

The Pandemic Population Conversations

Session 2 Self Study Guide Version 2.a.



The Pandemic Population Conversations engages Extension 4-H and military services staff and volunteers in discussions while reading *The Pandemic Population (2020)* by Dr. Tim Elmore. In sharing together, staff and volunteers discover strategies and supports for working with military-connected youth in the current circumstance of the pandemic and beyond.

Overview

Session 2 dives deeply into chapters 4-7 considering the positive opportunities possible during a pandemic, PTSD and PTG, and how best we lead. Review each of the chapters as well as your responses to the discussion questions at the end of each chapter. If you did not respond, think carefully about each question and create your responses to each question offered in the book.

Dive Deeper w/Reflection

Use the reflection guide below, and continued on page 2, to think about your reading and the implications for your work. These are in addition to the questions in each chapter and mirror the discussion from the cohort group time. Each session cohort group time is designed to help you discover new ideas, share your great experiences, and learn more from each other. As a self-study, you'll be doing more of this on your own. Your responses below are for your reference.

After you have responded to the reflection questions, visit <https://go.ncsu.edu/ppsess2b> and complete the questionnaire. The questionnaire serves as your completion summary of Session 2 and will be used towards your credit for completing the conversations 3-part series.

More Information

For questions or additional information contact Jenny Jordan, Navy 4-H Youth Program Specialist, jwjorda3@ncsu.edu

Describe the effects you've seen for youth in this season of the pandemic.

Session 1 Reflection

Describe specific plan, actions, and programs you can have in place to help support post-traumatic growth for youth in your program.

Describe how you express expectations and belief in your work.

From chapters 4 – 7, describe your take-away or what you hope to remember from these sections.