

# Study Guide A

**Directions:** Answer each question with the information you learned in Chapter 1. Write your answers in complete sentences on the lines provided.

1. How do hormones affect a person's body during puberty?

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2. What is one thing a person can do to handle the emotional changes he or she experiences during puberty?

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3. On what does a person base his or her moral decisions?

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4. What is self-concept?

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5. How is a person's self-concept shaped?

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6. How can you strengthen your self-esteem?

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**Chapter 1 Learning About Yourself** *Continued*

**7.** What are two main influences that shape your personality?

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**8.** What two traits go together to help a person achieve his or her dreams?

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**9.** What helps a person become more independent?

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**10.** What are the four groups of resources a person can use to help accomplish something?

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**11.** What are two tips to consider when you set a goal?

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**12.** Why are goals important?

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**13.** What are two signs of maturity?

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**14.** How can a person help others succeed?

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## Study Guide B

**Directions:** Answer each question with the information you learned in Chapter 1. Write your answers in complete sentences on the lines provided.

1. Explain what it means to have a balanced life.

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2. Note three symptoms a person may experience when a loss of balance occurs.

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3. What is a goal?

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4. List three tips a person can follow to better manage study time.

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5. What steps you can take to help you manage your life?

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6. What are three examples of obligations?

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7. What are two suggestions for getting the most out of school?

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**Chapter 1 Learning About Yourself** *Continued*

**8.** Explain the phrase, “planning your time.”

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**9.** What steps can you follow to help yourself take good notes from a text?

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**10.** List five tips you can follow to help you manage your time.

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**11.** List three guidelines a person can follow to help manage, or conserve, energy:

\_\_\_\_\_

\_\_\_\_\_

**12.** What actions can a person take to organize possessions?

\_\_\_\_\_

\_\_\_\_\_

**13.** What are some factors that can lead to stress?

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**14.** Give two examples of negative stress.

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**15.** What are some actions a person can take to successfully manage stress?

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**16.** Who can serve as support when a person is feeling overwhelmed and unable to cope when life is out of balance?

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\_\_\_\_\_

## Word Bank

**Directions:** Listed below are words that you learned from Chapter 1 of your textbook. Use the words to fill in the answer blank for each sentence. You will use each word only one time.

<b>Adolescence</b>	<b>Puberty</b>	<b>Hormones</b>	<b>Personality</b>	<b>Heredity</b>
<b>Environment</b>	<b>Potential</b>	<b>Priorities</b>	<b>Resource</b>	<b>Goal</b>

- Your family is a main part of your home \_\_\_\_\_, or surroundings.
- Your parents may suggest that you make a list of your \_\_\_\_\_ so that you have a clear idea of what is important.
- It is John's \_\_\_\_\_ to win first place in the choir competition.
- During \_\_\_\_\_ you will go through many physical and emotional changes that you will not experience during other periods of your life.
- One thing that shapes your personality is your \_\_\_\_\_, or your genetic background.
- During \_\_\_\_\_ both boys and girls experience a growth spurt.
- Reaching your \_\_\_\_\_ means being all that you can be.
- \_\_\_\_\_ are often categorized into four groups: material, community, natural, and human.
- \_\_\_\_\_ can reach a high level during puberty, helping to stimulate body changes and the development of the reproductive system.
- Mary has such a bubbly \_\_\_\_\_; she is fun to be around and lots of people enjoy being friends with her.

# A Plan for Positive Self-Concept

**Directions:** Think about times in your life when you have been successful. First, write down two successes you have experienced. Second, list people who were helpful to you in achieving the successes. Third, identify the strengths you used to be successful.

