



Send completed CEU homework to:
URPD
6515 Old Main Hill
Logan, UT 84322

CEU Homework Cover Sheet

Course Title Guidance & Emotional Wellness, Course 2: Foundations of Emotional Wellness

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.

There is no cost for CEU credit. Please note that the CDA Council now accepts clock hours for CDA Renewal so completion of the CEU credit for this purpose might not be necessary. Please contact the CDA Council at 800-424-4310 or check their website <http://cdacouncil.org> for more information.

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 3 weeks for processing of your certificate. If you have any questions, please contact CCPDI at 855-531-2468 or by email at ccpdi@usu.edu

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Guidance & Emotional Wellness, Course 2: Foundations of Emotional Wellness

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. Using Erickson's theory, describe two different children in your care and where they are within Erickson's stages. What are some challenges you see these children going through and what are some positive things you see them doing that will help them develop their sense of self-control? What will be your method of guidance in order to help these children develop a sense of self-control and not develop the polarity of the stage? Use these techniques for a week and describe what you see in the children as an outcome of your efforts.
 2. Choose five of the eight learning styles listed on handout #6 and list the characteristics of each. Choose learning styles that children in your care demonstrate and for a week add activities that support these types of learning styles. Report on what activities you added and what differences you saw in the children.
 3. Using session 2 handout #4 as your guide, describe an environment for the age (or ages) of children you care for that will help to teach the social skills they need. Start with their developmental level and the social skills they are working on, and then describe your environment and how this will help the children in their development of social skills.
 4. In session 2, participants discussed ways to fill a child's emotional "piggybank" in order to build relationships and help children with their development. Using handout #7 from session 2, create a plan for three children on how you will fill their emotional "piggybank." Use that plan for one week and write about the experience and the difference that you saw in your relationship with the children as well as the social emotional development in the children.
 5. In session 3, the class talked about the "hot button" for caregivers. List six "hot buttons" you have, then create a plan for each that allows you to redefine and handle the behavior in a supportive way that can help to build a relationship with the child or children.
 6. Using handout #5 from Session 3, describe the temperament and traits that you feel best suits you and describe how you can adapt to be supportive of the other two types of traits and how this will help the children you care for. Describe how being adaptive and supportive of other traits helps to build relationships.
 7. Develop a plan to create a family centered program and how you will implement those ideas. Choose two of the ideas, use them in your child care for a week, and then describe the results of your efforts and what type of impact they had on the children in your care.
 8. Create five activities that you can incorporate in your program to help create an environment that supports father and father figure involvement. What will the benefits of your activities be in the social emotional development of the children in your care?