

Skills Worksheet

Directed Reading

Lesson: Decisions and Consequences

YOU ARE IN CONTROL

1. A(n) _____ is a choice that you make and act upon.

YOUR DECISIONS HAVE CONSEQUENCES

- _____ 2. Which type of consequences help you or others?
- a. positive consequences
 - b. negative consequences
 - c. neutral consequences
 - d. major consequences

Lesson: Six Steps to Making Good Decisions

IDENTIFY THE PROBLEM

- _____ 3. What is the first step in making a decision?
- a. considering your values
 - b. listing the options
 - c. identifying the problem
 - d. weighing the consequences

CONSIDER YOUR VALUES

4. Your _____ are the beliefs that you consider to be of great importance.
5. What are two examples of good values?

LIST THE OPTIONS

6. Your _____ are the different choices that you can make.
7. A skill called _____ involves thinking of all the possible ways to carry out your decision.

Directed Reading *continued*

WEIGH THE CONSEQUENCES

8. When you weigh the consequences of a possible decision, you compare the _____ and risks.

DECIDE, AND ACT

- _____ 9. Which of the following statements is NOT true?
- a. Some decisions can be made only once.
 - b. When you have made a choice, you are ready to take action.
 - c. In a good decision, the benefits outweigh the risks.
 - d. In a good decision, the risks outweigh the benefits.

EVALUATE YOUR CHOICE

10. What are two examples of questions you might ask yourself when evaluating a choice?

Lesson: Influences on Your Decisions

YOUR FAMILY

11. What are two examples of ways in which your family might affect your decisions about health practices?

PEER PRESSURE

- _____ 12. Which of the following statements is NOT true?
- a. Peer pressure can come from one friend.
 - b. Peer pressure can come from a group of friends.
 - c. Everyone else is probably doing all the things your friends suggest.
 - d. Groups can have a powerful influence on teens.

13. A(n) _____ is someone about the same age as you with whom you interact.

Directed Reading *continued*

OTHER INFLUENCES IN YOUR LIFE

- _____ 14. Which of the following is considered part of the media?
- a. TV
 - b. the Internet
 - c. movies
 - d. All of the above

WHEN THINGS CHANGE

- _____ 15. When new information comes to light, what should you do?
- a. Never rethink decisions you made in the past.
 - b. Ignore how the information affects you.
 - c. Make sure you can trust the information to be true.
 - d. All of the above

Lesson: Setting Healthy Goals

WHY ARE GOALS IMPORTANT?

16. A trait called _____ is the way you value, respect, and feel confident about yourself.

EXAMINING YOUR VALUES

- _____ 17. Which of the following statements is NOT true?
- a. Values influence the goals you set.
 - b. Values reflect the kind of person you want to be.
 - c. Values develop over time, based on your experiences.
 - d. You are less likely to reach goals that are based on your values.

DEFINING YOUR INTERESTS

18. A(n) _____ is something that you enjoy and want to learn more about.
19. Which usually change more slowly, your interests or your values? Explain why.

Directed Reading *continued*

SHORT-TERM GOALS AND LONG-TERM GOALS

- _____ **20.** Which of the following is a long-term goal?
- a.** cleaning your room by 8:00
 - b.** going to college
 - c.** finishing your chores tonight
 - d.** getting an A on your math test tomorrow

GOALS BUILD HEALTHY RELATIONSHIPS

- 21.** Let's say your goal is to go to college. List two people who might help you reach this goal, and explain how they could help.

Lesson: How to Reach Your Goals

REACHING YOUR GOALS

- 22.** When people talk about _____, they mean the achievement of your goals.

LEARNING FROM YOUR MISTAKES

- 23.** A trait called _____ is the commitment to keep working toward a goal, even when things happen that make you want to quit.
- 24.** Explain why persistence is so important for reaching goals.

Lesson: Changing Your Goals

MEASURING YOUR PROGRESS

- 25.** List two ways you might track your progress toward a goal.

Directed Reading *continued*

CHANGING YOUR PLAN

26. A skill called _____ means dealing with problems in an effective way.

Lesson: Skills for Success
COMMUNICATION

27. A skill called communication is the ability to exchange _____ and express your thoughts and feelings clearly.

LISTENING SKILLS

28. Give two examples of good listening skills.

REFUSAL SKILLS

29. Refusal skills are _____ to avoid doing something that you don't want to do.

30. Give two examples of refusal skills.

PUTTING IT ALL TOGETHER

_____ **31.** What is the best strategy to use if you need information to reach a goal?

- a.** using refusal skills to say no
- b.** using decision-making skills to decide on a goal
- c.** using good communication to express what you want to know
- d.** using positive peer pressure to influence others

32. If you find yourself in a situation in which you need to say no, use one or more of your _____.