

Health**Health Study Guide****Semester 1****VOCABULARY**

Directions: Define each word using complete sentences.

1. Self concept
2. Reinforce
3. Self esteem
4. Resilience
5. Character
6. Advocacy
7. Role model
8. Emotions
9. Hormones
10. Abstinence
11. Stress
12. Anxiety
13. Adrenaline
14. Anxiety disorder
15. Mood disorder
16. Depression
17. Suicide
18. Clique
19. Insecurities
20. Procrastinate
21. Trust
22. Confidence
23. Pride
24. Imperfection
25. Values
26. Expectations
27. Ignorance
28. Worth
29. Solace
30. Obsessive
31. Avoidance
32. Abuse
33. Subconscious
34. Irrational

35. Perfectionism
36. Affirmation
37. Unique
38. Values
39. Loyalty
40. Compassion

SHORT ANSWER QUESTIONS

DIRECTIONS: Answer each question using complete sentences.

1. Who is the first and greatest influence on the development of your self-concept?
2. How can you develop a positive self concept?
3. Name 3 examples of good character.
4. What does adrenaline play in the stress response?
5. If your friend gives you several of her favorite or prized possessions for no reason, what should you do?
6. What are some causes of emotional highs and lows for teens?
7. Name some ways to handle stress.
8. What is one way self esteem is not built?
9. What does not help ring changes in your behavior?
10. What helps build self esteem?
11. What do the rewards of good self esteem include?
12. What is your mental picture of yourself called?
13. What is a feeling of jealousy with regard to another's advantages, successes and possessions called?
14. Name some good places to get feedback from.
15. What is the mental picture if who you are called?
16. What are some variables that help you develop your self image?
17. What is it called when we use information to evaluate how you are doing?
18. What do you have if you feel good about yourself?
19. What is a selfie society?
20. What is self esteem?
21. What is negative self esteem
22. What is positive self esteem?
23. What are some influences on self esteem?
24. How does culture influence/impact self esteem?
25. How does social media influence self esteem?
26. How do friends and family influence self esteem?
27. What is peer pressure?
28. What is negative peer pressure?
29. How does education impact self esteem?
30. What is positive peer pressure?
31. What is bullying?
32. What are different types of bullying? Give examples.
33. Why do people bully others?

34. What are some consequences of low self esteem?
35. List the point to building self esteem.
36. Explain these points.
37. What is an affirmation?
38. Write your own positive affirmation.
39. What does it mean to be a people pleaser?
40. What is unconditional love?