**Foster Care**

1. Ellermann et al (2007) described the challenges experienced in foster care by the kids, parents, and professionals. Explain how these challenges experienced among all individuals involved impact the risk factors of the children.

2. Because it is not possible to completely eliminate the prevalence of foster care children, it is important to improve the current conditions of the foster care system. Discuss two prevention strategies that would be effective in minimizing the risk factors among foster kids once they are placed in foster homes.

3. What is one developmental milestone that may be delayed or missed in the foster kid population, and what mental, behavioral, or emotional disorders may that play a role in?

**School Transitions**

1. There are many transitions that occur within the school setting. For each of the 4 major transitions, list one difficulty or challenge a child may encounter.

2. For each of those 4 major transitions, list a way to ease or improve the transitions.

Home to Kindergarten: Attend a high quality pre – kindergarten program, such as head start, that will foster children’s academic and social abilities.

3. Describe two categories of potential disruptions with unsuccessful transitioning.

**School Health**

1. What are some problems with unsuccessful health programs in schools?

2. You are put in charge of creating a new health program at a high school, how would you make the program in general more effective in preventing MEBs? Who in the students lives would you involve and why?

3. If you were creating a health program for elementary school students, what topics would you cover and would these topics be age appropriate?

**Poverty**

1. Describe the effects of poverty on a family, especially the children.

2. Compare and contrast the programs and results of Head Start and the Abecedarian Project.

3. Describe what would make an optimal intervention/prevention program for children in poverty.

**Adolescent Depression**

1. Are adolescents in urban or rural settings more likely to have a diagnosis of depression? Provide an example as to why this may be.

2. Why is it important to test for anxiety before depression in adolescence?

3. Describe the difference between sadness and depression.

**Social Anxiety**

1. What are the differences between social anxiety disorder, panic disorder, and agoraphobia?

2. Social anxiety disorder affects an individual physically, cognitively, and behaviorally. What are some examples of the symptoms shown in each of these areas affected?

3. Social anxiety causes significant impairment and distress in many aspects of life for children, adolescents, and adults. Discuss three different major life areas affected by this disorder and how this influences their overall functioning and well-being.

**Phobias**

**1. How can phobias be prevented?**

**2. Differentiate between a fear and a phobia.**

**3. Describe cognitive behavioral therapy and exposure therapy as they are used for phobias.**

**Trauma**

1. What is the difference between Acute Stress Disorder and Post Traumatic Stress Disorder?

2. Name and describe 2 of the 4 types of symptoms that come with PTSD.

3. Discuss two difficulties in diagnosing children with PTSD.

**Substance Use**

1. What is substance use disorder and what are some risk factors?

2. How do biological and environmental factors impact substance use?

3. What are some consequences of substance use at an early age?

**Child Obesity**

1. Provide the evidence related to the stigma of obesity and give an example of how obesity is stigmatized.

2. What is used to measure obesity and what two ways is it used in the school system? A: Body Mass Index (BMI) is used to measure obesity.

3. What are some consequences associated with child obesity?

**Mindfulness**

1. What is mindfulness' main goal? To reduce what?

2. How does mindfulness differ from meditation?

3. How does yoga play a role in mindfulness?