Foundations 1E CT Chapter 7

1. Which person shows the strongest sign of emotional health?

a. Brady's girlfriend broke up with him. He was so upset about it that he posted an unflattering photo of her on Snapchat.

b. Laurita doesn't get distracted while taking tests, and she has a great memory, so she usually gets high grades.

c. Anthony has always been overweight, and he feels badly about it. When he really feels down, he tends to grab sweets without thinking about it.

d. Kelly failed her driver's test the first time she took it. She was disappointed, but she bounced back, took it again as soon as she could, and passed it.

Answer: \_\_\_\_\_

2. Being able to stay focused and make decisions are hallmarks of emotional health.

a. True

b. False

Answer: \_\_\_\_\_

3. When Quentin feels out of sorts, he goes to a quiet place to relax, checks in with himself, and tries to understand what is bothering him. Which part of emotional intelligence is Quentin using?

a. self-awareness

b. self-management

c. social awareness

d. social skills

Answer: \_\_\_\_\_

4. Ariel used to tell off her friends when she felt hurt or offended by them. Now if she feels hurt, she waits until she is calm and then talks with the friend about her feelings in a nonjudgmental way. Which part of emotional intelligence has Ariel developed?

a. self-awareness

b. self-management

c. social awareness

d. social skills

Answer: \_\_\_\_\_

5. Which is the best example of someone showing empathy?

a. Indra volunteers to spend a night sleeping in a box on a city street with other volunteers to experience what it is like to be homeless.

b. Terence writes an essay about the prevalence of gun violence in certain neighborhoods in large cities.

c. Logan gives 20 percent of the money he earned over the summer to a local organization that helps support wounded veterans.

d. Retesha believes that people who cross borders illegally and are injured have no one to blame but themselves.

Answer: \_\_\_\_\_

6. Empathy helps an individual overcome bias and ignorance and understand other people better.

a. True

b. False

Answer: \_\_\_\_\_

7. When Elliot's anger begins to rise, he can feel himself losing control. Which of the following would help him regain control of his emotions? **Select all that apply.**

a. Focus intently on what is making him angry.

b. Think of a beautiful, quiet garden in an isolated place.

c. Step outside or into another room to collect his thoughts.

d. Plan carefully how to get revenge.

Answers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8. Why are impulsive behaviors harmful?

Answer:

9. What others think about you has a definite influence on your

a. self-esteem

b. self-image

c. both a and b

d. neither a nor b

Answer: \_\_\_\_\_

10. A group of girls Riley wanted to be friends with asked her to join in making fun of a girl who didn't speak English very well. The group confronted this girl in the hallway and said mean things to her, and she looked really scared. Riley was happy at first that the girls asked her to join in, but afterward, she felt badly about what she had done. Which statement describes Riley in this situation?

a. Riley had a weak self-image and high self-esteem.

b. Riley had a strong self-image and high self-esteem.

c. Riley had a weak self-image and low self-esteem.

d. Riley had a strong self-image and low self-esteem.

Answer: \_\_\_\_\_

11. Taking good care of yourself has little or nothing to do with self-esteem.

a. True

b. False

Answer: \_\_\_\_\_

12. How does higher self-esteem lead to better decision making?

Answer:

13. Taylor got a D on her chemistry exam. She did not expect such a poor grade, and she was depressed for the rest of the day. The next day, she made a plan with her teacher to get a tutor to help her improve. Why is this an example of mental toughness?

a. Taylor knew she needed a higher grade to get into the university she wanted.

b. Taylor suddenly doubted her ability to tough it out and pass the class on her own.

c. Taylor moved through her distress and connected with someone who could help.

d. Taylor wanted to improve her grade in the class before her parents found out.

