



# Handout 1: Assess Your Knowledge

	Before Session	After Session
1. In the context of educational goals, successfully implementing the four factors that contribute to resilience results in: <i>(Check all that apply.)</i>		
a. Problem-solving skills	<input type="checkbox"/>	<input type="checkbox"/>
b. Healthy eating	<input type="checkbox"/>	<input type="checkbox"/>
c. Safety	<input type="checkbox"/>	<input type="checkbox"/>
d. Engaged students	<input type="checkbox"/>	<input type="checkbox"/>
2. Educators potentially bring to their students a factor identified as the one most common to children who develop resilience, which is:		
Before session:		
After session:		
3. Which of the following best describes resilience? <i>(Check one.)</i>		
a. A genetic trait	<input type="checkbox"/>	<input type="checkbox"/>
b. A characteristic of people without stress or trauma	<input type="checkbox"/>	<input type="checkbox"/>
c. A capacity for bouncing back from adversity	<input type="checkbox"/>	<input type="checkbox"/>
d. A feature of temperament	<input type="checkbox"/>	<input type="checkbox"/>
4. Which aspect of empowerment encourages participation from a student who seems to be affected by trauma or severe stress? <i>(Check all that apply.)</i>		
a. Empowerment builds on individual strengths.	<input type="checkbox"/>	<input type="checkbox"/>
b. Empowerment reinforces voice and choice.	<input type="checkbox"/>	<input type="checkbox"/>
c. Empowerment focuses all attention on the affected student.	<input type="checkbox"/>	<input type="checkbox"/>
d. Empowerment places the affected student in charge of others.	<input type="checkbox"/>	<input type="checkbox"/>
5. What are adaptive skills?		
Before session:		
After session:		
6. Which aspect of empowerment encourages participation from a student who seems to be affected by trauma or severe stress? <i>(Check all that apply.)</i>		
a. Club membership	<input type="checkbox"/>	<input type="checkbox"/>
b. Favorite sport	<input type="checkbox"/>	<input type="checkbox"/>
c. Parent involvement	<input type="checkbox"/>	<input type="checkbox"/>
d. Cultural traditions	<input type="checkbox"/>	<input type="checkbox"/>



	Before Session	After Session
7. True or False. Strategies to build resilience in the classroom are seen only in the four factors.	T <input type="checkbox"/> F <input type="checkbox"/>	T <input type="checkbox"/> F <input type="checkbox"/>
8. Which aspect of empowerment encourages participation from a student who seems to be affected by trauma or severe stress? (Check all that apply.)		
a. Stressed-out students	<input type="checkbox"/>	<input type="checkbox"/>
b. You	<input type="checkbox"/>	<input type="checkbox"/>
c. Self-confident students	<input type="checkbox"/>	<input type="checkbox"/>
d. School administration	<input type="checkbox"/>	<input type="checkbox"/>

## Strategies I Use in the Classroom Now

Use this space to name some strategies you already use.

## Strategies I Intend to Implement in the Classroom

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

