

Chapter 7**Form A**

FOR USE WITH CHAPTER 7

I. Directions: In the space provided, write the letter of the choice that best completes the statement or answers the question. (3 points each)

- _____ 1. People with good mental/emotional health do NOT exhibit
 - a. a sense of detachment.
 - b. a sense of purpose.
 - c. autonomy.
 - d. a positive outlook.
- _____ 2. Being able to "walk in another person's shoes" is a sign of
 - a. compassion.
 - b. sympathy.
 - c. empathy.
 - d. envy.
- _____ 3. Needs at the bottom of Maslow's hierarchy of needs are
 - a. the need to be valued and recognized.
 - b. the need to reach your potential.
 - c. the need to be loved and to belong.
 - d. physical needs.
- _____ 4. Chronic hostility can result in
 - a. improved mental health.
 - b. feeling connected.
 - c. stronger friendships.
 - d. an increased risk of heart disease.
- _____ 5. Seeing someone else as perfect and more worthy than others is an example of
 - a. a defense mechanism.
 - b. conflict resolution.
 - c. suppression.
 - d. decision making.
- _____ 6. When you have a healthy identity, you will experience
 - a. increased risk behaviors.
 - b. increased self-esteem.
 - c. negative self-talk.
 - d. lack of confidence.
- _____ 7. Active steps that will help you achieve a healthy identity do NOT include
 - a. recognizing your strengths and weaknesses.
 - b. demonstrationg positive values.
 - c. adapting unhealthful risk behaviors.
 - d. contributing to the community.
- _____ 8. The one aspect of your personality over which you have the most control is your
 - a. behavior.
 - b. environment.
 - c. heredity.
 - d. expectations.
- _____ 9. The increased respiration and heart rate that fear triggers
 - a. prepare your body for necessary action.
 - b. prepare your emotions for a crisis.
 - c. allow you to feel empathy or sympathy.
 - d. allow you to plan your actions.
- _____ 10. Working toward a goal of becoming an engineer is an example of
 - a. recognizing strengths and weaknesses.
 - b. developing a personality.
 - c. self-actualization.
 - d. modeling.

Chapter 7

FOR USE WITH CHAPTER 7

II. Directions: Place a plus (+) in the space provided if the statement is true.

Place a zero (0) if the statement is false. (3 points each)

- _____ 11. Viewing negative events realistically improves self-esteem.
- _____ 12. Risk-taking, such as taking up a new sport or pursuing artistic activities, has a negative impact on development.
- _____ 13. Defense mechanisms can protect you from being overwhelmed by strong emotions over a short term.
- _____ 14. Heredity is one of the two main influences on personality.
- _____ 15. It is healthy to express your emotions, even if doing so intentionally hurts someone else.
- _____ 16. Personality is a set of characteristics that makes you the same as others.
- _____ 17. Positive self-talk does not truly benefit your mental/emotional health.
- _____ 18. Your interests, values, and beliefs are part of your personal identity.
- _____ 19. Strong negative emotions affect one's health, but strong positive emotions do not.
- _____ 20. Hormones can cause emotional and physical changes in the body.

III. Directions: Match each term in the left column with the best definition in the right column. Write the letter of the best choice in the space provided.

(3 points each)

- | | |
|-----------------------------------|---|
| _____ 21. self-actualization | a. the ability to accept yourself and others, manage emotions, and deal with the challenges of life |
| _____ 22. empathy | b. your sense of yourself as a unique individual |
| _____ 23. mental/emotional health | c. the intentional use of unfriendly or offensive behavior |
| _____ 24. hormone | d. observing and learning the behaviors of those around you |
| _____ 25. hierarchy of needs | e. mental processes used to deal with strong or stressful emotions and situations |
| _____ 26. personal identity | f. signals that tell your mind and body how to act |
| _____ 27. defense mechanisms | g. a chemical secreted by your glands that regulates the activities of different body cells |
| _____ 28. modeling | h. the ability to imagine and understand another's feelings |
| _____ 29. emotions | i. the striving to become the best you can be |
| _____ 30. hostility | j. a list of needs that are essential to human growth and development |

IV. Directions: Answer the following question on a sheet of paper. (10 points)

31. How can your emotions affect your health?

Chapter 7 Test**Form B**

FOR USE WITH CHAPTER 7

Reviewing Health Concepts

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. the striving to reach one's full potential | a. constructive criticism |
| _____ 2. the ability to understand how another person feels | b. mental/emotional health |
| _____ 3. your sense of yourself as a unique individual | c. emotions |
| _____ 4. the intentional use of unfriendly or offensive behavior | d. defense mechanisms |
| _____ 5. ability to accept yourself and others, manage emotions, and deal with the challenges of life | e. self-actualization |
| _____ 6. mental processes used to deal with stressful emotions and situations | f. modeling |
| _____ 7. a set of characteristics that makes you unique | g. personal identity |
| _____ 8. observing and learning behaviors of those around you | h. empathy |
| _____ 9. nonhostile comments that point out problems and encourage improvement | i. hostility |
| _____ 10. signals that tell your mind and body how to react | j. personality |

SCORE (number correct \times 4 points):

Applying Health Concepts

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.

- _____ 11. Basic needs are on the *top* of Maslow's hierarchy of needs pyramid.
- _____ 12. During adolescence, *hormones* can make emotions seem more intense.
- _____ 13. One way to *damage* your personal identity is to take pride in your strengths.
- _____ 14. Heredity and *self-esteem* are the two main influences on your personality.
- _____ 15. *Guilt* can act as your conscience and motivate you to make positive changes in your behavior.

Chapter 7 Test (Continued)

FOR USE WITH CHAPTER 7

- _____ 16. Environmental influences on a personality include *role models*.
- _____ 17. A *hostile* person can hurt himself or herself as well as others.
- _____ 18. Suppression can provide a *permanent* escape from stress and negative feelings.
- _____ 19. A person with *low* self-esteem is more likely to live longer and be healthier.
- _____ 20. Trying to ignore strong emotions can *increase* internal tension that can eventually damage your health.

SCORE (number correct \times 4 points):

Thinking Critically About Health (20 points maximum)

III. Directions: On a sheet of paper, write a short paragraph to answer each question.

21. **Inferring.** How can defense mechanisms be helpful? How can they cause problems? Give examples.
22. **Synthesizing.** In what ways does your family influence your personality?

SCORE (20 points maximum):

TOTAL SCORE: