

## **Section 1 Research & Write Up Assignment Instructions**

**Please turn in your assignment by uploading it to your goggle drive folder.**

**Please note, homework for section one also includes making a post on the course forum, due 10/14/24.**

You will find the course forum in the upper right-hand corner of the course page, or [Click here](#). You must be logged into your account to access the forum.

### **Brain and Body State research & write up - Paper Due 10/28/24**

Chose at least one adult or student with whom you have challenging moments.

Consider the following questions and put your answers into the template.

- During the last challenging event what clues did you see that might help you guess what brain state they might have been in? What information were they able to, and not able to, process in the moment?
- If you think about the stress reactions continuum (the chipmunk pictures) what is your guess as to how they might have been experiencing the world in that moment?
- Looking back, was there an escalation in their behavior?
- What information was their behavior giving you? Consider both their arousal state and their perception.
- If you look at the nervous system symptoms chart, where might you put them?

After reflecting upon your responses, write up your thoughts on what might have been occurring in that situation, including thoughts on your own brain and body states and what role that might have played. Finally, what thoughts do you have for working with this person in the future?

### **Developmental perspective research & write up DUAL FOCUS ONLY - Paper Due 11/11/24**

Chose at least one adult you work with.

Consider the following questions and put your answers into the template.

- Which stage do you think is predominant for them?
- What information are you basing your assessment upon? (give examples)
- What information do you think would be most useful to share with them and how?
- Identify some coaching questions that you think might be useful to try with them.

After reflecting upon your responses, write up a possible plan of action for working with them, considering how you will know if your approach is being effective or not.