

Life Skills Final Exam Study Guide

P#5

Use your notes to fill in the study guide.

1. What are the 7 Habits of the Highly Effective Teen?

- Be Proactive
- Begin with the end in mind
- Put first things first
- Think Win-Win
- Seek to understand then to be understood
- SYNthesize
- Sharpen the saw

2. Why is it important to set goals?

so a person can work to achieve something / or so you have a plan.

3. What is the difference between a short term goal and a long term goal?

short term: less than 6 months. long term: more than 6 months

4. What do the letters SMART mean?

- specific
- measurable
- achievable
- realistic
- timely

5. What are the three types of unspoken peer pressure?

the huddle, look, example

- when you see someone wearing something, you see you do and buy something similar (friend)
- when you want to be cool, so you start doing drugs etc
- when someone's bullying someone and you feel like you need to

6. What are the three types of spoken peer pressure?

- when someone asks you to do drugs w/ them
- asks you to skip school
- pressures you to do something you don't want to.

rejection, put down reasoning

7. What are the five steps in refusal skills?

- ask questions
- name the trouble
- name consequences
- share alternative
- move on

8. What do the letters FAS stand for?

Fatal Alcohol Syndrome

9. What is difference between a stimulant and a depressant?

depressant: calms you down. stimulant: gives you a "high".

10. Is alcohol considered a stimulant or a depressant?

depressant.

11. Is nicotine considered a stimulant or a depressant?

stimulant

12. How many chemicals are in a cigarette?

4000

13. What does the word carcinogen mean?

Cancer causing chemical

14. What is the most common cancer caused by smoking?

lung cancer

15. What are three types of cancer caused by smoking?

lung, larynx, esophagus

16. What do the letters DUI stand for?

driving under the influence

17. What is the most addictive substance known to man?

nicotine

18. What do the letters BAC stand for?

blood alcohol content

19. Which has the higher alcohol content; a shot of whiskey, a can of beer, or a glass of wine?

They all have the same amount

20. List 3 ingredients found in methamphetamines:

su doped, iodine, iodine crystals, red phosphorus.

Tobacco Power Words to define:

1. Second hand smoke - smoke from the end of a cigarette not inhaled by smoker

2. Carcinogen

3. Spit Tobacco - chewing tobacco

4. Emphysema - destroy alveoli - bronchial tubes are constricted

5. Which types of cancers can long-term smoking cause? _____

6. Ingredients in Cigarettes: Nicotine, tar, nicotinic acid, cadmium

7. Ingredients in Methamphetamine: _____

Alcohol Power Words:

8. How can FAS happen? - drinking while pregnant

9. DUI stands for?

10. Your Cerebellum controls what? daily movements / coordination

11. List all of the Refusal Skills:

12. What are 4 Goals of Refusal Skills? →

keep friends
stay out of trouble
have fun
be in control

13. What should you do if you witness Bullying?

my supervisor tell an adult

Write 2 short-term goals you have accomplished this school year using SMART (specific, measurable, achievable, results oriented, timely)

4.

5.

