

Lesson Quiz 23**Lesson Quiz**

FOR USE WITH CHAPTER 7, LESSON 1

I. **Directions:** In the space provided, write the letter of the choice that best completes the statement or answers the question.

- _____ 1. Having the confidence to make responsible and safe decisions is referred to as
a. autonomy. c. positive outlook.
b. self-esteem. d. abstinence.
- _____ 2. The pyramid associated with Maslow is a hierarchy of
a. achievement. c. needs.
b. potential. d. self-purpose.
- _____ 3. What does self-actualization mean?
a. having high self-esteem
b. striving to become the best you can be
c. recognizing your own value
d. becoming autonomous
- _____ 4. What are the two main influences on personality?
a. being loved and feeling you belong
b. behavior and potential
c. heredity and environment
d. self-purpose and autonomy
- _____ 5. Observing and learning from the behaviors of those around you is called
a. emotional attachment. c. self-actualization.
b. reaching potential. d. modeling.

II. **Directions:** Read each statement carefully. If the statement is true, place a plus (+) in the space provided. If the statement is false, cross out the italicized word(s) and write the correct word(s) in the space provided.

- _____ 6. Someone who sees the bright side and has hope about life has a *sense of purpose*.
- _____ 7. At the bottom of Maslow's hierarchy are *physical needs*.
- _____ 8. Your *potential* is the complex set of characteristics that makes you unique.
- _____ 9. A person's basic intellectual abilities and temperament are influenced by *heredity*.
- _____ 10. The one aspect of your personality over which you have the most control is your *environment*.

Lesson Quiz 24**Lesson Quiz**

FOR USE WITH CHAPTER 7, 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.

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| _____ 1. your sense of yourself as a unique individual | a. constructive criticism |
| _____ 2. unhealthful risk behavior | b. personal identity |
| _____ 3. nonhostile comments that point out problems and encourage improvement | c. positive identity and support |
| _____ 4. some of the aspects of personality identity | d. reckless driving |
| _____ 5. certain developmental assets | e. values and beliefs |

II. Directions: In the space provided, write the word(s) from the list that best complete(s) the statement.

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|---|-------------------|
| 6. A positive value that is a developmental asset is _____. | compassion |
| 7. _____ is a developmental asset that results when you are valued by adults and feel safe. | empowerment |
| 8. Teens with high _____ are better able to meet the challenges of adult life. | personal identity |
| 9. An essential step in developing a healthy _____ is viewing your strengths and weaknesses honestly. | self-esteem |
| 10. Telling yourself you did a good job is an example of positive _____. | self-talk |