

UNDERSTANDING ANXIETY DISORDER

What I Learned:

What I'm Still Curious About:

Reflect on these questions as you learn about Jared's experience with Anxiety Disorder.



How This Relates to What I Already Know, My Own Experience, or Someone I Know :

How I Feel About What I Learned:

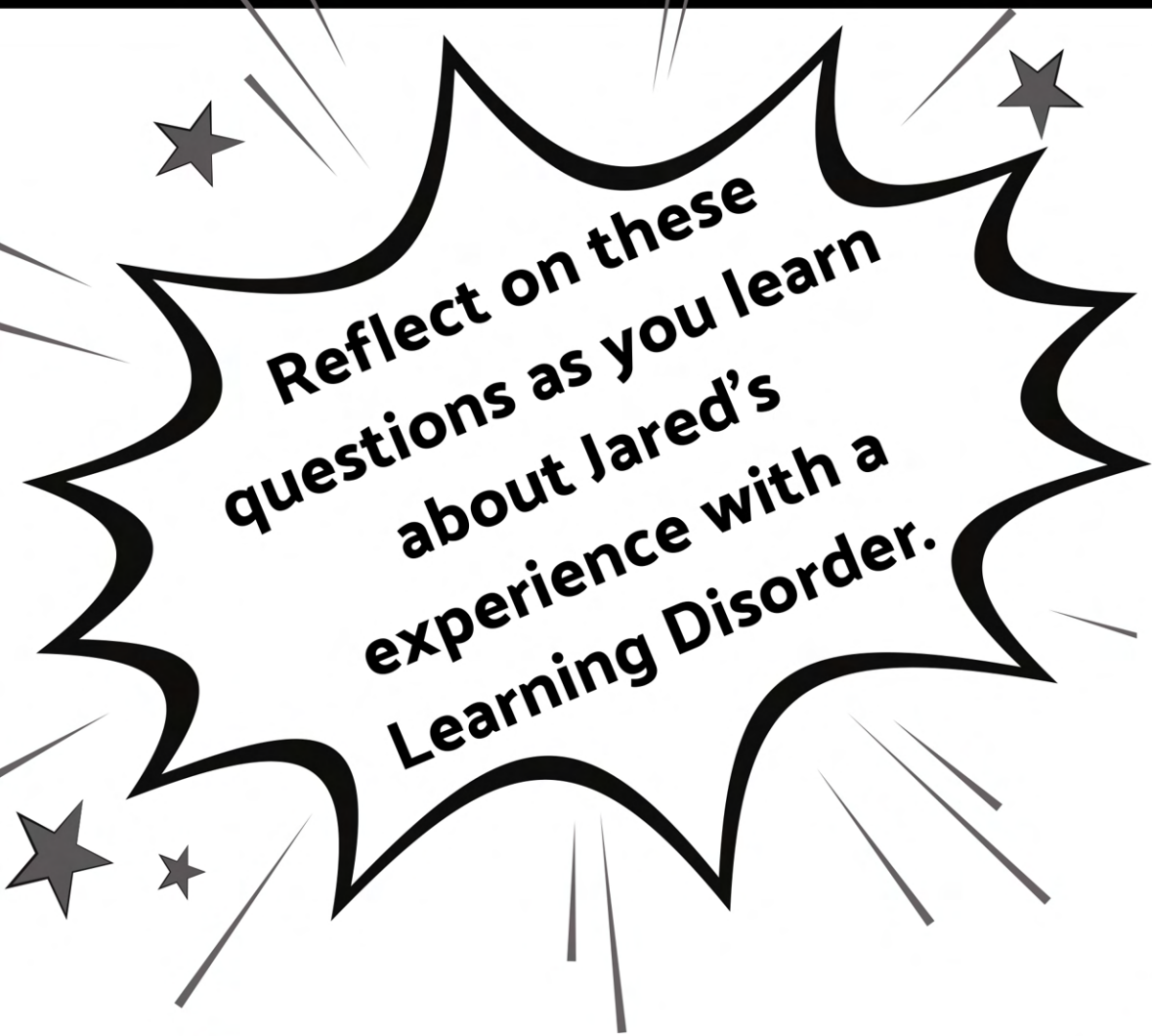


Remember:

An Anxiety Disorder is not the same as feeling stressed.



