

UNIT 5 - HOMEWORK OPTIONS

Complete at least 2 of the following options

You will need to be logged into your NSHS Account in order to submit an assignment.

Turn in Homework Here → [SUBMISSION FORM](#)

Homework Title		Description
1	How to Handle a Temper Tantrum	Read this article . Then go out into the internet and continue your research on the same topic. You could check YouTube, Wikipedia, or ask different Ai language models, such as ChatGPT, Claude, Bing, or Bard. Then write what you learned in one-or-two paragraphs in the Submission Form . Be sure to include the secondary source in the works cited portion.
2	What Impact Do Families Have on Society?	Ask an Ai language model, such as ChatGPT, Claude, Bard, or Bing the following question: "What impact do families have on society?" Ask it to cite its sources. Then ask <u>four (4) additional follow-up questions</u> to the Ai. Complete the Submission Form by telling me what you learned. In the <i>works cited</i> portion, tell me (1) which Ai model you used, and (2) what additional questions you asked.
3	Family Inheritance <hr/> Learning From Your Family	Have a conversation with a parent or grandparent. Explain to them the concept of <i>intergenerational transmission</i> , as well as what a <i>transitional character</i> is. Ask them about what sorts of traits & behaviors they inherited from their parents (transmission) and what traits & behaviors they have worked to leave behind (transitional). Complete the Submission Form by telling me what you learned. <u>Include one trait or behavior that you have inherited, and one that you want to abandon.</u> DO NOT include any overly personal information. In the <i>works cited</i> portion, tell me who you spoke with (their relationship to you, not their name).
4	Lessons from the Different Life Stages <hr/>	Have a conversation with a parent AND a grandparent. Briefly explain to them the various stages of the Family Life Cycle. Then ask them the following question: "What is the number lesson I should learn from each of these stages in order to be successful in

	<i>Learning From Your Family</i>	the next stage?" Record their answers in the Submission Form , and then tell me what you learned from these two conversations.
5	Different Types of Families <hr/> <i>Learning From Others</i>	Contrast your family type with someone else's family type (single parent, foster, nuclear, etc.). Have a conversation & note key similarities & differences. Share what you learned.
6	Strong Families <hr/> <i>Learning From Others</i>	Interview someone you trust. This can be someone in your family, an extended family member, or a friend. This <u>must be a person who belongs to a "strong family"</u> , or at least a family you consider a strong family. Talk with them about why they feel they have a strong family. Ask them questions about how their positive family relationship impacts & improves their life. Ask them about what practices the family engage in that led them to being so strong, and how they maintain that strength. Complete the Submission Form , describing how the experience went and what you learned.
7	The ABC-X Model in Your Life	Review the ABC-X model of coping with stress. Analyze a significant trauma that you have experienced in your life. Analyze the A, B, C, & X elements of that trauma: what was the crisis event, what resources did you have, what were your perceptions of that event, and what was the outcome. Also analyze how having additional resources or different perceptions could have changed the outcome. Complete the Submission Form , briefly describing each of the elements. DO NOT share overly personal details, and keep all details at PG rating.
8	Social Worker <hr/> <i>Career Research</i>	Investigate the <u>Social Worker</u> career field. Learn the answers to the following questions: <ol style="list-style-type: none"> Annual average income Market demand (how badly does the market need more of these professionals?) Education or certifications required Job description How interested are you in this career field? Why? Cite your source(s) Complete the Submission Form

9	ACEs & PCEs <hr/> <i>Learning From Your Family</i>	Interview two (2) members of your family (not your siblings) or extended family. Review the ACEs & PCEs with them. Ask them to give themselves an ACE & PCE score. Discuss with them how the PCEs they had influenced the ACEs they experienced. Complete the Submission Form , describing how the experience went and what you learned. DO NOT share any personal information about the people you interviewed.
10	Processing Grief <hr/> <i>Learning From Your Family</i>	Interview a close friend or family member about a tragedy or loss that they experienced. This could be a divorce, death, job loss, or similar traumatic experience. Review the 5 Stages of Grief with them, and ask them to share their experience working through those 5 stages. Complete the Submission Form , describing how the experience went and what you learned. DO NOT share any personal information about the people you interviewed.
11	Crisis Intervention Specialist <hr/> <i>Career Research</i>	Investigate the <u>Crisis Intervention Specialist</u> career field. Learn the answers to the following questions: <ol style="list-style-type: none"> Annual average income Market demand (how badly does the market need more of these professionals?) Education or certifications required Job description How interested are you in this career field? Why? Cite your source(s) Complete the Submission Form
12	Grief Counselor <hr/> <i>Career Research</i>	Investigate the <u>Grief Counselor</u> career field. Learn the answers to the following questions: <ol style="list-style-type: none"> Annual average income Market demand (how badly does the market need more of these professionals?) Education or certifications required Job description How interested are you in this career field? Why? Cite your source(s) Complete the Submission Form
13	How Many Kids Should You Have?	Watch this video . Then go out into the internet & research more information on the question "How many kids should you have?" Then write what you learned in one-or-two paragraphs in the Submission Form . Be sure to include the secondary source in the works cited portion.

If you have another idea you'd like to investigate & learn about, get Mr. Whipple's approval first & you may receive credit for that.