
ASSESSMENT/EVALUATION QUESTIONS:

1. Define and/or describe *challenging times* and list various types of challenging times individuals and families face.

1. A challenging time means:
A turning point, a decisive moment, an unstable or crucial time or state of affairs when the outcome will make a decisive difference for better or worse.
2. List five positive (happy) events that can be challenging for individuals and families.
Answers will vary
3. List five events involving loss that can be challenging for individuals and families.
Answers will vary

2. Analyze how positive (happy) events in our lives can be challenging times for individuals and families.

4. A wedding would be a challenging time for the following reason:
 - a. a sibling is leaving home
 - b. weddings are expensive
 - c. relatives come to town
 - d.* all of the above
5. Vacations are challenging because:
 - a. people are embarrassed that they don't have a tan
 - b. it's hard to get into an old swimming suit
 - c. Mom hates to leave home
 - d.* all of the above

3. Analyze how negative events that involve loss can be challenging times for individuals and families and identify the stages of loss.

6. The stages of loss are:
Denial, anger, bargaining, depression, acceptance
7. Who do individuals bargain with?
Doctor, teachers, boy/girlfriends, parents, God, themselves

ASSESSMENT/EVALUATION QUESTIONS - CONT'D:

8. Why is it healthy and normal to pass through the stages of loss?
They are a necessary part of the coping process that allows us to go forward and live in peace.
9. The five stages of loss are known as:
Defense mechanisms
4. **Specify ways individuals can handle challenging times.**
- a. **Identify positive methods of managing challenging times.**
10. Describe what is meant by "a positive method of managing a challenging time".
A positive method of managing challenging times is when the behavior will not degrade, harm, or have a negative effect on self or others. The behavior should produce favorable results.
11. List the steps in the Crisis Technique of managing challenging times:
Step 1- Acknowledge you feelings. Identify them. Allow yourself to feel them. Write them down.
Step 2- Stand back. Imagine that you are another person looking at your situation. Are your feelings realistic for the situation?
Step 3- Engage in activities that you enjoy doing. Make a mental note of the ones that help you to feel better.
Step 4- Brainstorm solutions to your situation. List all alternatives. Choose one to try.
12. Match the loss with the challenge: (Choose the best answer)
- | | |
|-------------------|--|
| 1. divorce_C_ | A. fear of stares from others |
| 2. death_D__ | B. making new friends |
| 3. moving_B__ | C. trying to make it on your own |
| 4. disability_A__ | D. never seeing this person again |
| 5. job_E__ | E. retraining to meet job market demands |

ASSESSMENT/EVALUATION QUESTIONS- CONT'D:

- b. Identify negative methods of managing challenging times.**
13. Describe what is meant by a "negative way of handling a challenging time".
A negative method of managing challenging times is when the behavior will degrade, harm, or have a negative effect on self or others. This behavior would produce unfavorable results.
14. List 3 negative methods of managing challenging times:
Answers will vary
- 5. Review personal skills applicable to managing challenging times and identify personal choices that accompany each challenge.**
15. Name five different kinds of skills we have learned and practiced in this class that will help you become successful and manage challenging times.
Communication skills, relationship skills, coping skills, decision-making skills, critical thinking skills, appropriate behaviors, social skills
16. Ultimately, the person who decides whether challenging times will be roadblocks or mile markers in your life is:
A. Your parents
B. Your friends
C.* You
D. None of the above