1. What is community service? Give an example.

   It is the practice of people working on behalf of others or for a particular cause without payment for their time and services.

   EX: Volunteering to walk dogs at the humane society.

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

   S_pecific ____________________ .

   M_easurable ____________________ .

   A ction Plan ____________________ .

   R_ealistic ____________________ .

   T ime Frame ____________________ .

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 ______  A = _____ E ______  T = _____ D ______

   M = _____ C ______  R = _____ B ______

4. What is the time frame for a short-term goal? A long-term goal?

   **Short-term goal** = less than one year  
   **Long-term goal** = one year or more
5. What are the Seven Habits of Highly Effective Teens? Define each habit and be able to provide or identify examples.

1. **BE PROACTIVE** – Plan ahead; Take responsibility for your actions

2. **BEGIN WITH THE END IN MIND** – Define your goals and mission in life

3. **PUT FIRST THINGS FIRST** – Prioritize; Do the most important things first

4. **THINK WIN-WIN** – Compromise and have an “everyone can win” attitude

5. **SEEK FIRST TO UNDERSTAND, THEN TO BE UNDERSTOOD** – Listen sincerely

6. **SYNERGIZE** – Teamwork; Work well with others to achieve more

7. **SHARPEN THE SAW** – Renew yourself regularly by doing the things you love

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

1. **To love and be loved**

2. **To live**

3. **To feel important/To have value**

4. **Variety**

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

Addiction is compulsive behavior with short-term benefits, but long-term destruction to the addict and those around him/her. Addictive behavior is the result of deep and unmet needs.

6. 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)

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

When the results of our behavior DO meet our needs, over time we experience inner peace.