

Health Benchmark 1--Study Guide

You need to study your notes and worksheets over the following topics. There are also Quizlet reviews on my website for each topic. For additional information you can access the Health book online with the access code and link on my website.

- Introduction to Health Vocabulary (Ch 1)
- Decision Making Process and styles (Ch 2, lesson 2)
- Mental Health and Stress (Ch 3 and 4)
- Mental and Emotional Problems (Ch 5)
- Alcohol and Drug Awareness Program (ADAP booklet)

Answer these questions on a separate piece of paper:

1. What is abstinence? How does choosing abstinence from high risk behaviors affect your health?
2. List and describe the 3 parts of the health triangle. Give 2 examples of characteristics of each part.
3. List the steps of the decision making model.
4. Describe the 3 styles of decision making.
5. What are some negative short and long term effects of alcohol use?
6. What are some negative short and long term effects of marijuana use?
7. Explain each of these laws: Joshua's Law, TADRA, and Implied Consent Law.
8. How could stress lead to the development of heart disease?
9. What are the 3 stages of the stress response? List 3 changes that occur at each stage.
10. What are the levels of Maslow's Hierarchy of Needs? Which needs should be met first?
11. List and describe 2 examples of affective mental disorders and anxiety mental disorders.
12. What is schizophrenia and list 2 symptoms of the disorder.
13. Describe an example of someone who has a resilient personality.
14. What are refusal skills? Give an example of someone using a refusal skill.
15. What does BAC stand for? At what BAC level will an underage driver get a DUI?
16. What organ oxidizes (breaks down) alcohol in the body? At what rate?
17. Explain an example of a cumulative risk.
18. What is the difference between organic mental disorders and functional mental disorders?
19. What is the most commonly abused drug in the world? What is the most commonly abused illicit drug?
20. What is the psychosomatic response in relation to stress? Give some examples.
21. Describe the difference between Type A personality and Type B personality.
22. What are priorities and how do they relate to stress management.
23. What are the 3 levels of the graduated driver's license system? At what age can you apply for each level.
24. What are the symptoms of bipolar depression.
25. List 3 healthy ways to deal with anger.