

## **Holt Chapter 2 Study Guide Life Skills**

1. What is the importance of practicing life skills for lifelong wellness?
2. List 10 life skills that you need for a healthy life.
3. Tell how you could use each of the above life skills in your daily life.
4. Name the six components of health.
5. Describe the importance of making decisions.
6. Summarize what you should do if you make a wrong decision.
7. What are the steps of the Making GREAT decisions process?
8. Apply the Making GREAT decisions model to make a decision.  
Describe each of the steps.
9. Tell about a time when you worked with someone else to make a decision.
10. State the people and groups that influence our behavior.
11. Identify three types of direct pressure.
12. Now, identify three types of indirect pressure.
13. State an example of each of the 12 types of refusal skills.
14. Apply one of the refusal skills to a pressure in your life.
15. What is a positive influence?
16. What is a negative influence?
17. What is "Peer Pressure" and why is it hard to resist?
18. Describe six suggestions for setting goals.
19. Differentiate between short-term goals and long-term goals.
20. What is an "Action Plan" and how do you use it?