

Discussion Questions and Answers

1. Describe the conflict(s) in this case study.

Conflict arises between Alex and his Mom, Lucy, Ben, classmates, and his teacher, Mr. Collins.

2. How are the characters handling the conflict? Describe the facts.

Alex yelled at his Mom (when he thought she hadn't woken him up), Alex lied to his Mom (when she asked if he had been up late on his phone), Alex shouted about the laundry and left the house angry, Alex told Ben to shut up, Alex hit Ben, Mr. Collins yelled at Alex.

3. What are some of the stressors that lead up to the conflict?

Alex wakes up late and overtired (his Mom tried to wake him up and he fell back asleep) because he stayed up too late on his phone. Alex isn't prepared for school and doesn't have any clean clothes ready or a lunch made. He forgets to brush his teeth and he didn't do his assignment for class.

4. What are some things that Alex could do differently going forward to manage stress and deal with conflict?

Alex shouldn't stay up so late on his phone; he should set a timer for bedtime and stick to it. Alex should have prepared his own lunch the night before, since he needs to take responsibility, as a mature teen. If Alex had prepared his clothes for school the night before, he would have known he needed laundry done and could have asked his Mom nicely. Alex should be keeping track of his assignments by writing them down in a book or agenda and only rewarding himself with YouTube once his homework is done. Alex could ignore the boys in class or privately ask his teacher to move him to a different seat. Alex could set his alarm in the morning to give himself time to eat a good breakfast and not be so rushed when he gets to class, etc.