**Health Class Only**

**Assignment 3: Week of April 20-24**

**\*The answers to the following assignments can be either hand written or typed out and emailed back to me at** [**william.bentley@dcsms.org**](mailto:william.bentley@dcsms.org) **You can actually submit your assignment in various ways. This includes: typing the assignment in the email window itself that you are sending to me, typing the assignment as a word document or notes sections on a phone, or actually hand writing out the assignment on paper and taking a picture to send in an email. Please do whatever you feel most comfortable with doing. As always, let me know if you have any questions. In the “Email Subject Line” include: Your First and Last Name, Health or Employability Skills Class, and Assignment 2**

1. **Read the Ch. 3 Notes under the “Health Documents” Page on the website.**
2. **Define and Number the following Vocabulary Words. Please make sure you number, write the word out, and give a specific definition for each word. You do not have to write a complete sentence as long as you give a thorough definition.**

**1. Stress**

**2. Eustress**

**3. Distress**

**4. Stressor**

**5. Catastrophe**

**6. Optimism**

**7. Pessimism**

**8. Perfectionists**

**9. Resilience**

**10. Mental Rehearsal**

1. **Answer in complete sentences the following “Critical Thinking Questions”. Please use 2 or more sentences to answer the questions. Be specific and give good details. Use your Health Notes and the Internet to help out.**
2. **Do you think adolescence is an especially stressful time? Explain your answer in 2 or more sentences.**
3. **Why do you think sleep problems are a warning sign of stress? Explain your answer in 2 or more sentences.**

**Employability Skills Class Only**

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1. **Read the Ch. 3 Section 3-1 Information under the “Employability Skills Documents” Page on the website.**
2. **Define and Number the following Vocabulary Words. Please make sure you number, write the word out, and give a specific definition for each word. You do not have to write a complete sentence as long as you give a thorough definition.**

**1. Internet Job Searches**

**2. Exploratory Interview**

**3. Cooperative Program**

**4. Job Shadowing**

**5. Internship**

**6. Service Learning**

**7. Research**

**8. Dictionary of Occupational Titles**

**9. Guide for Occupational Exploration**

**10. The Occupational Outlook Quarterly**

1. **Answer in complete sentences the following “Critical Thinking Questions”. Please use 2 or more sentences to answer the questions. Be specific and give**

**good details. Use your Ch. 1 Section 1-2 Information and the Internet to help out.**

1. **Why are talking to people and using media resources called informal methods of researching jobs? Explain your answer in 2 or more sentences.**
2. **What are some benefits of doing unpaid part time work? Explain your answer in 2 or more sentences.**