

Growing Orchids: Week 4 Homework

Practical Issues Part II

For this final week, homework is focused on helping you identify the areas outside your control that you're struggling with and assessing what is the best way forward for you and your orchid. The first part of the homework is to identify the struggles, whether or not these are areas you have control over, and what kind of action should be taken. The second part is focused on identifying explicit steps for you to take. Let's dig in...

Part 1: Identifying Struggles

For each of the areas below, please note if there is a concern, what the concern is for your situation (e.g., , if you have control, and what *general* type of action should be taken (i.e., preventative – what you can do before the problem arises, intervention – like changing the environment, or teaching coping techniques).

An example:

Area	What Is the Concern?	Control? (Y/N)	Type of Action (Preventative, Intervention, or Coping)
Socio-Economic Status	No health care access Financial stress	N	Intervention Coping
Neighbourhood	No social network Neighbourhood violence	N	Intervention Coping
Daycare	Not great daycare – watches TV most of the day	Y/N	Intervention Coping
School	None yet, but worry	N	Preventative

Identifying Problem Environments

Area	What Is the Concern?	Control? (Y/N)	Type of Action (Preventative, Intervention, or Coping)
Socio-Economic Status*			
Neighbourhood*			
Daycare			
School			
Activities			
Friendships			
Media			
Other			

*I have separated SES and neighbourhood here as the considerations with neighbourhood may differ from SES more generally.

Part 2: Explicit Steps

Once you have identified the struggles and the types of actions you can take, it's time to dig deep. This means figuring out exactly what you can and cannot do for the specific situations you saw as a problem. Again, if you need help here, I am available in office hours to help you problem solve.

For example:

Area	Specific Steps
Socio-Economic Status	<i>Intervention:</i> - Need to apply for lower-income health care coverage again - Get resume ready to look for different work and keep sending it out <i>Coping:</i> - Need to set aside time for financial worries so they don't overtake time with orchid - Take stock of our diets and house to try and keep us as healthy as possible
Neighbourhood	<i>Intervention:</i> - Get to know one neighbour and try to build up social network slowly <i>Coping:</i> - Talk to orchid about the violence and what it might mean - Try to keep house as organized as possible
Daycare	<i>Intervention:</i> - Look for new daycares that I can afford <i>Coping:</i> - Come up with a plan to give caregiver to avoid as much TV time - Ask for some outside time if possible - Take orchid outside after daycare to make up for the lack of active time
School	<i>Preventative:</i> - Start looking at school options now, including better schools that may have bursaries - Find out if orchid can go to school out-of-district

Identifying Specific Steps

Area	Specific Steps
Socio-Economic Status	
Neighbourhood	
Daycare	
School	
Activities	
Friendships	
Media	
Other	