Foundations 1E Lesson 7.1 Quiz Answers

Title: Lesson 7.1 Quiz

Topic: L7.1LO1: Explain how emotional health relates to overall health and wellness.

1. Emotional health includes all of the following things EXCEPT

a. body image

b. self-esteem

c. empathy

\*d. reasoning ability

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Topic: L7.1LO2: Describe influences on emotional health.

2. Social media has little effect on the way we express our emotions.

a. true

\*b. false

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Topic: L7.1LO3: Explain each of the four parts of emotional intelligence.

3. Emotional intelligence is made up of which four factors?

\*a. self-awareness, self-management, social awareness, and social skills

b. self-esteem, body image, social skills, and popularity

c. self-awareness, body weight, genetics, and social skills

d. self-management, goal setting, resilience, and grit

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Topic: L7.1LO4: Explain why empathy is important to relationships.

4. Empathy allows us to

a. try again after failing at something

\*b. develop meaningful relationships

c. see the positive side of situations

d. manage stress

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Topic: L7.1LO5: Describe the risks of not having good impulse control.

5. Which of the following is NOT an impulsive behavior?

a. posting an unflattering picture of a friend right after finding out they may have been talking about you behind your back

b. getting a tattoo on the spur of the moment

\*c. going for a run with a good friend every other day

d. secretly meeting in person someone you’ve known from social media