1. What is community service? Give an example.

2. What does the acronym S.M.A.R.T. stand for? Be able to write a SMART goal.
   
   S______________________________ .
   
   M______________________________ .
   
   A______________________________ .
   
   R______________________________ .
   
   T______________________________ .

3. By referring to the following SMART goal, assign each letter to the corresponding part of the S.M.A.R.T. acronym.

   GOAL: “I will receive a 3.7 GPA or higher for both semesters of the 2017-18 school year.”

   o I will ask questions when I do not understand
   o I will use my class time wisely by listening and being actively involved in the lesson
   o I will complete all homework and turn it in on time
   o I will create a calendar for projects so that I can break up the work over time
   o I will study for tests at least two days ahead of the test date

   S = _________  A = _________  T = _________
   
   M = _________  R = _________

4. What is the time frame for a short-term goal? A long-term goal?
5. What are the Seven Habits of Highly Effective Teens? Define each habit and be able to provide or identify examples.

1. 

2. 

3. 

4. 

5. 

6. 

7. 

5. What are the four basic human needs according to the Franklin Reality Model?

1. 

2. 

3. 

4. 

6. Define addiction. What is it the result of?

7. Circle all true statements regarding a “belief window”:
   A. It is imaginary
   B. It contains your principles and beliefs about the world
   C. You assume that the statements on it are true
   D. It does not change
   E. You believe the principles and beliefs on your belief window will meet your needs
   F. The older you are, the less principles/beliefs you have on your window
   G. The beliefs on your belief window determine your behavior (how you respond to situations)

8. How does an individual achieve “inner peace”? 