Coach Lee

T4 Health

April 20- May 1, 2020

**\*\*Please answer all of the following questions in 2-4 sentences.**

**April 20, 2020**

Chapter 2: Personality, Self-Esteem and Emotions

*\*\*Refer to the chapter power point at the end of the packet*

**Slide 1 & 2**

* **Define Personality**
* **Define Psychologist**
* **Describe your personality in 2-5 sentences**

**April 21, 2020**

Chapter 2: Personality, Self-Esteem and Emotions

*\*\*Refer to the chapter power point at the end of the packet*

**Slide 5& 6**

* **What are the 5 Central Traits?**
	+ **Define them**

**Slide 7 & 8**

* **How do personalities form?**
	+ **Identify two parts of your environment and define them**

**April 22, 2020**

Chapter 2: Personality, Self-Esteem and Emotions

*\*\*Refer to the chapter power point at the end of the packet*

**Slide 9**

* **Stages of personality development**
	+ **List all 8 stages**
	+ **What psychologist came up with the stages of personality development?**

**Slide 10 (If you are picking this packet up from school and have ZERO internet access please disregard)**

* **Take a personality test**
	+ **https://www.eclecticenergies.com/enneagram/test**
	+ **Write 6-8 Sentences on your results (agree/disagree etc.)**

**April 23, 2020**

Chapter 2: Personality, Self-Esteem and Emotions

*\*\*Refer to the chapter power point at the end of the packet*

**Slide 11-18: Self-Esteem**

* **What is Self-Esteem?**
* **Many psychologists think that high self-esteem has a positive effect on health, while low self-esteem has a negative effect on health.**
	+ **Do you think this is true? Why? (4-6 sentences)**
* **How do we develop self-esteem?**

**April 24, 2020**

Chapter 2: Personality, Self-Esteem and Emotions

*\*\*Refer to the chapter power point at the end of the packet*

**Slide 19: Anger**

1. **ACCEPT YOUR FEELINGS**
2. **IDENTIFY YOUR TRIGGERS**
3. **DESCRIBE YOUR RESPONSE**
4. **SEEK CONSTRUCTIVE ALTERNATIVES**
5. **EVALUATE YOUR PROGRESS**
* **Now think back to any situation that made you angry within the last couple of weeks. Work through these 5 steps and think about what you could have done differently to diffuse the situation.( 4-8 sentences)**

**Slide 20-33: Emotions**

* **Define Emotions**
* **Identify primary emotions**
* **Identify 4 healthy ways of coping**

**April 27, 2020**

Chapter 3: Mental Health

*\*\*Refer to the chapter power point at the end of the packet*

**Slide 3-7**

* **What are mental disorders?**
* **How do you recognize a mental disorder?**
* **What are the causes of a mental disorder?**
	+ **Define them**
* **Define Anxiety**
* **Define Anxiety Disorder**
	+ **What is the difference between anxiety and anxiety disorder?**

**April 28, 2020**

Chapter 3: Mental Health

*\*\*Refer to the chapter power point at the end of the packet*

**Slide 8-20**

* **What is a Phobia?**
* **What is PTSD?**
	+ **Define PTSD**
* **What is a mood Disorder?**
	+ **Give a few examples**
* **What is Depression?**
	+ **What are the physical effects of depression?**

**April 29, 2020**

Chapter 3: Mental Health

*\*\*Refer to the chapter power point at the end of the packet*

* **What is Self-Injury?**
	+ **Identify and define 2 ways of self-injury**
	+ **What should you do if you know someone who is injuring them self?**
* **Define Suicide?**
	+ **What are 2 facts about suicide?**

**April 30, 2020**

Chapter 3: Mental Health

*\*\*Refer to the chapter power point at the end of the packet*

* **Define the following terms:**
	+ **Psychiatrists**
	+ **Neurologist**
	+ **Clinical psychologist**
	+ **Psychiatric social worker**

**May 1, 2020**

Chapter 3: Mental Health

*\*\*Refer to the chapter power point at the end of the packet*

**Kinds of Treatment**

* **What are 3 kinds of treatment?**
	+ **Define them**
* **Choose 1 treatment**
	+ **Research more about it**
	+ **Write 2 informative paragraphs on your findings**