

Unit 1 (Chapters 1 – 4) Study Guide

Chapter 1: What is Health?

Be able to:

Describe the two factors that can be used to evaluate overall health.

List and describe the three aspects of overall health.

Explain how the choices that people make can affect their positions on the health continuum.

Identify factors that can influence a person's health.

Describe the two broad goals of Healthy People 2010.

Demonstrate how to use the DECIDE process to make healthy decisions.

Vocabulary:

Health	heredity
Quality of Life	gender
Life expectancy	environment
Goal	culture
Physical health	habit
Mental health	risk factor
Social health	
Health continuum	
Wellness	

Chapter 2: Personality, Self-Esteem and Emotions

Be able to:

Name the five traits that are used to define personality.

Identify two factors that determine how your personality develops.

Describe what happens to personality over a lifetime.

Compare the effects of high and low self-esteem on health.

Describe the changes in self-esteem that can occur as people age.

Identify ways to achieve and maintain high self-esteem.

Summarize Maslow's theory of self-actualization.

Identify four primary emotions and three learned emotions.

Explain why it is important to recognize your emotions.

Distinguish helpful from harmful coping strategies.

Vocabulary:

Personality	modeling
Peer group	identity
Self-esteem	self-actualization
Hierarchy of needs	emotion
Primary emotion	learned emotion
Coping strategy	defense mechanism

Chapter 3: Managing Stress

Be able to:

Describe what causes a person to experience stress.

Identify four general types of stressors.

List in order the three stages of the body's response to stress.

Identify four types of early warning signs for stress.

Describe the relationship between stress and illness.

Describe two ways in which personality affects stress.

Identify the key factors in resilience.

Vocabulary:

Stress	eustress
Distress	stressor
Catastrophe	fight-or-flight response
Optimism	pessimism
Perfectionist	resilience

Chapter 4: Mental Disorders and Suicide**Be able to:**

Identify four causes of mental disorders.

Describe five types of anxiety disorders and four other types of mental disorders.

Identify health risks associated with anorexia.

Explain the relationship between bulimia and dieting.

List the main health risks of binge eating disorder.

Explain why it is important to identify and treat clinical depression.

Explain why individuals might deliberately injure themselves.

Describe one major risk factor for suicide.

Vocabulary:

Mental disorder	anxiety
Anxiety disorder	phobia
Obsession	compulsion
Mood disorder	depression
Schizophrenia	personality disorder
Eating disorder	anorexia nervosa
Bulimia	binge eating disorder
Clinical depression	cutting
suicide	