**Stress Exam Study Guide (s)**

*This test will have 11 questions. Six questions will be scored under the Concepts learning target and 5 questions will be scored under the Accessing Information learning target. Review the following items in order to study for the test and complete the prompts. (Use extra notebook paper if necessary.)*

* Be able to define the following terms: bullying/harassment. Stereotype, racism, prejudice, xenophobia, sexism, catastrophic event, psychiatrist/psychologist/counselor, and any other word we discussed during the unit (examples: stressors, selective awareness, endorphins, etc.).
  + Practice writing the definitions and using them in a sentence in the space below.
* Know the difference between stress and stressors. Give example of how you can manage each.
* Sleep cycles: Know the benefits of getting enough sleep and the pitfalls of being sleep deprived. Also know how much sleep a teenager should get each night.
  + Explain how sleep and stress levels are related:
  + What are 4 tips to getting better sleep at night (explain the benefits in detail)?
  + How can lack of sleep affect your overall health?
* Know how bullying and harassment can lead to stress at school.
  + How are stereotyping and bullying related?
* The Stress Management: What are some negative and positive ways of coping with stress? List and explain 4 examples:
* Resources: Be able to list resources both in school and out of school that a teenager could access if they are feeling stressed out.
* In school:
* Out of school:

**EXTRA SPACE FOR STUDYING**

*It is a good idea to make flashcards, and rewrite 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! There will be a study session available during AT the day before the exam. If for some reason you need to retake one or more of the learning targets on the exam, you must have this study guide completed before you can schedule a make-up time.*