UNDERSTANDING LEARNING DISORDER



What I Learned:

What I'm Still Curious About:

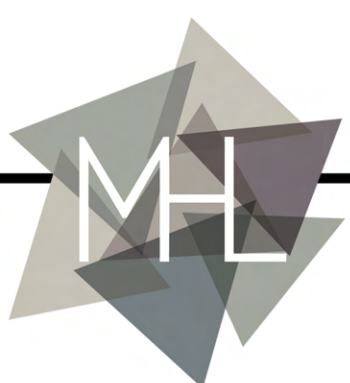
How This Relates to What I Already Know,
My Own Experience, or Someone I Know :

How I Feel About What I Learned:



Remember:

A Learning Disorder is
not the same as failing a
math test.



UNDERSTANDING DEPRESSION

Reflect on these questions as you learn about Owen's experience with Clinical Depression.



What I Learned:

What I'm Still Curious About:

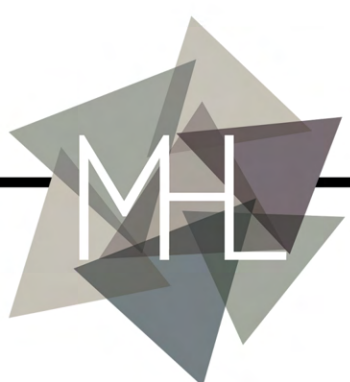
How This Relates to What I Already Know, My Own Experience, or Someone I Know :

How I Feel About What I Learned:

