



NEW MEXICO
THRIVE
ECLIPSE

THE AGE OF OVERWHELM
by Laura van Dernoot Lipsky

- Read Chapter 2 - "What causes overwhelm?"
 - » What are the external and internal factors that contribute to your overwhelm?
 - » How can they be managed?

TRAUMA STEWARDSHIP
by Connie Burk and Laura van Dernoot Lipsky

- Read Chapter 4, read (pp. 47-89)
 - » On page 87, how are you setting the following for yourself:
 - › Directing yourself to greatness
 - › Answering your calls
 - › Answering yourself

SUPPORTING & EDUCATING
TRAUMATIZED STUDENTS
by Eric Rossen

- Read Chapter 3 - "A Trauma-Informed and Culturally Responsive Approach in the Classroom" (pp. 45-57)
- Discussion Question #1:
 - » What are some strategies for learning about students' lives?
 - » How can you relate their life experiences to their academic experience?
- Discussion Question #2:
 - » How can you use the 3 A's to design more inclusive classrooms in your school?

TASK CARD THREE