Quiz 1 will consist of 15 multiple-choice questions worth 2 points apiece, identification/short answer questions that total 10 points, and 1 essay question worth 10 points.

Multiple-Choice and Identification: Following is the information you should know for the multiple-choice and the identification/short answer portion of the quiz:

Chapter 1:
Definition of Human Relations
Definition of self-concept (including aspects of self-concept: personal traits, ideal self, self-esteem)
Components of self-esteem (self-efficacy and self-respect)
Development of self-esteem (how does self-esteem develop)

Chapter 2:
Important needs and motives (identify and explain)
The Need Cycle
Maslow’s Need Hierarchy
Cognitive and neurological explanations of goals (why goals are effective)
Goal Setting (know info used to complete class activity #2)

Chapter 3:
Influences on problem-solving (personal characteristics, obstacles, problem-solving styles)
Definition of creativity
Characteristics of creative workers
Methods to Improve Creativity (from class activity #5)

Chapter 4:
Definition of wellness
Wellness strategies (identify and explain each)

Essay Questions: Following is the information you need to know for the essay portion of the test.

Chapter 1:
Self-Esteem: Be able to define self-esteem, explain how it develops, explain and state examples of the ways to enhance self-esteem (refer to class activity #1: be able to do a similar example on the test).