



# Handout 1: Assess Your Knowledge

	Before Session	After Session
1. True or False: Resilience is an inborn trait like temperament or eye color.	T <input type="checkbox"/> F <input type="checkbox"/>	T <input type="checkbox"/> F <input type="checkbox"/>
2. Positive adaptive responses emerge when ( <i>check all that apply</i> )		
a. Stress is completely removed.	<input type="checkbox"/>	<input type="checkbox"/>
b. Adults protect children from tough problems.	<input type="checkbox"/>	<input type="checkbox"/>
c. A person learns something useful from a challenge.	<input type="checkbox"/>	<input type="checkbox"/>
d. You manage a positive solution.	<input type="checkbox"/>	<input type="checkbox"/>
3. Match the stressor with the type of stress it <b>usually</b> represents. Type of stress: a = Positive stress; b = Manageable stress; or c = Toxic stress		
• Excitement	a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/>	a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/>
• Unreported rape	a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/>	a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/>
• Grief	a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/>	a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/>
• Ordinary test anxiety	a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/>	a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/>
• Your turn in a trivia contest	a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/>	a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/>
• Posttraumatic stress disorder (PTSD)	a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/>	a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/>
• Parents' divorce	a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/>	a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/>
4. Which part of the human body determines the response to stress? ( <i>check all that apply</i> )		
a. Stomach	<input type="checkbox"/>	<input type="checkbox"/>
b. Respiratory system	<input type="checkbox"/>	<input type="checkbox"/>
c. Adrenal glands on the kidney	<input type="checkbox"/>	<input type="checkbox"/>
d. Brain	<input type="checkbox"/>	<input type="checkbox"/>
5. Which of the following is true about adverse events? ( <i>check all that apply</i> )		
a. Most people are emotionally scarred by them.	<input type="checkbox"/>	<input type="checkbox"/>
b. They are very common.	<input type="checkbox"/>	<input type="checkbox"/>
c. Ignoring them elevates many risks.	<input type="checkbox"/>	<input type="checkbox"/>
d. Their effects can be cumulative.	<input type="checkbox"/>	<input type="checkbox"/>



	Before Session	After Session
6. Which of the following is <b>not</b> a factor that promotes student resilience.		
a. Zero tolerance	<input type="checkbox"/>	<input type="checkbox"/>
b. Adaptive skills	<input type="checkbox"/>	<input type="checkbox"/>
c. Positive adult relationships	<input type="checkbox"/>	<input type="checkbox"/>
d. Supportive context	<input type="checkbox"/>	<input type="checkbox"/>
e. Empowerment	<input type="checkbox"/>	<input type="checkbox"/>

7. Describe one way that an aspect of a trauma-sensitive classroom contributes to student resilience.

Before session: \_\_\_\_\_

\_\_\_\_\_

After session: \_\_\_\_\_

\_\_\_\_\_

8. Name four adaptive skills that arise from a positive adaptive response to a difficulty.

Before session: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

After session: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Changes I Plan to Apply in the Classroom

Use this space to jot down some changes that you plan to take with you and apply in your classroom as a result of this training.

