyed doing during the pandemic?**

**Person 2: I really enjoy knitting. It’s relaxing for me.**

**Person 1:**

**Person 1: Why did you decide to teach your children many languages?**

**Person 2: It is important for my children to be able to communicate with many people and know the language from my home country and know about our culture.**

**Person 1:**

**Rubric 1- Managing Stress and Sadness Podcast Script**

**Directions: Read the group’s script. Use the rubric to help improve the script. Answer the questions below and help the other group correct any mistakes they have.**

**Only for Introduction and Conclusion Script**

1. **Does the script introduce the hosts and other people who made the podcast? Yes No**

|  |
| --- |
| **Write who is introduced here:** |

**s**

1. **Does the script tell what the podcast will be about, what topics the podcast will cover AND what order the topics will be talked about?**

**Yes No**

|  |
| --- |
| **Write what the podcast will be about:** |
| **Write what topics will be covered:** |
| **Write what order (first, second, etc) the topics will be talked about:** |

**Yes No**

1. **Does the introduction script give background or extra information to help understand the rest of the podcast? Yes No**

|  |
| --- |
| **Write background information for understanding the rest of the podcast here:** |

**Yes**

1. **Does the conclusion script summarize what the rest of the podcast covered? Yes No**

|  |
| --- |
| **Copy 1-2 sentences from the script that show it summarized what was talked about before:** |

**Yes o**

1. **Does the conclusion script thank people who made the podcast? Yes No**

|  |
| --- |
| **Write who is thanked in the conclusion script:** |

1. **Did you notice any punctuation mistakes in the script (period, comma, question mark) ? Yes No**

|  |
| --- |
| **Write any punctuation mistakes here:** |

**No**

1. **Did you notice any grammar mistakes (tense, order/syntax) in the script? Yes No**

|  |
| --- |
| **Write any grammar mistakes here:** |

1. **Did you notice any capitalization mistakes in the script?**

|  |
| --- |
| **Write any capitalization mistakes here:** |

 **Yes No**

|  |
| --- |
| 1. **What do you like the most about this script?**
 |

**Rubric 2- Managing Stress and Sadness Podcast Script**

**Directions: Read the group’s script. Use the rubric to help improve the script. Answer the questions below and help the other group correct any mistakes they have.**

**For Part 1-Part 4 Scripts**

1. **Does the script use at least 3 open-ended questions?**

**Yes No**

|  |
| --- |
| **Write the open-ended questions here:** |

**s**

1. **Does the script use at least 3 answers with details?**

**Yes No**

|  |
| --- |
| **Write what the answers with details here:** |

**Yes**

1. **Does the script use at least 2 open-ended phrases?**

**Yes No**

|  |
| --- |
| **Write the open-ended phrases here:** |

**Yes**

1. **Does the script tell why managing stress/anxiety OR sadness/depression is important? Yes No**

|  |
| --- |
| **Write why the script says managing stress OR sadness is important:** |

**Yes No**

1. **Does the script explain how exercise/nature/eating healthy/spending time with family or friends helps? Yes No**

|  |
| --- |
| **Write how the script explains how the topic helps managing stress or sadness:** |

1. **Did you notice any punctuation mistakes in the script (period, comma, question mark)?**

 **Yes No**

|  |
| --- |
| **Write any punctuation mistakes here:** |

**o**

1. **Did you notice any grammar mistakes (tense, order/syntax) in the script ? Yes No**

|  |
| --- |
| **Write any grammar mistakes here:** |

**s**

1. **Did you notice any capitalization mistakes in the script?**

 **Yes No**

|  |
| --- |
| **Write any capitalization mistakes here:** |

|  |
| --- |
| 1. **What do you like the most about this script?**
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