

Name: _____

Block: _____

QUIZ REVIEW

Identify the three mental health philosophers and at least 2 specific ideas that were supported by each:

1. _____

a.

b.

2. _____

a.

b.

3. _____

a.

b.

Label the 'Hierarchy of Needs' below and provide at least one example of a trait that falls within each of the "needs":

List the 3 stages of stress response:

1.

2.

3.

Describe three physical changes that occur in the body during the fight-or-flight response:

- 1.
- 2.
- 3.

Match the following vocabulary terms to the proper definition:

- | | |
|-----------------------------|---|
| _____ 1. Stress | A. Reaching one's full potential in life |
| _____ 2. Stressor | B. Negative judgment based on personal trait |
| _____ 3. Self-Actualization | C. Passing through genes from parent to child |
| _____ 4. Self-Image | D. Anything that causes stress; demands |
| _____ 5. Heredity | E. Body and mind's response to demands |
| _____ 6. Environment | F. Physical surroundings and exposure to events |
| _____ 7. Mental disorder | G. Condition that interferes with daily demands |
| _____ 8. Stigma | H. How an individual views him/herself;
Perception of self |

*Be prepared to describe your opinions on Chris Gardner (main character in Pursuit of Happiness) and how the events he experienced relate to stress and stress management.

*Explain why it is important to learn about mental disorders and emotional hardships.

*Support your opinion: Which has a bigger impact on personality, heredity or environment? Why?

