

ASSESSMENT/EVALUATION QUESTIONS:

1. **Consider teen years as physical and emotional transition years.**
 - a. **Consider that body changes during puberty bring high and low emotions.**
 1. What is the major factor that causes the contrasting high and low emotions during the teen years?
Hormones (hormonal changes)
 2. Adults understand that the tantrums teens throw are just part of growing up. True/False
True
 - b. **Itemize some behaviors that are acceptable in childhood, but not acceptable in teen years.**
 3. How is the adult different than the child?
- Answers will vary
 4. Why isn't it appropriate for a teen to act the same way as a five-year-old?
- Answers will vary
 5. What are some examples of childish (childlike) behavior?
- Answers will vary
2. **List various emotions experienced through life.**
 6. What is an emotion?
- An indicator of how a person is feeling mentally.
 7. List five (5) different emotions.
- Answers will vary
3. **Specify positive and negative methods of expressing emotions.**
 8. List 3 negative ways to deal with an emotional situation.
- Answers will vary

ASSESSMENT/EVALUATION QUESTIONS - CONT'D:

9. List 3 positive ways to deal with an emotional situation.
- Answers will vary
10. "Hot Anger" is:
A. An appropriate anger
B. Anger stored because feelings are hard to express
C.* Explosive anger
D. None of the above
11. List some types of "hot anger".
- Simmer, hostile, resentful, upset, boil
12. "Cold Anger" is:
A. An appropriate anger
B.* Anger stored because feelings are hard to express
C. Explosive anger
D. None of the above
13. List some types of "cold anger".
- Lonely, guilty, empty, worthless, confused, alone
14. "Warm Anger" is:
A.* An appropriate anger
B. Anger stored because feelings are hard to express
C. Explosive anger
D. None of the above
15. List some types of "warm anger".
- Hurt, let down, low, concerned, bugged, bad
16. Anger is not a natural emotion. True/False
- False
4. **Identify differences between passive, assertive, and aggressive behavior.**
17. Describe the behaviors of passive types of individuals.
- They go with whatever wind blows

ASSESSMENT/EVALUATION QUESTIONS - CONT'D:

18. Describe the behaviors of aggressive types of individuals.
- Hostile; always looking for a fight
19. Described the behaviors of assertive types of individuals.
- Calmly state his/her feelings
- 5. Recognize legal, mental, social, ethical, financial, and physical consequences of uncontrolled emotions to individuals and families.**
20. What are some social consequences of uncontrolled emotions?
- Damage to lives and families, prison/jail sentences, emotional traumas, stigmas, etc.
21. What are some legal consequences of uncontrolled emotions?
- Prison or jail terms, fines, etc.
22. What are some ethical consequences of uncontrolled emotions?
- Breaking the law, acting immorally, being irresponsible, etc.
23. What are some mental consequences of uncontrolled emotions?
- Trauma, hostility, resentment, distrust, fear, etc.
24. What are some physical consequences of uncontrolled emotions?
- Damage to property or people,
25. What are some financial consequences of uncontrolled emotions?
- Poverty, fines, bankruptcy, etc.
- 6. Identify consequences and costs of uncontrolled emotions to the community.**
26. What are some consequences of uncontrolled emotions to the community?
- Costs of law enforcement, welfare systems, repairs, prisons, social workers, traumatized neighborhoods, etc.
27. Who pays for these consequences to the community? Is this fair?
- The taxpayers - No

ASSESSMENT/EVALUATION QUESTIONS - CONT'D:

7. Review materials on stress, including:

a. definitions of stress-related terms

28. Define the term stress.

- Mental and/or physical tension

29. Define the term distress.

- Anxiety or suffering due to excessive stress

30. Define the term stressor.

- Anything that causes stress or tension

31. Define the term stress reducer.

- Any action or activity that relieves or reduces stress

32. What are the correct terms for the two kinds of stress?

- Eustress and distress

33. All stress is bad. True/False

- False

b. causes and effects of stress

34. Name three (3) to five (5) causes of stress.

- School, friends, parents, jobs, siblings, assignments, deadlines, etc.

35. List three (3) to five (5) effects of stress.

- Headaches, anger, anxiety, can't sleep or eat, etc.

c. positive and negative methods of stress management, including consequences of negative management.

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

- Exercise, talk to someone, eliminate unnecessary activities, time management, solitude, humor, etc.

ASSESSMENT/EVALUATION QUESTIONS - CONT'D:

37. Define the term *runaway* and explain how running away isn't always a physical act.
- To leave a situation that is uncomfortable; generally it means to leave home.
38. Why is running away not a viable way to handle stress?
- It can bring physical harm to the person and the situation may be more stressful than ever.
39. How can stress be caused by holding our emotions inside?
- It renders us helpless; we are releasing our anxieties; we need to release the tension.
40. Define the term solitude.
- To spend some time alone; at peace.
41. Give three reasons why solitude is an important ingredient in our lives.
- To relax, to think, to expand our creative energies.