**Title of Success**

**Title of Success**

**Your Strengths**

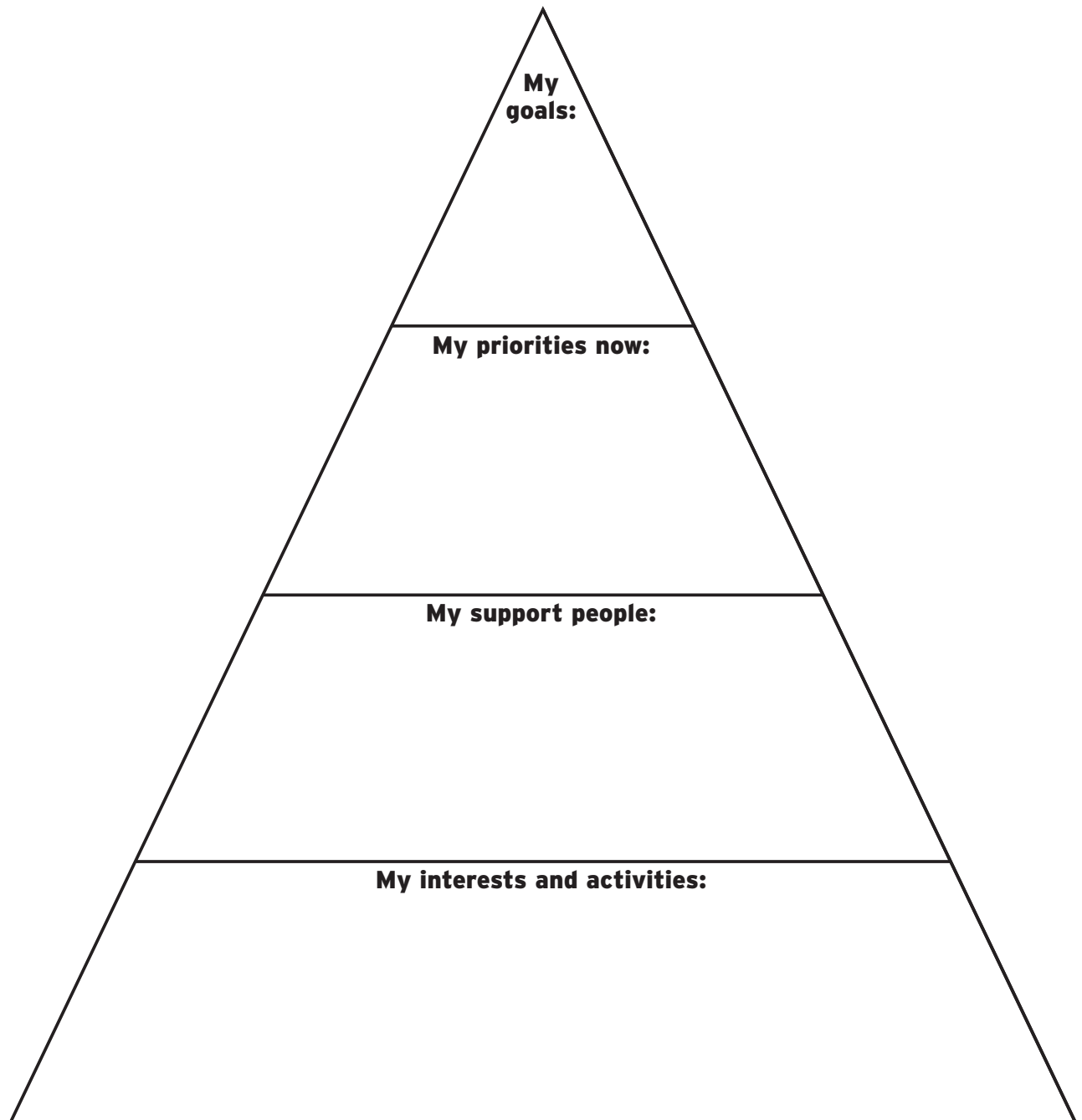
**Your Strengths**

**People Who Positively Supported You**

**People Who Positively Supported You**

## Achieve Your Dreams

**Directions:** You achieve your dreams by recognizing your potential and setting goals. You can assess your potential by examining your priorities, reviewing your interests and activities, and identifying people who can assist you in reaching your goals. Use the pyramid below to identify a goal you would like to achieve. List the resources you have available to help you.

