

Dr. Stephen Saunders
Psychologist Marquette University

1. What is Dr. Stephen Saunders' profession?

- A. Psychiatrist
- B. Psychologist
- C. Social Worker
- D. Teacher

Answer: _____

2. Where does Dr. Stephen Saunders work?

- A. University of Wisconsin
- B. Marquette University
- C. Harvard University
- D. Stanford University

Answer: _____

3. What are the two most common types of mental health problems mentioned by Dr. Saunders?

- A. Bipolar disorder and OCD
- B. Anxiety and depression
- C. PTSD and schizophrenia
- D. Eating disorders and phobias

Answer: _____

4. According to Dr. Saunders, what percentage of people experience mental health problems in any given year?

- A. 10%
- B. 20%
- C. 30%
- D. 40%

Answer: _____

5. What factor has increased the rates of anxiety and depression among students, as discussed by Dr. Saunders?

- A. Improved diagnostic techniques
- B. Increased academic pressure
- C. The COVID-19 pandemic
- D. Greater awareness of mental health issues

Answer: _____

6. What is one of the key recommendations Dr. Saunders gives for teachers when talking with students about their feelings?

- A. Be dismissive
- B. Be accepting and non-judgmental
- C. Share their own struggles in detail
- D. Avoid discussing mental health issues

Answer: _____

7. What is the importance of face-to-face interactions compared to screen time, according to Dr. Saunders?

- A. Screen time is more beneficial
- B. Face-to-face interactions are more beneficial
- C. Both are equally beneficial
- D. Neither is beneficial

Answer: _____

****Written Response Questions****

8. Dr. Saunders discusses the stigma surrounding mental health. Explain how stigma affects individuals with mental health issues and provide suggestions on how it can be reduced.

9. Describe the importance of open lines of communication between students and teachers when it comes to mental health issues, as highlighted by Dr. Saunders.

10. Dr. Saunders emphasizes the role of friends in supporting each other through difficult times. Reflect on how you can support a friend who might be experiencing anxiety or depression.
