

Concept Review

Lesson: You Are a Decision Maker!

1. Describe what a good decision is.

2. List three things that influence decision making.

3. A(n) _____ is the result of an action you take.

Match each definition with the correct term. Write the letter in the space provided.

_____ 4. consequences that help you or other people

a. neutral

_____ 5. consequences that neither help nor hurt you
or other people

b. negative

c. positive

_____ 6. consequences that do harm to you or to
other people

Lesson: Six Simple Steps to Good Decisions

Use the terms from the following list to complete the sentences below. Each term may be used only once. Some terms will not be used.

take a look at

problem

results

brainstorm

options

decision

values

consequences

goals

The first step in decision making is to identify the **7.** _____.

The next step is to think about how your **8.** _____ relate to

the problem. The third step is to list all of your **9.** _____,

or ways that you can handle the problem. One way to do this is to

10. _____ all of the possible ways to carry out your decision.

Next, consider the **11.** _____ of all of your options. Think

about which option will bring about the best **12.** _____ for

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you and for others. Once you have acted on a decision, you should stand back and **13.** _____ your decision.

14. Thinking about the consequences of your choices will help you to make

_____.

15. Describe how values influence your decisions.

Lesson: Facing Pressure

Write the letter of the correct answer in the space provided.

_____ **16.** The feeling that you should do something because your friends want you to is called

- a. excitement.
- b. peer pressure.
- c. anger.
- d. fear.

_____ **17.** Positive peer pressure can help you make good decisions, while negative peer pressure can keep you from

- a. doing the right thing.
- b. doing the wrong thing.
- c. making mistakes.
- d. None of the above

_____ **18.** A refusal skill is a strategy you can use to do all of the following EXCEPT

- a. handle negative peer pressure.
- b. stand your ground.
- c. avoid responsibility.
- d. avoid doing something you don't want to do.

_____ **19.** When friends pressure you to do something you don't want to do, sometimes you need to act

- a. passively.
- b. aggressively.
- c. angrily.
- d. assertively.

Concept Review *continued*

20. List five refusal skills.

21. How does having a support system help you?

Lesson: Goals

Write the letter of the correct answer in the space provided.

_____ **22.** A goal that can take years to reach is called a

- a.** short-term goal.
- b.** long-term goal.
- c.** immediate goal.
- d.** quick goal.

23. Describe how setting and achieving goals can improve your feelings about yourself.

24. Describe one example of how having goals can improve your relationships with other people.

Concept Review *continued*

25. Define *success*.

Lesson: Choosing and Reaching Your Goals

In the blanks provided, fill in the letters of the term or phrase being described.

26. something that you enjoy and want to learn more about __ _ T __ _ S __ _

27. something you use to help you __ _ S __ _ R __ _

28. a person who can give you good advice __ _ E __ _ O __ _

29. a step toward your goal __ _ C __ _ O __ _ L __ _ M __ _ T

30. a prize you give yourself for accomplishing a task R__ _ A __ D

Answer the following questions.

31. Describe how your interests and values can influence the goals you set.

32. Name four resources that can help you reach your goals.

33. Name two rewards you could give yourself for accomplishing a step toward one of your goals.
