

Personal Reflection Notes — 2020

We want your voices to guide this process!



Thank you for attending today’s discussion to help us plan how our school can best support young people as they cope with changes at school and in life due to the stressors occurring in 2020 (such as COVID 19, school closure, online learning, financial worries, community unrest, racial strife, political conflict, etc.).

We’d like to know your thoughts and experiences to help us create greater understanding and develop new resources in our school and other schools for students.

(Facilitator note: questions marked with a ★ are for group discussion.)

1. Please rate how 2020 has impacted your stress level. *(Please check only one)*

Much less stressful than previous years	Somewhat less stressful than previous years	No difference from previous years	Somewhat more stressful than previous years	The most stressful I can remember
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. In 2020, I have experienced the following: *(Please check all that apply)*

- | | | | |
|--|---|--|---|
| <input type="checkbox"/> Mood swings | <input type="checkbox"/> Financial worries | <input type="checkbox"/> Depression | <input type="checkbox"/> Difficulty concentrating |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Increased Anger | <input type="checkbox"/> Loss of friends | <input type="checkbox"/> Feelings of isolation |
| <input type="checkbox"/> Academic decline | <input type="checkbox"/> Lack of motivation | <input type="checkbox"/> Insomnia | <input type="checkbox"/> Changes in sleeping habits |
| <input type="checkbox"/> Increased anxiety | <input type="checkbox"/> Sadness | <input type="checkbox"/> Hopelessness | <input type="checkbox"/> Changes in eating habits |

3. The stressors of 2020 have negatively affected me. *(Please circle one)*

Strongly disagree Disagree Not sure Agree Strongly agree

4. How likely is it that I will attend individual or small group sessions focused on topics related to my personal concerns resulting from current events? *(Please circle one)*

Never Not likely Undecided Likely Always

5. How likely is it that I will recommend or invite a friend to individual or small group sessions focused on topics related to current events? *(Please circle one)*

Never Not likely Undecided Likely Always

6. What impact has 2020 current events had on me, my friends, my family, or my schooling? ★

Questions to Increase the Knowledge and Understanding of Others

7. As we are beginning a new school year, tell us about one of your hopes, concerns, and goals for the 2020-2021 school year? ★

Hope: _____

Concern: _____

Goal: _____

8. If there was one thing you could tell others about students who are dealing with the stressors, concerns, and conflict of 2020 in their lives, what would you want others to know?

9. Do you have successful strategies for coping with the challenges of 2020?

10. When my feelings related to 2020 concerns (conflict, Covid-19, politics, etc.) peak at school, others might see me...(list personal behaviors, ex. fidgeting) ★

11. What stressors related to 2020 have had the greatest impact on you? Is there a way the school or school staff can assist you in addressing/handling your concern when it arises? Is there a positive way the school could assist in dealing with the “strange” and change of 2020? ★

12. Are there certain school situations, experiences, or times that escalate or “trigger” your concerns in a manner that impacts your life in a negative way? ★

13. Do current local, state, national, or international events have an impact on how you are doing in school? What would you want teachers or school staff to know or understand about a teen’s struggle to manage 2020 challenges? ★

14. Is there anything else you would like to tell us?

Name: _____ (Optional)

Preferred Method of Contact _____