

Name: \_\_\_\_\_ Period: \_\_\_\_\_ Date: \_\_\_\_\_

Chapter 1  
Section 1.1 Study Guide

1. Your unique personality will continue to \_\_\_\_\_ and \_\_\_\_\_.
  
2. Everyone comes from a different \_\_\_\_\_ and has different \_\_\_\_\_.
  
3. \_\_\_\_\_ you do, \_\_\_\_\_ you go, and \_\_\_\_\_ you know influence you.
  
4. \_\_\_\_\_ is the passing on of traits, or characteristics and qualities, from parents to their children.
  
5. List 6 factors that influence who you are. Use Figure 1.1 on page 7.
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6. Some of your interests and abilities are learned from your \_\_\_\_\_.
  
7. Your \_\_\_\_\_ is one of the strongest influences on the person you are becoming.

8. The \_\_\_\_\_ you have determine how you relate to other people and how you \_\_\_\_\_ in various situations.

9. A role is your \_\_\_\_\_ in a group or situation.

10. You learn your roles by \_\_\_\_\_ to and \_\_\_\_\_ people who are important to you.

11. \_\_\_\_\_ are people who help you see what is expected of you in certain situations.

12. List 3 examples of people who can be role models.

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13. Ways of thinking, acting, dressing, and speaking shared by a group of people is called \_\_\_\_\_.

14. Culture often determines certain \_\_\_\_\_ people follow.

15. Personality is a combination of the \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, roles, and other traits that make you who you are.

16. Your personality continues to \_\_\_\_\_ as you experience new things and meet new \_\_\_\_\_.

17. Everyone's personality is \_\_\_\_\_.

18. If you have a positive self- \_\_\_\_\_, you are more likely to succeed in life.

19. A self-concept is a mental picture of \_\_\_\_\_.
20. Self-concept includes your views about your \_\_\_\_\_ traits and about what \_\_\_\_\_ you perform well.
21. Your self-concept is also influenced by the \_\_\_\_\_ around you.
22. Your self-concept does not \_\_\_\_\_ stay the same.
23. When you have a positive self-concept, you like \_\_\_\_\_.
24. \_\_\_\_\_ is a sense of confidence and self-worth.
25. \_\_\_\_\_ is helpful advice.
26. Constructive criticism is meant to help you \_\_\_\_\_ and \_\_\_\_\_ and often includes suggestions for solutions.
27. \_\_\_\_\_ are responsible for your own behavior and actions.
28. You can show responsibility by making \_\_\_\_\_ choices.
29. List 4 ways you can show responsibility.
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30. Being responsible is one of the most important \_\_\_\_\_ for success in any job.
31. Not everyone has the same \_\_\_\_\_, and your responsibilities will change over time.

32. List 4 guidelines for being responsible.

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33. \_\_\_\_\_ are beliefs about right and wrong and about what is important in life.

34. \_\_\_\_\_ needs are basic for your survival.

35. Emotional needs are feeling \_\_\_\_\_ and \_\_\_\_\_.

36. Wants are things you would like to have, but are not necessary for \_\_\_\_\_.

37. \_\_\_\_\_ is the period of great growth and change between childhood and adulthood.

38. During adolescence you will be adjusting to many \_\_\_\_\_ and \_\_\_\_\_ changes.

39. List 3 healthy ways to deal with your emotions.

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40. It can be \_\_\_\_\_ when your body is constantly changing and growing.