

Reclaiming Youth At Risk: Our Hope for the Future Part I and II

Checking your basic understanding

Name _____

Multiple choice

1. What statement *doesn't* fit with the overall perspective of the book?
 - a. Children are born with strengths and we need to build on them.
 - b. Children are sacred beings and deserve adult respect no matter their behavior.
 - c. A punitive consequence is the best way to teach children responsibility.
 - d. There are basic human needs that cross all cultures.
2. According to the authors of the book,
 - a. the basic needs of children are belonging, benevolence, independence and success
 - b. when basic needs are met children will not experience emotional pain in their lives
 - c. one way to think of at-risk children is that they are children with broken circles of courage
 - d. children from poverty means they will not have their circle of courage needs met
3. Which of the following did the authors **not** use as a primary source in determining the four basic needs of the *Circle of Courage*TM?
 - a. Textbooks on learning disorders
 - b. Contemporary psychological research
 - c. The wisdom of indigenous peoples' child rearing practices
 - d. The wisdom of youth work pioneers
4. What does it mean that this book takes a strength-based, resiliency and preventative approach to dealing with at-risk youth?
 - a. There are specific, prescribed strategies that teachers can use to make kids behave.
 - b. It means finding the courage to keep angry and hostile kids out of school so that schools can be safe.
 - c. It is about teachers learning to fend off verbal and physical attacks from children.
 - d. It is knowing all children have some goodness in them and that goodness can be tapped to create helpful learning environments.
5. Stanley Coopersmith observed there are four basic components of self esteem. Of the following, which is not included:
 - a. Significance
 - b. Competitiveness
 - c. Power
 - d. Virtue
6. Who said, "Be related, somehow, to everyone you know".
 - a. Ella Deloria
 - b. Urie Bronfenbrenner
 - c. Pestalozzi
 - d. William Glasser

7. Which of the following is not one of the four seeds of discouragement that can break a child's circle:
- relationship problems
 - poor parenting
 - learned irresponsibility
 - loss of purpose
8. Richard Cardinal
- A Native American who experienced abuse
 - Was a socio-path who wrote "help me" in his own blood
 - Finally got what he most needed... to go home and live with his family
 - Wasn't very smart as evidenced by his school grades
 - All of the above
 - None of the above
9. What viewpoint is (are) expressed in the book?
- "Tribes" or many adults helping raise children is as or even more important than the role of the nuclear family.
 - Schools have become too big and impersonal.
 - Children can be given too much power too soon.
 - Many youth have become too preoccupied with material wealth.
 - All of the above
 - None of the above
10. The negative labeling of students
- Thankfully helps the public sort out the bad kids from the good
 - Encourages children to become positive adults
 - Come from our personal theories of behavior and naively help us make sense of bad behavior
 - Causes adults to connect and help children
11. Giving kids appropriate power or independence
- teaches them not to be helpless through simple obedience
 - should happen around the time the child turns 18
 - pushes children to become narcissist or rebellious
 - None of the above
12. Schools
- operate best for children if they emulate a factory or the military
 - work best when they are people or relationship orientated
 - are engaging and generally meet the needs of all children
 - are not very powerful as a means to transmit values to our youth

True or False

- ___1. The book takes primarily a behaviorist perspective on working with children.
- ___2. The four worlds in which children live are family, school, community and peers.
- ___3. Schools often become the only community resource that provides on-going, long-term relationships for some youth.
- ___4. Traditional native education was designed to teach only spiritual competence.
- ___5. A way to describe learned helplessness is when children lose their internal sense of self-power.
- ___6. Indigenous thinking, in comparison to European thinking, is more communal.
- ___7. Discouragement, according to the book, is courage given.
- ___8. Youth (and adults, too) will sometimes get their needs met in unhealthy ways.
- ___9. When a child has attention-seeking behavior, clings to adults, is vulnerable to cults, is gang involved, promiscuous, and/or craves approval, the child is demonstrating a distorted need for generosity.
- ___10. When a child doesn't have any confidence, feels powerless, is completely irresponsible and can be easily misled, he is lacking a sense of belonging.
- ___11. Negative labels can lead to adults who have negative feelings and behavior toward a child.
- ___12. Autonomy is another word for independence.
- ___13. Attachment is another word for mastery.
- ___14. Urie Bronfenbrenner suggested that much of the psychological research has been about strange behavior in unnatural settings about trivial things that fragment knowledge.
- ___15. Fritz Redl, who suggested a title of a book be "Love of Kids, Neglect of Children, Hatred of Youth" was being sarcastic and cynical because society really wasn't paying attention to the needs of children.
- ___16. Most people never experience being at risk.

True or False Part III

- ___1. One of the foundations for creating a reclaiming environment is respect for the child.
- ___2. Of the two, building relationships or applying consequences, relationship building is more important in creating a good place for kids.
- ___3. Relationship reluctant kids may be fearful, antagonistic or superficially charming.