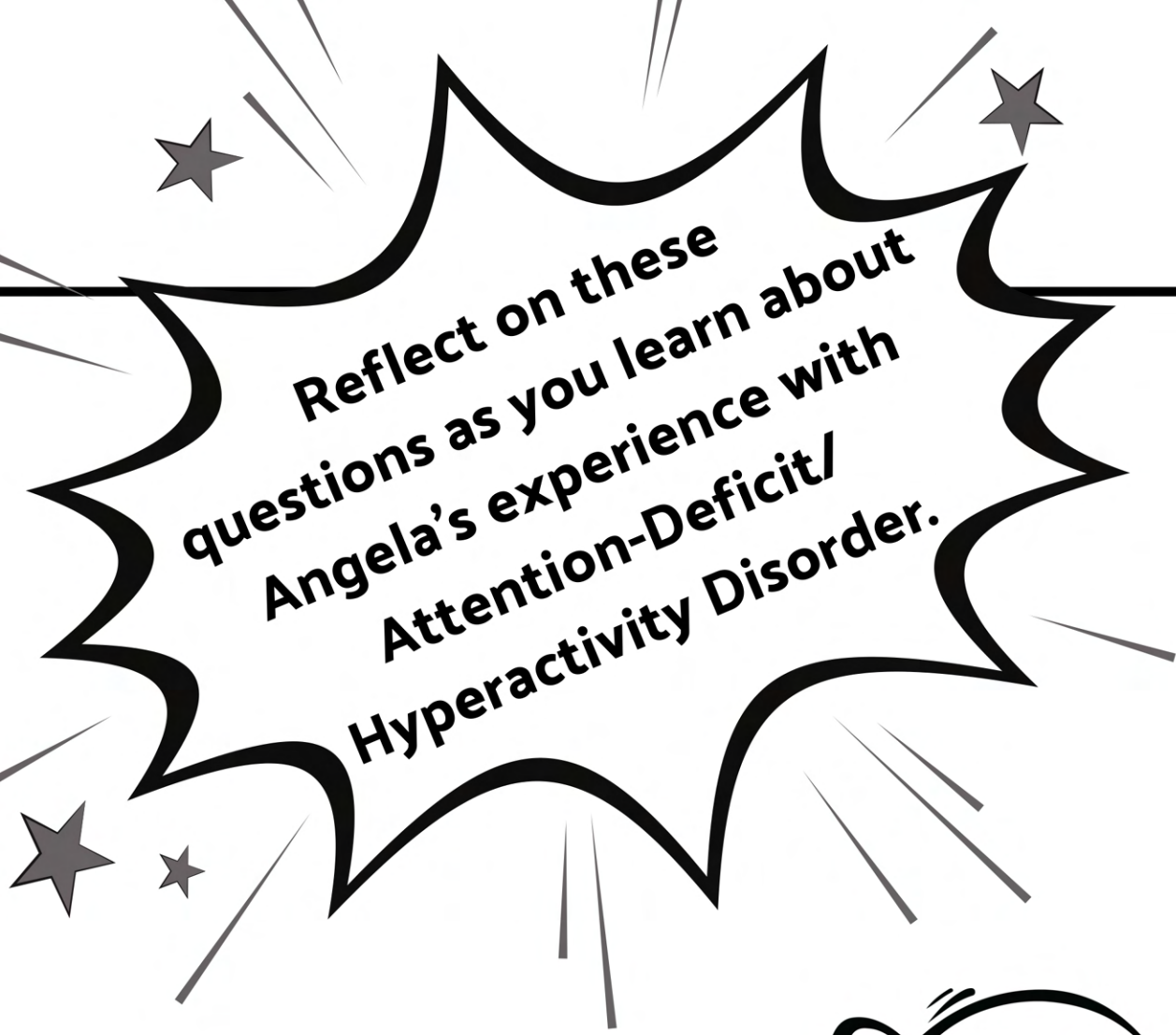


Remember:

Depression is not the same as having a bad day.



UNDERSTANDING ADHD



What I Learned:

What I'm Still Curious About:

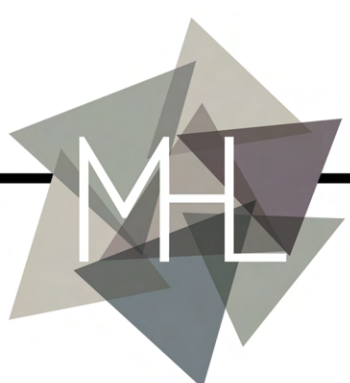
How This Relates to What I Already Know,
My Own Experience, or Someone I Know :

How I Feel About What I Learned:



Remember:

**ADHD is not the same as
being hyperactive.**



UNDERSTANDING OCD

Reflect on these questions as you learn about Hazel's experience with Obsessive-Compulsive Disorder.



What I Learned:

What I'm Still Curious About:

How This Relates to What I Already Know, My Own Experience, or Someone I Know :

How I Feel About What I Learned:



Remember:

OCD is not the same as being organized.



UNDERSTANDING AUTISM

Reflect on these questions as you learn about Alex's experience with Autism Spectrum Disorder.



What I Learned:

What I'm Still Curious About:

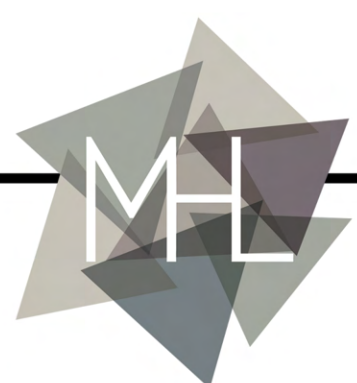
How This Relates to What I Already Know, My Own Experience, or Someone I Know :

How I Feel About What I Learned:



Remember:

Autism is not the same as avoiding eye contact.



UNDERSTANDING PHOBIA

Reflect on these questions as you learn about Alex's experience with a Specific Phobia.



What I Learned:

What I'm Still Curious About:

How This Relates to What I Already Know, My Own Experience, or Someone I Know :

How I Feel About What I Learned:



Remember:

A Specific Phobia is not the same as feeling grossed out by a spider.

