TeachME Professional Development

Psychological and Social Issues Facing School-Aged Youth

1. How does trauma impact brain development in children?

A. It does not impact brain development in children
B. It can cause the prefrontal cortex, responsible for executive functioning, to grow prematurely
C. It can disrupt growth in brain areas responsible for executive functioning, emotional regulation, and memory processing
D. It only temporarily disrupts growth in brain areas responsible for emotional regulation

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2. What is one way teachers can support students with behavioral issues?

A. Encouraging competition among students
B. Offering empathy and understanding
C. Providing less structure and routine
D. Ignoring negative behaviors to avoid giving attention to them.

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3. What is the purpose of establishing clear boundaries in the classroom?

A. To increase disruptive behavior and conflicts.
B. To prevent misunderstandings and conflicts.
C. To discourage self-regulation and decision-making skills.
D. To promote a sense of safety and predictability.

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4. What is one of the primary impacts of psychosocial issues on school-age youth?

A. A decrease in academic performance
B. An increase in academic performance
C. No impact on academic performance
D. Only a temporary impact on academic performance

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5. Why is open communication important for creating a safe environment for students with psychosocial issues?

A. It leads to increased feelings of stress and anxiety.
B. It promotes negative social-emotional development.
C. It helps students feel heard, understood, and supported.
D. It fosters a sense of competition and rivalry among students.

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6. Which of the following is NOT a strategy that schools can use to help children experiencing psychosocial challenges?

A. Implementing school-wide positive behavior interventions and supports (PBIS)
B. Providing individual counseling services for students
C. Offering extracurricular activities that foster social connections
D. Reducing academic rigor and expectations

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7. What are some of the most common psychosocial issues experienced by school-age youth?

A. Diabetes, heart disease, cancer, and stroke.
B. Anxiety, depression, trauma, behavioral issues, and bullying
C. Asthma, allergies, eczema, and psoriasis.
D. Poverty, truancy, oppositional defiance, and gang activity

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8. How can educators encourage open communication in the classroom?

A. By providing opportunities for discussion and using active listening skills.
B. By using negative language and criticizing students.
C. By discouraging peer-to-peer communication and collaboration.
D. By ignoring students' experiences and feelings.

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9. What are some impacts of anxiety and depression on social functioning?

A. Increased social activity and enhanced communication skills
B. No impact on social functioning
C. Improved relationships with teachers, peers, and family members
D. Social withdrawal, difficulty initiating conversations, and impaired ability to engage in social activities

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10. Why is providing opportunities for social support an important strategy to use with students with psychosocial issues?

A. It promotes negative social-emotional development.
B. It leads to increased feelings of stress and anxiety.
C. It enhances a student’s sense of belonging and reduces stress.
D. It fosters a sense of competition and rivalry among students.

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11. What is the Platinum Rule?

A. Treating others the way you want to be treated.
B. Treating others the way they want to be treated.
C. Treating others better than they treat you.
D. Treating others worse than they treat you.

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12. Which of the following is an impact of trauma and psychosocial issues on development, behavior, and learning?

A. Increased attention and focus
B. Enhanced memory and cognitive abilities
C. Improved social skills
D. Reduced academic achievement

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13. Why is collaborating with other professionals important for educators who are supporting students with psychosocial issues?

A. It makes the educators' job easier
B. It ensures miscommunication
C. It ensures that students receive the support they need
D. It allows educators to avoid communication with students

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14. Summarize social and emotional learning (SEL)?

A. A process that focuses only on academic learning
B. A process that is not important for students with psychosocial issues
C. A process that helps students develop the skills and attitudes necessary to manage their emotions, build positive relationships, and make responsible decisions
D. A process that is only important for students who are struggling academically

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15. How can using clear and concise language be helpful for students with psychosocial issues?

A. It can confuse students even more
B. It can help students understand expectations and reduce confusion or frustration
C. It can be overwhelming for students
D. It can create a language barrier for ELL students

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16. Which of the following communication strategies is important for making students feel heard and respected?

A. Using non-judgmental language
B. Using stigmatizing language
C. Making assumptions about students' experiences
D. Avoiding self-expression

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17. Summarize differentiated instruction:

A. A teaching strategy that involves adapting instruction to meet the diverse learning needs of students
B. A teaching strategy that involves giving all students the same instruction

C. A teaching strategy that only benefits students with psychosocial issues
D. A teaching strategy that involves only visual aids

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18. What are some difficulties that students with psychosocial issues may experience?

A. Difficulty with coordination and balance
B. Difficulty with reading and writing
C. Difficulty concentrating, memory, and motivation
D. Difficulty with mathematical concepts

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19. Identify a potential consequence of unaddressed trauma in students?

A. Improved academic performance
B. Better relationships with peers
C. Increased engagement in classroom activities
D. Difficulty with emotional regulation and behavior management

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20. Which of the following best summarizes collaborative problem-solving?

A. The process of solving problems by oneself
B. The process of ignoring challenges and hoping they will go away
C. The process of giving up on a problem and moving on to the next one
D. The process of working together to identify solutions and develop a plan of action

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