Teacher Answer Key

Case Study

1. People might assume she's always happy and confident, so they wouldn't suspect any internal struggles.

2. Counseling provided her with coping techniques, emotional validation, and a path toward managing her anxiety more effectively.

Multiple Choice

1. A

2. D

3. B

Matching

1-E, 2-C, 3-D, 4-A, 5-B

Fill-in-the-Blank

1) Anxiety, 2) depression (or anxiety), 3) medical (or clinical)

Short Answer (Sample Responses)

Q1: They might fear it contradicts their outgoing image, leading to judgment or disbelief.

Q2: By offering empathy and encouragement, peers can make it easier for someone to discuss their struggles and seek help.

Q3: Talking with a counselor or trusted adult and possibly getting a professional evaluation is a practical first step.