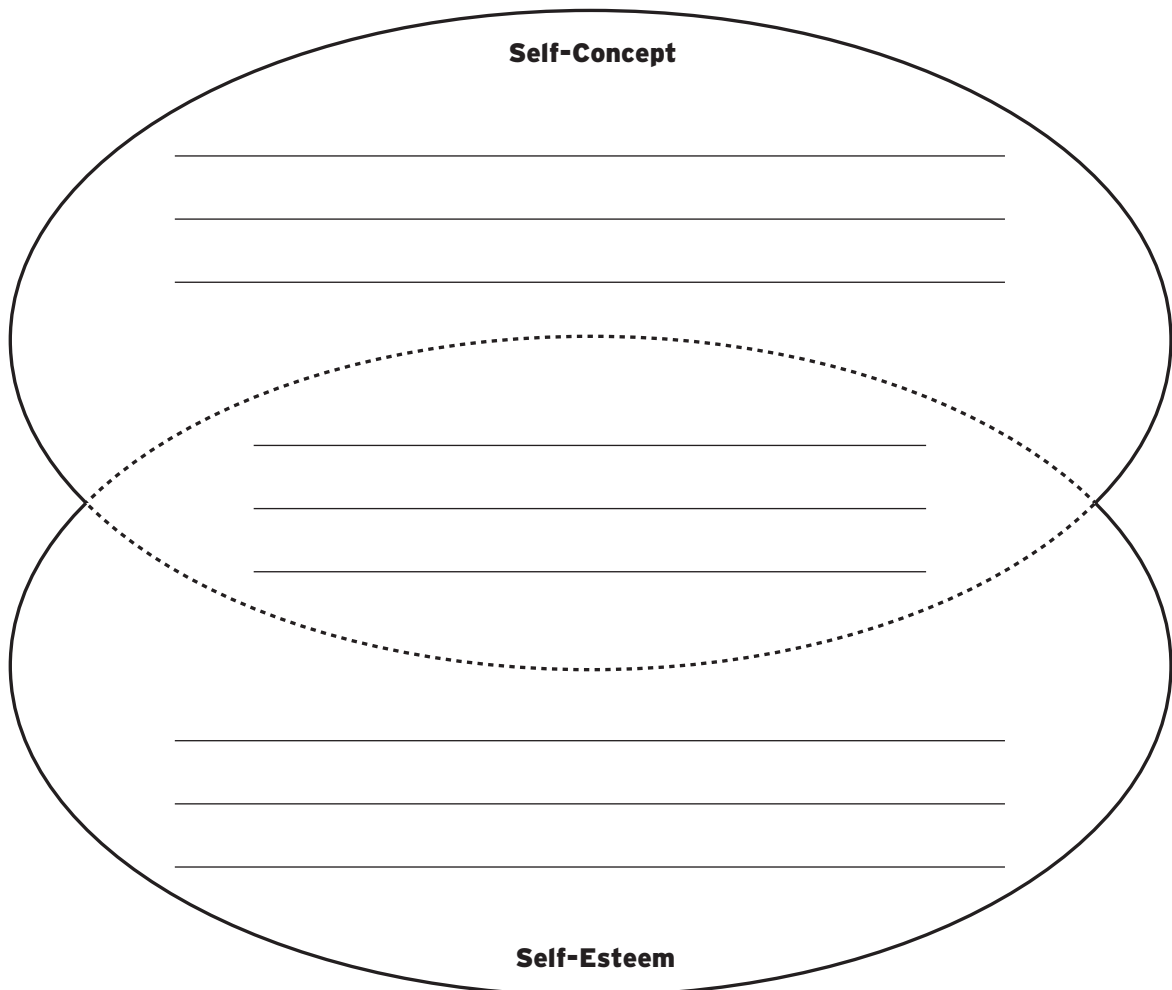


# Self-Concept and Self-Esteem

**Directions:** When you look for ways two people or things are alike, you are **comparing** them. When you look for two ways people or things are different, you are **contrasting** them.

Read the details below. If a detail describes self-concept, write it in the top circle. If a detail describes self-esteem, write it in the bottom circle. If a detail fits both topics, write it in the center where the circles overlap.

- |                                 |                                     |                                      |
|---------------------------------|-------------------------------------|--------------------------------------|
| <b>Mental picture of self</b>   | <b>Positive messages</b>            | <b>Way you think others see you</b>  |
| <b>Negative comments</b>        | <b>Assessment of self</b>           | <b>Environment</b>                   |
| <b>Feel good about yourself</b> | <b>Confidence to try new things</b> | <b>Believe you can be successful</b> |





# Manage Your Time and Energy

**Directions:** You can successfully balance your life if you manage your energy. It is important to know when you have the most energy to tackle activities. Applying work simplification to your tasks also helps you be more efficient. Review the activities below and apply work-simplification strategies. In the space provided, write the steps you would take, the tools you would need, and how you would organize the work space for each activity.

**ACTIVITY: Bake three dozen cookies for a school bake sale.**

Steps	Tools	Workspace Organization

**ACTIVITY: Research a topic to write a paper.**

Steps	Tools	Workspace Organization

**ACTIVITY: Complete a workout session at the gym.**

Steps	Tools	Workspace Organization

# Advice Column

**Directions:** Stress is a part of everyone’s life. Sometimes you can overcome stress on your own by using stress-management strategies. Sometimes you need to seek help from someone who can give you a fresh perspective on your problem. Assume you are the editor of an advice column. Choose one of the letters below and write a response based on your understanding of stress-management strategies.

**Letter 1:** *Dear Teen Help Line,*

I don’t know what to do. I have a huge final exam in my chemistry class. Chemistry is my worst subject, and no matter how much I have studied this semester, I just don’t remember much. I have to be able to fill in elements on the periodic table and complete a chemical lab experiment. The more I think about this exam, the more I get a sick feeling in my stomach. So I just don’t even try to study anymore. What should I do?

“Anxiety for Chemistry”

**Letter 2:** *Dear Teen Help Line,*

My life is really out of control. I go to school, and I’m a member of the swim team and the dance squad, and have a part in the school musical. I also wash windows on the weekend for the local stores in town. For all the things I have to do, I just don’t feel motivated to do any of the work I need to get completed. Do you have any suggestions on how I can gain control of my life?

“Overwhelmed”

Dear \_\_\_\_\_,

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*Teen Help Line*