

# Check Your Answers: After You Read

## Section 1.1

### Review Key Concepts

1. Personality is the combination of characteristics that makes you different from everyone else.
2. High self-esteem generally leads to responsible behavior, avoiding risks that will harm your health, and a positive outlook which enables you to make the best of your life.
3. Procrastination reflects an inability to set priorities and to be self-disciplined.

### Practice Academic Skills

4. Paragraphs will vary. Words of encouragement may include: “I know you can do it,” “I’m proud of you,” and “I’m glad you’re my friend.” Actions may include cheering in a crowd and listening to concerns. Words or actions likely resulted in feelings of pride and increased confidence. You can remember these positive feelings and offer support to help someone else feel good, too.
5. Answers will vary. Traits may include being outgoing, sensitive, optimistic, enthusiastic, adventurous, modest, funny, or kind. Influences may include peers, gender, family, environment, culture, or economic status.

## Section 1.2

### Review Key Concepts

1. Confidence grows stronger each time you succeed. Increased confidence makes you more willing to work toward building your competence.
2. Accept that some things cannot be changed; work on things that can be changed; avoid focusing on negative feelings; focus on what you can achieve.

### Practice Academic Skills

3. Letters will vary but should include encouraging words and phrases, such as “I know you can do it;” “you have a special talent;” “there is no one else like you;” “I’m here to help;” and “you have the potential to excel.”

4. Answers will vary but may include such products as cell phones, portable music players, sewing machines, computers, GPS devices, or video games. Outlines should include the origin of the product, why it was developed, how it evolved, and how people responded to changes in the product.