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## Addressing Challenging Behaviors: Promoting Social and Emotional Health in Young Children

### Quiz

#### MODULE 4

- 1) Which of the following should be developed in order to successfully support children through behavior change and to become an empowered and intentional teacher?
  - a. A standard response to challenging behavior that you can use when it occurs unexpectedly
  - b. skills so that you know what to do and how to do it when you need to respond to challenging behavior
  - c. clarity about when to use punishment and when to use discipline
  - d. skill at assessing the classroom climate quickly and responding intuitively and instinctively to challenging behaviors
  
- 2) When positive guidance and discipline strategies are focused on children's growth and development rather than punishment, a child will be more likely to
  - a. Obediently follow all the rules in the classroom.
  - b. Rely on you as a facilitator to resolve problems with other children instead of trying it by themselves.
  - c. Develop a growth mindset recognizing that they can learn new ways of solving problems.
  - d. Require the help of an adult to negotiate conflict each time it arises.
  
- 3) Positive guidance supports the development of self-regulation because it
  - a. Works quickly to change the challenging behavior to positive behavior.
  - b. Supports children's change toward pro-social behavior through consistent external rewards and penalties.
  - c. Provides clear expectations in the form of rules that are set for the year.
  - d. Builds the capacity to think for oneself, which supports the development of an internal voice that enables a child to distinguish right from wrong on his/her own.

- 4) To feel empathy, children must
- Recognize emotion in themselves.
  - Know how to respond to emotions.
  - Have experienced friendships.
  - Know how to label emotions.
- 5) Complete this sentence. Time out was intended to \_\_\_\_\_, but turned into a strategy that \_\_\_\_\_ and \_\_\_\_\_.
- Time out was intended to help children reflect, but it turned into a strategy that removed children from the group and increased their anger.
  - Time out was intended to help children regroup, but it turned into a strategy that isolated and punished them.
  - Time out was intended to help children change behavior, but it turned into a strategy that removed children from the group and made them fearful.
  - Time out was intended to punish children, but it turned into a strategy that guided and taught them.
- 6) What is the number one source of frustration for early childhood teachers?
- Lack of respect for the early childhood education field
  - Challenging behavior
  - Gossip
  - Low wages
- 7) Which of the following elements of yourself is likely to have the most impact on young children?
- Temperament
  - Ability to stay calm
  - Intelligence
  - Educational background
- 8) Which of the following is the most important thing that programs can do to prevent expulsions?
- Provide families with a list of unacceptable behaviors so they can appropriately monitor their child at home.
  - Provide the training necessary to develop one teacher as an expert on challenging behavior and place the most challenging children in her/his class.
  - Access appropriate resources.
  - Screen families at enrollment and admit only families you feel your staff will be able to successfully work with and support.

- 9) Challenging Behavior can be differentiated from typical behavior that is challenging. A consideration in determining whether a behavior plan is appropriate is if the behavior
- a. Is infrequent.
  - b. Involves tantrums.
  - c. Is aggressive.
  - d. Lasts over a long period of time.
- 10) One of the most common reasons for challenging behavior in young children is
- a. Hunger.
  - b. To avoid or escape something.
  - c. Boredom
  - d. Fatigue.

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