**Psych 190: Warriors at Home**

 **Integration Assignment 2**

**Due First 5 minutes of class**

Worth 25 points.

* The purpose of this assignment is to demonstrate that you can successfully apply the concepts in your reading to your understanding of transition issues for military veterans.
* Format: Typed, 2 to 3 pages (3 pages maximum), stapled, double-spaced, standard 12-point black font. Put your name, my name, Psych. 190 (7), your student ID and the assignment number on the top corner of the page. Side margins must be approximately 1 inch. To receive full credit, your responses must be clearly written and your paper must have no spelling or grammatical errors. Thus, you must proof read your work.
* You will be graded on the accuracy and **thoroughness** of your responses. **Please organize your paper by question number.** Be sure to answer each question by explaining the concept as described in the reading and by providing specific examples. Please answer in full sentences and do not quote.
1. Drawing from your readings about loss, describe primary emotions vs. secondary emotions and give examples of each in relation to loss (2 points). Describe signs and symptoms of complex or prolonged reactions to loss (3 points).
2. Drawing from your readings, what mediates (comes between) the relationship between events and reactions (1 point)? Why might combat experience lead to “hair trigger” reactions (2 points)? What can be done to address this problem (2 points)?
3. Drawing from your readings, describe standard treatments for PTSD and stress reactions. In your answer, make sure to describe the key components of these treatments (3 points), and their expected effects (2 points).
4. According to your reading, describe at least five essential things that college professionals should know to effectively serve student veterans (5 points).
5. Given that we all experience stress, loss, and transition in our lives, describe five tools that you have learned about in this class that you can either apply to managing challenges in your own life or to support someone you know (5 points).