- ___4. Schools often become the only community resource that provides on-going, long-term relationships for some youth.
- ___5. Kids who have trouble building relationships often have parents or care givers who provided little nurturance or were over indulgent.
- ___6. An insecure attachment means the child doesn't have a close friend or even a pet.
- ___7. A way to describe learned helplessness is when children lose their internal sense of self-power.
- ___8. A better way of describing attention seeking behavior is to think of it as attachment behavior.
- ___9. Social reinforcement happens to a greater degree if encouragement or corrective suggestions come from an adult the child cares about.
- ___10. Modeling is one way children learn correct or incorrect social behavior.
- ___11. Punishment is just another word for discipline according to the book.
- ___12. Relationship building is more of a feeling (i.e. someone feels love for you) rather than an action (i.e. a process of giving)
- ___13. It is impossible to use problems and crisis as a way to help a child.
- ___14. The best way to deal with a conflict with a child is to make sure you, the adult, wins.
- ___15. Relationships happen in seconds; connections happen in days, weeks... years.
- ___16. The best way to create responsible and respectful children is to demand obedience.
- ___17. One way to build relationships is to earn the trust of youth.
- ___18. Trust develops over a period of time in predictable stages: casing, limit testing, and predictability.
- ___19. Brain friendly learning is threatening, passive and anti-social.
- ___20. The best discipline is discipline that comes from within.
- ___21. Discipline, contrary to punishment, is reactive, arbitrary, externally controlled and uses physical punishment.
- ___22. A reason for service learning to be required of students in schools is to help teach children their personal power and value.
- ___23. One way to describe "synergistic relationships" is to say it happens when youth, staff, parents and administration bind together in mutual commitment to shared goals.
- ___24. Autonomy is another word for independence.
- ___25. According to Fritz Redl, a child care worker, the best therapy is the therapy that happens in a psychologist's or psychiatrist's office.

- ___26. The “life space” of a child refers to the environment in which a child acts, thinks and feels.
- ___27. The best way to get respect from a child is to demand it.
- ___28. Children should experience joy each day of their lives and look forward to it each day.
- ___29. As long as the adult has good relationships with kids, it isn’t as important that adults working with kids “get along” with other staff or parents.
- ___30. Not all cultures are interested in mastery.
- ___31. Adult domination will encourage motivation.
- ___32. Affection and realistic challenges encourage motivation.
- ___33. Children should not be allowed to fail.
- ___34. Many children labeled Learning Disabled, have brains with normal variations and just need other ways to approach learning.
- ___35. Many children labeled as Attention Deficit Disordered have brains that would rather pay attention to things that interest them, rather than the things adults are teaching.
- ___36. It is best to teach academic material without letting social or emotional issues influence the learning.
- ___37. Experiential education is education that is focused on science experiments.
- ___38. The best learning happens when students are active, interested and find the material relevant.
- ___39. We learn when we “join a learner’s club” and others help us be part of that “club”.
- ___40. Cooperative learning is having the very capable students lead and do the work for others.
- ___41. A benefit of cooperative learning is that all learners generally do better.
- ___42. The use of stories is a good teaching and learning tool even for high school students.
- ___43. Recitation allows for open ended discussion.
- ___44. The brain needs to be taught how to think.
- ___45. Extrinsic controls are controls that come from “within” the person.
- ___46. American families are predominately authoritarian, that is, parental control allows little room for the views of children.
- ___47. As children get older they want more autonomy.
- ___48. The more one controls, the more one needs to be controlling.
- ___49. A theme that runs through the characteristic of a resilient child is that they have a sense of power or autonomy.

- ___50. An internal locus of control means the brain controls the functions of the heart and lungs.
- ___51. The best way to give kids autonomy is to let them do what they want at an early age in order to have them learn from their mistakes.
- ___52. A pedocracy is a government by the children.
- ___53. Discipline is a process of teaching.
- ___54. Discipline requires that adults make the decisions, take full control and assume all the responsibility.
- ___55. Children learn best from natural consequences, not punishment.
- ___56. No society can exist without some negative sanctions to define limits.
- ___57. Rules are to values as obedience is to respect.
- ___58. Staff who feel insignificant and powerless will seek power over children as an artificial means of gaining importance.
- ___59. Reversing responsibility means the child's responsibility is given to the adult.
- ___60. Every culture embodies its most basic values in its language.
- ___61. Adults must assert values to help guide youth.
- ___62. Risk-seeking behavior of kids must be stopped not refocused into something positive.
- ___63. It is dangerous to give responsibility to irresponsible youth.
- ___64. Peer involvement and helping one another is a good thing even when they are troubled and troubling kids.
- ___65. Children learn to care when they are about 12 years old.
- ___66. Genuine altruism evokes empathy and it motivates "kind" behavior
- ___67. One pseudo-altruism is when a person helps another for personal gain or to avoid shame or guilt.
- ___68. There is a strong connection between attachment and empathy.
- ___69. One goal of education is to teach compassion.
- ___70. When students perform service learning, often their academic scores increase.
- ___71. The most successful service learning projects are regimented and highly adult-oriented rather than exciting and spontaneous.
- ___72. You should be ashamed to die unless you do something good for humankind.
- ___73. We exist not to be loved and admired but to love and act.