Answer: \_\_\_\_\_

14. Desmond is in a panic because he has a term paper due soon and he hasn't written anything yet. He almost pays to use a paper written by someone else, but then he realizes this isn't the right thing to do. Which part of grit is reflected in Desmond's decision not to buy the term paper?

a. courage

b. conscientiousness

c. perseverance

d. resilience

Answer: \_\_\_\_\_

15. Resilience is NOT something you can develop, but rather it is something you are born with.

a. True

b. False

Answer: \_\_\_\_\_

16. Which statement does NOT show a growth mindset?

a. "I am inspired by others' success."

b. "I like to try new things, even if I'm not very good at first."

c. "Failure is an opportunity to grow and learn."

d. "I prefer to stay in my comfort zone."

Answer: \_\_\_\_\_

17. List three examples of negative self-talk.

Answer:

18. Stress is the physical need to avoid a demanding or difficult situation.

a. True

b. False

Answer: \_\_\_\_\_

19. What happens when a person's body goes into fight-or-flight mode?

a. Heart rate slows, blood pressure drops, and the body goes limp.

b. Sweating decreases, eyes take in less light, and less blood goes to the brain.

c. Blood pressure increases, muscles tense, and digestion slows down.

d. Body cells don't release as much energy, and urine production increases.

Answer: \_\_\_\_\_

20. Sienna is a senior in high school. She has been trying to keep up her grades, not miss any band practices, and research possible colleges for herself, while also playing on a traveling softball team. Toward the end of the year, she develops a severe rash all over her body and has to stay home. What stage of the stress response is Sienna in?

a. alarm

b. resistance

c. exhaustion

Answer: \_\_\_\_\_

21. Aiden is captain of the basketball team and student council president. His parents are divorcing, his mother has said they will be moving into a new house, and his younger brother has been acting out. How many common stressors is Aiden experiencing?

a. two

b. three

c. four

d. five

Answer: \_\_\_\_\_

22. Name four common stressors for teens.

Answer:

23. Negative stress, also called distress, can help you perform your best in school and athletics.

a. True

b. False

Answer: \_\_\_\_\_

24. Caleb has to finish a term paper by tomorrow, but his original plan for the paper won't work. Now he is sitting in front of the computer feeling his negative stress building up. Caleb is liable to experience all the following EXCEPT

a. composure

b. irritability

c. restlessness

d. anxiety

Answer: \_\_\_\_\_

25. Which person is using the stress management technique called reframing the situation?

a. Makayla has learned to stop what she's doing and take three deep, slow breaths when she notices she is becoming upset.

b. When Jonathon worries that he won't be able to do a school project, he tells himself that he is very capable of doing it and that he is going to do it.

c. When Chloe failed her driver's test, she decided that studying more and taking it twice would make her a better driver in the long run.

d. Tiffany makes a habit of noticing when she's feeling bad about a past mistake and then coming back to what is happening here and now.

Answer: \_\_\_\_\_

26. Making sure to get the right amount of sleep is a stress management technique.

a. True

b. False

Answer: \_\_\_\_\_

27. Which of the following is NOT true about how elementary-aged children think about death?

a. They understand clearly that death is irreversible.

b. They take emotional cues from adults about how to cope with a death.

c. They may feel guilty that they did something to make the deceased person go away.

d. They may not grasp what causes death to occur.

Answer: \_\_\_\_\_

28. Greta's uncle has been in the intensive care unit for a week with a terminal illness. Greta has been expressing her grief to close friends and family members. This is an example of what kind of grief?

a. delayed

b. complicated

c. anticipatory

d. absent

Answer: \_\_\_\_\_

29. List three influences that can affect the way a person mourns a loss.

Answer:

30. Grief refers to external traditions and behaviors that are associated with marking the loss of a loved one.

a. True

b. False

Answer: \_\_\_\_\_

31. Lighting a candle on the anniversary of a loved one's loss and wearing black for mourning are examples of

a. denial

b. emotional pain

c. acceptance

d. bereavement

Answer: \_\_\_\_\_

32. How a body is handled after death is determined mostly by

a. the grieving process

b. cultural customs and rituals

c. community laws

d. family traditions

Answer: \_\_\_\_\_