Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Block: \_\_\_\_\_\_\_

QUIZ REVIEW

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

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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?