

trauma

Learning Objective: Each student will learn what trauma is and how to recognize and deal with its effects.

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.

trauma quiz

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

1. Do you have repeated, disturbing memories, thoughts, or images of a stressful experience from the past?

- Never Rarely Sometimes
 Often Very often

2. Do you experience feeling very upset when something reminds you of a stressful experience from the past?

- Never Rarely Sometimes
 Often Very often

3. Do you avoid activities or situations because they remind you of a stressful experience from the past?

- Never Rarely Sometimes
 Often Very often

4. Do you have a hard time with physical touch from others?

- Never Rarely Sometimes
 Often Very often

5. Are you having difficulty concentrating?

- Never Rarely Sometimes
 Often Very often

6. Do you feel distant or cut off from other people?

- Never Rarely Sometimes
 Often Very often

7. Are you feeling irritable or having angry outbursts?

- Never Rarely Sometimes
 Often Very often

8. Do you have a hard time relaxing?

- Never Rarely Sometimes
 Often Very often

9. Do you feel safest when you are alone?

- Never Rarely Sometimes
 Often Very often

10. Do you consider yourself to be anxious, paranoid about or distrusting of others?

- Never Rarely Sometimes
 Often Very often

11. Do you assume the worst about others and yourself?

- Never Rarely Sometimes
 Often Very often

12. Do you prefer strict routines and have a very hard time with spontaneity?

- Never Rarely Sometimes
 Often Very often

13. Are you bothered by very affectionate people (physical or verbal)?

- Never Rarely Sometimes
 Often Very often

14. Do you have a hard time remembering positive or day-to-day memories?

- 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: _____

14-30 - little to no indication that you may be suffering from trauma	31-43 - mild indication that you may be suffering from trauma	44-56 - moderate indication that you may be suffering from trauma	57-70 - strong indication that you may be suffering from trauma
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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