Teen Living 1st Term Final Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_

 1. Which of the following factors do you think affect teens enough to make them different from their friends?

a. past experiences b. family make-up

c. genetic make-up d. former friends

2. Define the term developmental tasks.

3. Of the eight (8) developmental tasks given, list four and briefly describe why each is necessary.

4. Identify experiences or situations that can impede, delay or interrupt these developmental tasks. (list 3)

5. List three (3) factors that can influence a person’s self-concept.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. Describe high-self-esteem.

7. List 3 characteristics of high self-esteem.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8. How does self-esteem compare to a roller coaster?

9. Matching: Place the letter of the definition on the right in the blank that matches the terms on the left.

\_\_\_\_\_\_\_ Self-concept a. Rarely smiles sad expression keeps head down, may be ashamed or something

\_\_\_\_\_\_\_ High self-esteem b. The overall feeling about you that doesn’t change quickly.

 Characteristics

\_\_\_\_\_\_\_ Low self-esteem c. Smiles a lot, tries new things, friendly, positive outlook.

 Characteristics

10. Define the term ***value.***

11. The non-material things in our life that don’t cost money are called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ values.

12. The material things in our life that do cost money are called \_\_\_\_\_\_\_\_\_\_\_\_\_\_ values.

13. List three (3) values that 17-year-old Craig showed in the story, “The Pit of Death”.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

14. When a person’s actions are within their value system, they generally feel calm, at peace, and confident. True/False

15. Guilt, shame, and embarrassment can come from living within your value system. True/False

16. List 5 examples of basic values.

 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

17. Why isn’t it appropriate for a teen to act the same way as a five-year-old?

18. What are some examples of childish (childlike) behavior? (list 3)

19. Describe the behaviors of passive types of individuals.

20. Describe the behaviors of aggressive types of individuals.

21. Described the behaviors of assertive types of individuals.

22. All stress is bad. True/False

23. Name three (3) causes of stress

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

24. List three (3) ways to cope with stress effectively. (stress relievers)

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

25. List three different situations where the critical thinking process could be applied.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

26. A teenager would like to see an R-rated movie, but the policy in his/her family forbids it. Can the critical thinking process be applied to this situation? Why? or Why not?