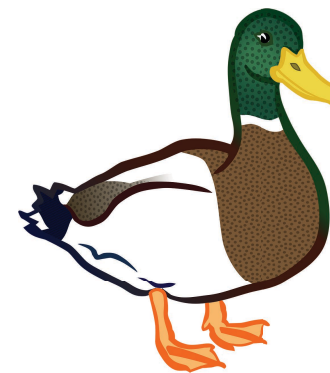


Kate and Layla have been best friends for three years. They enjoy the same hobbies, take the same classes, and have always worked out any minor issues they have.

Lately Kate has become stressed due to pressure from her parents for her to start applying for scholarships. Kate tells Layla daily how her parents are always nagging her, how she has zero time to even start looking for scholarships, and how she just hates the whole process.

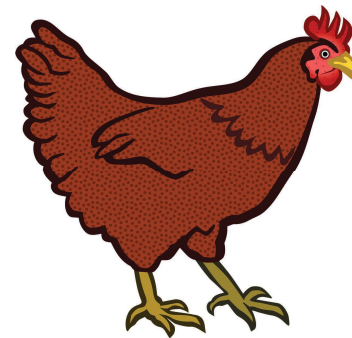
Layla has offered suggestions of how Kate could talk to her parents in a constructive way, how she could ask the school guidance counselor for help, and has just been there to listen. But still Kate is constantly negative and Layla can't handle the negativity anymore. What can she do?



James and Vicki are sophomores in high school and have been dating for eight months.

James' mom struggles with mental health issues and has been in and out of care throughout his life. A month ago, his mom was admitted to the hospital again for help. James has been responsible for helping his dad with his two younger siblings, taking care of household chores, and taking care of the family's animals. He has not been spending much time with Vicki and she often complains to him that she thinks he does not care about her anymore and how she may just go find someone who can give her the attention she needs.

James has tried to tell Vicki that he's got a lot going on at home but he is afraid to tell her the whole story about his mom's illness. He cares about Vicki and doesn't want to lose her but when she threatens to leave he gets even more stressed. What could James say to Vicki to let her know that he cares for her but she is causing him more stress.



Vicki and James are sophomores in high school and have been dating for eight months.

Everything has been going really well in their relationship until a month or so ago when Vicki noticed James becoming more distant with her. He spends less time with her than he used to and doesn't call or text as much. He's told her his mom hasn't been feeling too well so he's had to help out more at the house but he said that so much lately she worries he's not being truthful. Vicki's afraid James has become bored with their relationship and her.

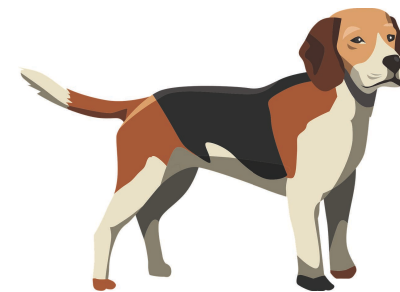
She's confused, hurt, and stressed about what could happen if he breaks up with her and finds someone new. She's so worried and stressed that he's talking to someone new that sometimes she tells him she could find someone else to make James feel how she does. What could Vicki do to James to let him know she cares for him but by not talking to her he's causing her to worry and stress?



Salima and Elsy have worked together at the local convenience store for two Summers. They enjoy working with each other and have started to become friends.

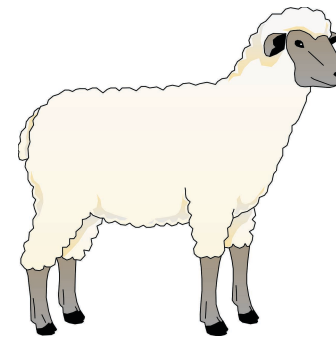
Lately Elsy has been complaining about how stressful work has been. Every shift she tells Salima she feels like there is never enough time in the day for her to properly stock the shelves and cashout customers. Customers are cranky and have her remake perfectly good sandwiches because they ordered incorrectly but blame her. Her boss always schedules her on the busiest shifts, usually the weekends, so she misses out on fun with her friends. Elsy also texts Salima about how stressful and annoying the job is.

Salima has tried listening to Elsy and down playing what she says because Salima doesn't think it's so bad, but Elsy's negative attitude is starting to rub off on Salima and make her unhappy with a job she typically enjoys. What can Salima say to Elsy to get her to be a little less negative while remaining on good terms as co-workers? What else could Salima do to remove herself from the situation a bit?



Eli and Jamal met at a 4-H meeting two years ago and quickly became good friends. They both applied to attend National 4-H Congress together and were both very excited about the trip. Unfortunately spots were limited and Jamal was selected because he put a lot of effort into his application and interview, a bit more than Eli did.

Now that he can't attend, Eli is constantly degrading the whole trip, telling Jamal how it won't be that much fun, he'll be bored and lonely without Jackson, he should just not go to the trip and they can hang out together during Thanksgiving break instead. Jamal was very anxious to leave his family behind on his first overnight trip without them, but was trying to push that aside and be excited for the whole experience. Now that Eli is being so negative Jamal is having a hard time not worrying. Jamal doesn't want to hurt Eli's feelings by telling him how much he really wants to go, so he hasn't said anything to Eli about how Eli's negative words are affecting him. What can Jamal say to Eli to convince him to stop?



**Sample Correction:** Kate I know you have been really stressed about scholarships over the last few months. I feel your stress over the situation which has been really hard for me to handle because I do care so much about you, and I don't like to see you feeling this way. I've offered some suggestions to help you in this situation but I'm not sure what else I can do for you at this point. I want to continue to be your friend but as the moment I feel like I'm not the right person to help in this situation. Maybe there is another friend or trusted adult who is better able to help you with this instead.