**Promotion of Personal Wellness Unit Study Guide**

This exam will cover 3 standards:

Concepts Accessing Information Advocacy

Your exam will be in the form of a “one-pager”. This is similar to a poster/flyer. You will need to include color, drawings/design, a border, and make it eye-catching.

You will also be asked to include:

* Vocabulary terms & definitions from the unit (10)
* Main Ideas from the unit (5)
* Resources for help and/or enhanced health (3)
* Actions you can take to support positive health and wellness (5)

You do not know what your topic will be until the day of the exam.

The topics we covered include:

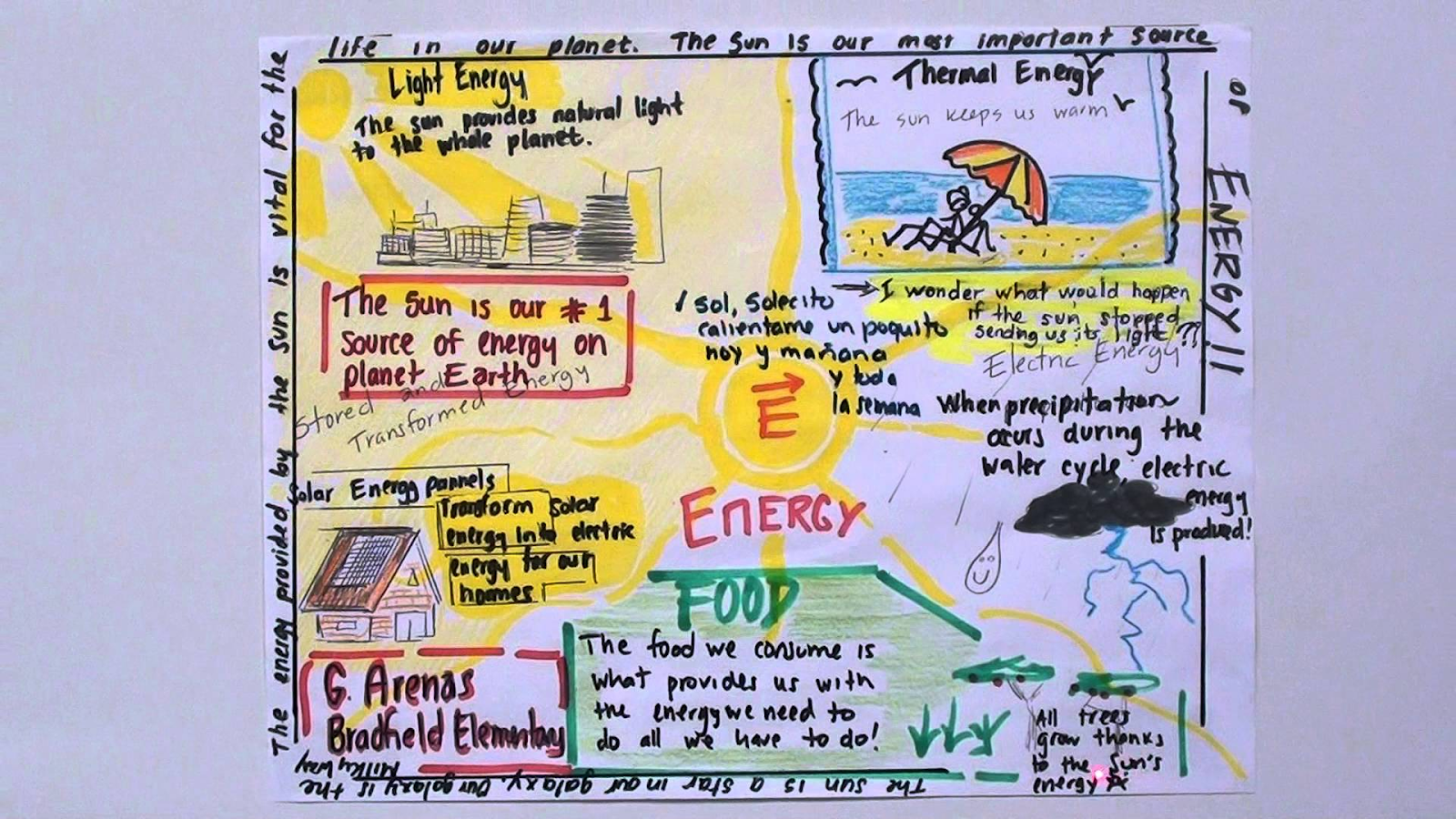
* Intro to Health, Self Esteem, Eating Disorders, “Mask You Live In”, “New Gender Rules”
* Stress & Anger Management, “Deranged and Dangerous”
* Bullying
* Anxiety & Mood Disorders, “Cutting”, “Feeling Anxious?”

You are allowed to use one two-sided 4X6” notecard on your test.

It is a good idea to make flashcards and re-write your notes.

Try explaining concepts out loud to your friends and family. The better you can explain something, the better you understand it!

Good luck studying!

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