

grief

Learning Objective: Each student will learn be able to identify and learn skills to cope with grief.

Quiz Reflection:

Video Reflection:

Podcast Reflection:

Goals:

1.

What? _____

Why? _____

How? _____

2.

What? _____

Why? _____

How? _____

3.

What? _____

Why? _____

How? _____

Make sure your goals are:

1. Obvious
2. Attractive
3. Easy
4. Satisfying

Final Thoughts:



Access your Online Dashboard

Login at my.schoolpulse.org

Not signed up?

See your instructor for the opt-in code.

grief quiz

This quiz is for your personal awareness. Your answers will be kept completely anonymous.

1. Memories of the person who died or left upset me.

- Never Rarely Sometimes
 Often Very often

2. I think about this person so much that it's hard for me to do the things I normally do.

- Never Rarely Sometimes
 Often Very often

3. I feel myself longing for the person who died or left.

- Never Rarely Sometimes
 Often Very often

4. I feel drawn to the places and things associated with the person who's gone.

- Never Rarely Sometimes
 Often Very often

5. I feel disbelief over what happened.

- Never Rarely Sometimes
 Often Very often

6. Ever since he/she died or left, it is hard for me to trust people. Sometimes

- Never Rarely
 Often Very often

7. I feel that life is empty without the person who died or left.

- Never Rarely Sometimes
 Often Very often

8. I go out of my way to avoid reminders of the person who's gone.

- Never Rarely Sometimes
 Often Very often

9. I feel lonely a great deal of the time ever since the loss.

- Never Rarely Sometimes
 Often Very often

10. Ever since he/she died or left me, I feel as if I have lost the ability to care about other people or I feel distant from people I care about.

- Never Rarely Sometimes
 Often Very often

11. I feel bitter over this person's death or leaving.

- Never Rarely Sometimes
 Often Very often

12. I feel envious of others who have not lost someone close.

- Never Rarely Sometimes
 Often Very often

Want to learn more about trauma, and other mental health topics?

Visit: schoolpulse.org/resources



quiz results

Use your quiz answers to add up your points.

Never = 1 point
Rarely = 2 points
Sometimes = 3 points
Often = 4 points
Very Often = 5 points

Total Points: _____

12-23 little to no indication that you may be experiencing grief.	24-35 mild indication that you may be experiencing grief.	36-47 moderate indication that you experiencing grief.	48-60 strong indication that you may be experiencing grief.
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These results are not a diagnosis, if you have questions text us at SchoolPulse.

confidentiality agreement

This class should be a safe place for participants. Participants are expected to keep anything said during this class by other class members confidential. This is not meant to encourage secret-keeping, but rather to protect everyone's privacy and ensure that this class is a safe place to share feelings. Class members are expected to treat one another with respect.

Confidentiality within this class is based on mutual trust. Legal exceptions to confidentiality include a clear or present danger to harm yourself or another, knowledge or suspicion of the abuse or neglect of a minor or incapacitated adult, or any other information legally required to be reported to social services.

I _____, agree to not disclose to anyone outside this class any information that may help to identify another class member. This includes, but is not limited to, names, physical descriptions, biological information, and other specifics about interactions with other group members.

Student Signature

Date