

Psych Bytes



Trauma Informed Care

“Trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being.” (<https://www.unmc.edu/bhecn/partnerships/Trauma-Informed-Care.html>) So many of our families were affected by the recent historical flooding. It is important to remember in times following a disaster, people will need time to cope and recover. Stress and trauma can manifest differently in girls and boys. Boys often react more quickly and with more irritation and anger, while girls can have delayed reactions that are more internal. (www.childmind.org)

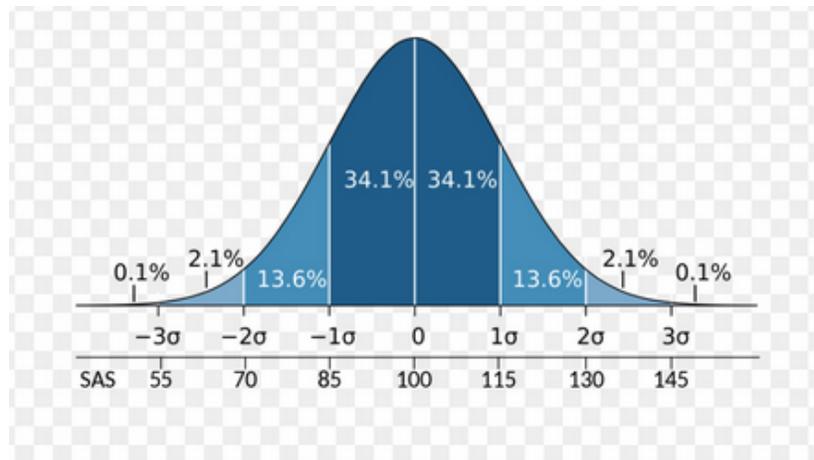
HELPING CHILDREN COPE

<p>Maintain routines as much as possible</p> <p>Make the child feel safe</p> <p>Help relax by teaching breathing exercises</p>	<p>Help children enjoy themselves</p> <p>Share information about what happened</p> <p>Acknowledge what your child is feeling</p>	<p>Pick good times to talk- look for natural openings to have a discussion</p> <p>Know that it is okay to answer, “I don’t know”</p>	<p>Understand that children cope in different ways</p> <p>Listen closely</p> <p>Act calm</p> <p>Know when to seek help</p>
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Signs of Traumatic Stress

- Increased thinking about death or safety
- Fear that the event may happen again
- Problems with sleeping, eating, anger, and attention
- Watch for different triggers in the environment
- School Refusal
- Seek help from a doctor or a mental health professional if you continue to see warning signs of trauma

UNDERSTANDING TEST SCORES



<http://alabamaparentcenter.com/web/wp-content/uploads/2017/06/Special-Education-V.6-Understanding-Test-Scores-1.18.pdf>

Standard Scores: Standard scores are raw scores that have been converted to have a mean and a standard deviation. This is done so that the scores can be compared at different grades or age groups by converting the scores to the same numerical scale. These scores reflect a student's rank compared to others. They indicate how far above or below the mean or average the individual scores fall. For example, if the test's mean is 100 and the standard deviation is 15, a score of 115 places the score one standard deviation above the mean.

Scaled Scores: Psychoeducational tests are typically made of several mini-tests, or subtests, which assess specific skill areas. Scaled scores are used to report subtests scores. Scaled scores are standard scores that have a mean of 10 and a standard deviation of 3.

Percentiles: Percentiles are probably the most commonly used test score in education. A percentile is a score that indicates the rank of the student compared to others the same age or grade. For example, a percentile score of 75 indicates that 75% of the students who took the same standardized test received the same score or lower.

T-scores: T-scores are a type of standardized score, where 50 is the mean with a standard deviation of 10. A high T-score can indicate something good or bad depending on what it is measuring. For instance, a high score on aggressiveness is bad, where a high T-score on social skills would be good.

Standardized Tests: Standardized tests are tests that are administered in a consistent or standard manner with the same questions, administration, and scoring procedures for all test takers.

Criterion Referenced Tests: Criterion referenced tests are tests given to measure knowledge or skills. Educators use criterion referenced tests to measure the mastery of skills. For example, a classroom spelling or math test are examples of criterion referenced tests. The scores are based on percentages. A student who gets 8 out of 10 answers correct will receive an 80%.

Norm Referenced Tests: Norm referenced tests compare an individual child's performance to that of their classmates or some other larger group. This type of test will tell you how a child compares to similar children on a given set of skills or knowledge. It will not tell what a child does or does not know. Scores on norm referenced tests indicate the student's ranking relative to that group.

Here's what to look forward to:

END OF THE YEAR SURVEY

Congratulations to last month's drawing winner:

RACHEL GARNER FROM ESU7

**PSYCH BYTES BROUGHT TO YOU BY...THE SCHOOL PSYCHOLOGISTS OF ESU 7:
ANN DUBAS, BRANDY ROSE, CASSIE OHL, HALEY STROBEL, JACKIE TERNUS, JOLYNN KAHLANDT, APRIL BECKER**