



CEU Homework
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UACCRRRA

Send completed CEU homework to:
Carrie Stott
6510 Old Main Hill
Logan, UT 84322

CEU Homework Cover Sheet

Course Title Guidance & Emotional Wellness, Course 1: Setting the Stage

Course Dates _____

Name _____

Mailing Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Please complete this form and submit it with your completed CEU homework assignments.

The cost of 1 CEU is \$15. Please make **check** or **money order** payable to UACCRRRA (no cash please). Payment for CEU credit **MUST** be submitted with completed homework assignments in order for CEU credit to be awarded.

Homework assignments must be complete in order to be considered for credit. Incomplete assignments will be returned. You can re-submit a homework assignment for credit, as long as it is still before the due date. You **MUST** include a CEU Homework Cover Sheet with all requests.

Homework due dates will be strictly enforced. Homework is due 3 weeks after the last session of class. In order for homework to be considered for credit it needs to be postmarked on or before that date. There are no exceptions to this policy. Classes you are earning CEU credit for must be completed in full. If you make up a session in order to complete the course, the CEU homework is due 3 weeks from the make-up session date.

Please allow 2 weeks for processing of your certificate. If you have any questions, please contact Carrie Stott at 435-232-2981 after 5:00 pm, Monday-Friday or email me at carrie.stott@usu.edu.

Completed CEU homework is due 3 weeks after the last session of class.



Guidance & Emotional Wellness, Course 1: Setting the Stage

Instructions:

- Choose and complete four of the following assignments.
 - Answer all parts of the assignments that you choose.
 - Represent what you learned from your participation in the *Guidance and Emotional Wellness 1* class.
 - Please write in depth, but try to contain your answers to one page per question.
1. From session one using the *Circle of Security*, create a one-week lesson plan for the age group you work with that demonstrates concepts that support the *Circle of Security*. This lesson plan should not only include the concepts for the children, but also the direction to caregivers that allow them to see how your actions will support the children following the *Circle of Security*. This lesson plan should include 5 activity areas and the goals for the children, as well as how the caregiver will support the children in attaining the goal.
 2. Consider a situation that you frequently deal with whether it is with coworkers, parents or children. Take this situation and use the *Guiding Principles and Assumptions* handout (session 1, #9). Use 6 of the 16 principles to create a talking point plan of how you can better deal with the situation by using these principles. This plan should include a new way of viewing the situation, as well as how you will work to better deal with it.
 3. In session 2, participants were introduced to the ABC cycle with A being a stressful event, B being the belief about the event and C being the consequences. Describe four events that have occurred that could have an impact on the care you provide children. What are the different ways you could have changed the belief about these four events so that the consequences would have included a reduction in stress or would have resulted in healthy stress over unhealthy stress?
 4. Taking the information from Handout #5 on How Resilient Am I?, create a plan that includes increasing your personal resilience, as well as how you can help children to develop resiliency skills themselves. This plan should include how you would set up the environment to increase resilience, your interactions, activities offered, and self help skills you would encourage the children to have.
 5. Using the *Taking Care of the Caretaker* handouts, choose 5 of the activities and add them into your schedule for a week. Keep a short journal of the results these changes have made during the week.
 6. Using handout #5 from Session 3, what are some ways that you can improve your brain function? Create a weeklong plan of how you can work to improve your brain function and describe what changes you see at the end of the week. How might you include some of these brain function activities with the children?
 7. A new caregiver is working with the two year old room. The caregiver is experiencing a variety of emotions as he/she gets used to the children and they get used to him/her. There are days where the provider does not know if child care is a career for him/her. Using the four branches of emotional intelligence, how might you help this new caregiver adjust to the job while providing quality care to the children?
 8. Using handout #9 from session 4, write what stage you are in your professional development. Create a plan on how you will continue in your professional growth. Include in your plan how your professional growth may influence others.