

## Growing Resilient Kids

An exam of concepts from Circle of Courage and CF Learning Model of Leadership and Service.

### MULTIPLE CHOICE

1. Which is not a good example of altruism?
  - a. Compassion to strangers
  - b. Empathy
  - c. Court ordered community service
  - d. Caring for children
2. This is NOT one of the elements of the Model of Leadership and Service
  - a. Belonging
  - b. Individualism
  - c. Achievement
  - d. Purpose
3. The term "at risk" as used by authors of *Reclaiming Youth at Risk* refers to
  - a. Children with psychiatric diagnoses
  - b. 5% of the population
  - c. Children of color
  - d. Hazards facing children
4. The term "reclaiming" means
  - a. Meeting needs of devalued children
  - b. Rescuing vulnerable children
  - c. Placing troubled children in the mainstream
  - d. Rehabilitation of disturbed and delinquent youth
5. CF Learning added two added types of needs beyond the Circle of Courage concepts:
  - a. Safety and Order
  - b. Adventure and Play
  - c. Safety and Adventure
  - d. Order and Play

## MATCHING

Problem behaviors matched with unmet Circle of Courage need:

A. Belonging    B. Mastery    C. Independence    D. Generosity

- \_\_\_ 1. Lacks curiosity
- \_\_\_ 2. Self-centered
- \_\_\_ 3. Lacks self confidence
- \_\_\_ 4. Weak conscience
- \_\_\_ 5. Power struggle
- \_\_\_ 6. Narcissistic
- \_\_\_ 7. Learned helplessness
- \_\_\_ 8. Seeks gang connections
- \_\_\_ 9. Fears failure
- \_\_\_ 10. Withdrawn

## TRUE/FALSE

- 1. T F Resilience means invulnerability to risk.
- 2. T F Cultural trauma is intergenerational.
- 3. T F Indigenous peoples had sophisticated science.
- 4. T F Resilience is largely based on genetic endowment.
- 5. T F Four universal biosocial needs are attachment, achievement, autonomy, altruism.
- 6. T F The concept of purpose is tied to generosity, service beyond self.
- 7. T F Children have higher needs for adventure than teens or adults.
- 8. T F Securely attached children are able to be more independent.
- 9. T F "Felt Safety" of children is more important than safety procedures.
- 10. T F Zero tolerance for violence has made schools safer.