

## Unit 2 - Personal Development

1. What are the physical changes of an adolescent? List two of the physical changes in an adolescent.

- relating to the body of a person instead of the mind

### Changes

- Grow in heights

- Body matures

- Weight gain

- Acne

2. What are the intellectual changes of an adolescent? List two of the intellectual changes in an adolescent.

- relating to the ability to think in a logical way

### Changes

- Concrete thinking instead of abstract

- Growth

- Way you think

- Some scientist think it grows larger at this time

3. What are the social changes of an adolescent? List two of the social changes in an adolescent.

- relating to or involving activities in which people spend time talking to each other or doing enjoyable things with each other

### Changes

- Peer pressure

- Acceptance

- New relationships

4. What are the emotional changes of an adolescent? List two of the emotional changes in an adolescent.

- likely to show or express emotion : easily upset, excited, etc.

- relating to emotions

### Changes

- Uncertain about the future

- Up and down/ Roller-coaster

5. What is peer pressure?

Peer Pressure - is persuasion to conform to the group and go along with group activities

6. What is the difference between negative and positive peer pressure?

- Peer Pressure can be positive when your friends motivate you to do well.
- Peer pressure is negative when you feel pushed to engage in harmful activities.

7. What is the difference between wants and needs?

Need - something that you have to have in order to live

Want - things that you would like to have but are not necessary for survival

8. What are two examples of wants, what are two examples of needs?

Wants: iPhone, new clothes,

Needs: Water, Food, Shelter, Air

9. What is value? What are two things most people value?

Value - ideas about right and wrong and what is important in your life

Some common values most people share are: good family life, trust, freedom, and health.

10. What does SMART stand for?

S: Specific

M: Measurable

A: Action

R: Realistic

T: Timely

11. Use the template to complete the following problem:

You want to buy a new jacket for \$60. Your allowance is only \$10 a week. Write a SMART Goal to help you save your money!

I plan to save \$60 for a new jacket by saving \$10 a week for 6 weeks.

12. What are three ways to improve your self-concept?

Qualities for a Positive self-concept:

- Compassion
- Cooperation
- Courtesy
- Dependability
- Friendliness
- Generosity
- Sincerity
- Self-control
- Honest
- Thoughtfulness
- Cheerfulness
- Responsibility

13. When you have respect for yourself you can use your own judgement, resist peer pressure, and achieve your goals.

14. When making decisions - be able to put these in order!!

- Use good timing
- Consider the consequences
- Be willing to make mistakes
- Seek advice when you need it
- Accept responsibility for your decision

## **Vocabulary**

1. Acne-a skin condition caused by overly active oil glands
2. Adolescence-the period of great growth and change between childhood and adulthood
3. Consequences-results of a choice made or an action taken
4. Decision-the act of making a choice or coming to a solution
5. Goals-something a person wants to have or to achieve, and is willing to work for
6. Hygiene-practices that promote good health and prevention of disease, such as cleanliness and maintenance of skin, hair and nails
7. Impression-effect produced on the mind of emotions
8. Independence-learning to do things on one's own
9. Needs-something that you have to have in order to live
10. Peer pressure-persuasion to conform to the group and go along with group activities
11. Prejudice-an unfair or biased opinion based on false or insufficient information
12. Priorities-items that rank high in order of importance to an individual
13. Respect-consideration; to feel or show regard for others
14. Responsibility-an obligation or duty for which a person is held accountable
15. Rights-special privilege, benefit, or personal favor to which one is entitled
16. Self-concept-the mental picture people have of themselves; their opinion about themselves
17. Self-esteem-the sense of worth a person attaches to oneself
18. Self-respect-the ability to hold oneself in high esteem
19. Stereotype-a belief that an entire group of people fit a fixed, common pattern - that they are alike in certain ways
20. Values-ideas about right and wrong and what is important in your life
21. Wants-things that you would like to have but are not necessary for survival