**Psych 190: Warriors at Home**

 **Integration Assignment 1**

**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 Please answer in full sentences and do not quote.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. According to your readings so far, what common challenges do many veterans face when they return from deployment to the civilian world or separate from the military after serving in the armed forces? Put another way, why is it hard to “come home?” (5 points)
2. According to your readings so far, what are the different types of traumatic stress reactions that warriors might experience? (2 points) What are the signs and symptoms of Post Traumatic Stress Disorder? (3 points)
3. According to your readings so far, what are the signs and symptoms of anger as a reaction to war? (3 points) Drawing from the readings, describe how a warrior can tell if his or her anger is causing problems at home. (2 points)
4. According to your reading, what is an mTBI? (2 points) What are the symptoms of an mTBI? (2 points) What other disorders have overlapping symptoms? (1 point)
5. Based on the course readings so far, describe the coping skills (3 points) and resources (2 points) you would recommend to warriors for managing common patterns of reacting to stress