

Unit# 2 Quiz: Mental Health

Fill in the blank

- 1. What is the definition of personality? ⓪

- 2. Describe 3 traits of someone who has Type A personality: ⓪
 - a. _____
 - b. _____
 - c. _____

- 3. Describe 3 traits of someone who has Type B personality: ⓪
 - a. _____
 - b. _____
 - c. _____

- 4. One of the things that help shape your personality is your _____; ⓪
defined as the manner of conducting oneself.

- 5. Your self- esteem should NOT come from _____ messages, ⓪
but should come from _____ messages about who you are.

- 6. Stress: The response of your _____ and _____ ⓪
to being challenged or threatened.

- 7. What is good/positive stress called? ⓪

- 8. What is bad/negative stress called? ⓪



9. List three changes your body undergoes or does in response to a stressor:

⓪

10. Disorders in which real or imagined fears prevent a person from enjoying life are called _____ disorders.

⓪

Matching

- a. Most basic needs of the body
- b. The need to feel good about yourself
- c. Being internally motivated to be the best you can be
- d. Having meaningful relationships
- e. Protecting yourself from danger

- 11. Self actualization ⓐ ⓑ ⓒ ⓓ ⓔ
- 12. Esteem ⓐ ⓑ ⓒ ⓓ ⓔ
- 13. Belonging ⓐ ⓑ ⓒ ⓓ ⓔ
- 14. Physical Needs ⓐ ⓑ ⓒ ⓓ ⓔ
- 15. Safety ⓐ ⓑ ⓒ ⓓ ⓔ

TRUE or FALSE – Fill in T for TRUE/F for FALSE

- 16. Schizophrenia can be referred to having a “split mind.” ⓐ ⓑ
- 17. Organic Disorders are caused by injury to the brain. ⓐ ⓑ
- 18. The number one factor for having a headache is stress. ⓐ ⓑ
- 19. Good time management is not important in regards to managing stress. ⓐ ⓑ
- 20. Goals should be ambitious yet realistic to improve your self esteem ⓐ ⓑ



Unit #4 Sexually Transmitted Disease QUIZ

1. In regards to STD's the _____ partners the greater the _____.

For # 2-3 circle one of the choices

2. Bacterial STD's (cannot/can) be cured.

3. Viral STD's (cannot/ can) be cured.

4. Chlamydia is also known as the "_____"

5. What does Asymptomatic mean?

6. What 2 STD's can lead to pelvic inflammatory disease(PID)?

7. What STD goes through 3 different stages and eventually can kill you?_____

8. HPV causes _____.

9. Herpes Simplex 1 (HSV-1) usually comes in the form of _____.

10. What STD attacks the liver?_____

Please write **TRUE** or **FALSE** for the following statements:

11. A single sore or chancre is the first sign of syphilis.

12. HIV attacks your central nervous system._____

13. HIV is considered AIDS when the helper T cell count is below 200. _____

14. Pubic lice and crabs cannot be cured._____

15. A test of your blood is the best way to determine if you have Gonorrhea_____

