Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Health 9

**Health Skills/Goal Setting**

*Glencoe Health*

*Pages 34-73*

1. List 2 health skills from the chart. (35)

2. Define interpersonal communication (35)

3. You can strengthen your interpersonal communication skills by doing the following 3 things: (35)

4. Define refusal skills (36)

5. List the 5 refusal strategies from the chart. (36)

6. List 3 health habits you practice each day from the diagram. (38)

7. Define stress (38)

8. Define stress management skills (38)

9. Define values (41)

10. Define goals (42)

11. Define short-term goal (43)

12. Define long-term goal (44)

13. Define self-esteem (68)

14. Define role model (73)

15. Define personality (73)

16. Define character (73)