

Lesson Quiz 5**Lesson Quiz**

FOR USE WITH CHAPTER 2, LESSON 2

I. Directions Match each definition in the left column with the correct term in the right column. Write the letter of the term in the space provided.

- _____ 1. Steps that enable you to make a healthful decision
- _____ 2. Something you aim for that requires planning and work
- _____ 3. Your beliefs about what is important
- _____ 4. A goal that can be achieved quickly
- _____ 5. A goal that requires an extended amount of time to achieve

- a. decision-making skills
- b. goal
- c. long-term goal
- d. short-term goal
- e. values

II. Directions: In the space provided, write the term from the list that best completes the statement.

- 6. The acronym *HELP* can assist you in evaluating the _____ of a decision.
- 7. Making a(n) _____ involves considering risks, options, and consequences.
- 8. A(n) _____ can help you identify and achieve a goal.
- 9. Passing a test next week is an example of a(n) _____.
- 10. Listing options and weighing possible outcomes are _____.

- action plan
- decision
- decision-making skills
- possible outcomes
- short-term goal