**Term Assessment Review**

1. A combination of your physical, mental/emotional, and social well being defines your

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Jacob constantly speeds down Airport Road to get to work in the morning on time. He often swerves to avoid students crossing the street to get to school. In addition, Jacob doesn’t agree with the “click it or ticket” seat belt law so he refuses to buckle up. Jacob’s constant speeding and refusal to wear his seat belt are known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ risks
2. What characteristics are needed to be an effective communicator?
   1. Crossed arms
   2. Making eye contact
   3. Wandering eyes
   4. Interrupting
3. To be an effective communicator you have to have good listening skills as well.
   1. True b. False

**Use the chart below to answer the following 3 questions**

**Limestone High School conducted a survey of *300 f*reshman students to determine what caused them the most stress. The results are shown in the table below.**

***Student Stressors at Limestone High School***

|  |  |
| --- | --- |
| ***Greatest Stressor*** | ***Number of Students*** |
| **Grades** | **93** |
| **Peer conflict** | **81** |
| **Family Issues** | **64** |
| **Work Responsibilities** | **24** |
| **After-school activities** | **8** |
| **Personal Health** | **10** |
| **Other** | **20** |

1. What number of students did not feel that Family Issues were a stressor?
   1. 88% c. 19%
   2. 36% d. 92%
2. What number of students reported that Work Responsibilities caused them the most stress?
   1. 72 c. 192
   2. 78 d. 53
3. What could you conclude from the information given in the table? What was the leading stressor? What was the second leading stressor?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What are the 3 stages of the stress response?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What are protective factors?
2. In Maslow’s Hierarchy of Needs, these needs are considered the strongest because if a person were deprived of all needs, these would be the first in the person’s search for satisfaction.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What is the multi-step strategy to help accomplish **goals**?
2. What are refusal skills?
3. What is resiliency?
4. List the steps to the grieving process? What is the needed outcome of the grieving process?
5. You can show support to someone who is grieving by
   1. Helping the person recall happy memories
   2. Being a sympathetic listener
   3. Not rushing the grieving process
   4. All of the above
6. Which joint allows the widest range of motion?
7. Tendons connect \_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_.
8. Ligaments connect \_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_.
9. What is a hernia?
10. What type of fracture occurs when the bone breaks in half (2 pieces)?
11. What type of fracture occurs when the bone shatters into many pieces?

***DIRECTIONS: Match the bone with the type of bone that it is considered.***

1. femur a. long bone
2. ribs b. short bone
3. wrist bones (carpals) c. flat bone
4. ulna d. irregular bone
5. skull
6. humerus

***DIRECTIONS: Match the bone with the type of bone that it is considered.***

28. Skull a. axial skeleton

29. Legs b. appendicular skeleton

30. Hands

31. Shoulders

32. Ribs