

Chapters 1-2 Test

Name: _____

Critical Thinking:

List the six steps of the Decision-Making Process.

- 1._STATE
- 2._LIST
- 3._WEIGH
- 4._CONSIDER
- 5._MAKE
- 6._EVALUATE

Use the Decision Making Model to answer the following scenario:

Scenario: You are 15 years old. You have asked your parents if you can go to a party with your 17 year old best friend. You have assured your parents there will be no alcohol at this party. Your parents are hesitant, but have given you permission to ride with your friend to the party in his brand new car. Your parents advise you to be home by midnight. As you and your friend arrive at the party, the host offers you a beer. You decline the offer, but your friend does not. Three hours later, and now 11:30, your friend is stumbling and can barely walk. It is time for you to get home and your friend is sitting in the driver's seat ready to go. What should you do?

Setting Goals: Making an Action Plan....fill out the following tool (action plan) to guide you in reaching a personal goal.

- Select a goal to work on:
- List what you will do to reach the goal:
- Identify sources of help and support:
- Set a reasonable time frame for reaching your goal:

- Establish checkpoints to evaluate your progress:
- What will be your reward for yourself after reaching goal?

Vocabulary:

Health	Exercise	Mental Health	peers	public health
Lifestyle factors	Physical Health	communication skills	health education	values
health skills	stress	goals	refusal skills	Social Health
Self-esteem				action plan

I. Choose the best health term for each definition.

- _____ Something you aim for that takes planning and work.
- _____ The confidence and worth that you feel about yourself.
- _____ People the same age that share a similar range of interests.
- _____ The act of using your muscles to stay physically fit.
- _____ Specific tools and strategies that lead to better and more informed health choices.
- _____ A process through which you send messages to and receive messages from others.
- _____ includes disease prevention and promoting health through good decision making
- _____ The body's and mind's reaction to everyday demands.
- _____ Techniques that help you refuse when you are urged to take part in unsafe or unhealthful behaviors.
- _____ Deals with how we think, feel, and cope with daily life.
- _____ The combination of your physical, mental/emotional, and social health.
- _____ Personal behaviors and habits related to the way a person lives, that help determine his or her level of health.
- _____ Providing of accurate health information in such a way as to influence people to change attitudes so that they can take positive action about their health.
- _____ The way we react with the people within our environment.

15. _____ Multi-step strategy for identifying and achieving goals.
16. _____ Deals with the body's ability to function.
17. _____ Beliefs and standards of conduct that you find important.

True or False:

1. _____ Proper balanced meals are not that important in leading a healthy life.
2. _____ I am putting my health at risk if I only get 4 hours of sleep each and every night.
3. _____ Alcohol and other drugs interfere with messages to the brain and alters perception.
4. _____ If stress or mild depression is not dealt with appropriately, sometimes mental disorders could result.
5. _____ Keeping yourself safe and healthy benefits your community as a whole.
6. _____ It is not important for families to work together to eliminate stress and negativity.
7. _____ In order to help with self-esteem, it is important to have strong and supportive friendships.
8. _____ When communicating with someone it is not important to be a good listener.
9. _____ The decisions we make only effect ourselves.
10. _____ It is important for all three sides of my health triangle to be balanced.

Matching: Match the categories with the type of health it relates to.

- | | |
|-------------------------------|--------------------|
| 1. _____ Exercise | |
| 2. _____ Stress Management | |
| 3. _____ Public Health | |
| 4. _____ Weight Management | a. Physical Health |
| 5. _____ Family Relationships | b. Mental Health |
| 6. _____ Learning | c. Social Health |

7. _____ Nutrition
8. _____ Peer Relationships
9. _____ Alcohol and Drugs
10. _____ Mental Disorders
11. _____ Sleep

Short answer:

1. Label the triangle (3 elements of health).



2. List as many benefits as you can that exercise provides.
3. List three things that might happen if a person is under the influence of drugs and/or alcohol and drives.
4. List two ways to deal with stress.
5. List three communication skills.
6. List 4 refusal skills.

