

The Pandemic Population Conversations

Session 3 Self Study Guide Version 1.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 3 dives deeply into chapters 5-8 considering the ways in which our teens respond to the narrative around them, the season of the pandemic, and their own resilience in the face of challenges. 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. Think specifically about those questions that surround your work with military connected youth.

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/ppsess3> and complete the questionnaire. The questionnaire serves as your completion summary of Session 3 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 idea from the closing chapters that had the most meaning for you.

Session 1 Reflection

Chapter 6 approaches the idea of Post-Traumatic Stress and Post-Traumatic Growth. What do you offer in your program to support growth in stressful situations?

Chapter 8 summarizes 8 strategies for leading through coronavirus. Select one and describe how you can do this in your work.