

Name: \_\_\_\_\_

# TOO GOOD FOR DRUGS – QUIZ 1 REVIEW

## 1. Name the six steps to reaching your goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

## 2. When naming your goal, what are the 4 goal-setting criteria?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## 3. Practice! Name a goal that you have for the end of the school year.

## 4. Name a solution to each internal obstacle to reaching a goal:

1. Procrastination: \_\_\_\_\_
2. Indecision: \_\_\_\_\_
3. Distractions: \_\_\_\_\_
4. Unorganized: \_\_\_\_\_
5. Fear: \_\_\_\_\_
6. Excuses: \_\_\_\_\_
7. Unmotivated: \_\_\_\_\_
8. Frustration: \_\_\_\_\_

## 5. Identify the influence that each decision was based off of:

Values	Emotions	Media	Family	Experience	Goals	Peers
--------	----------	-------	--------	------------	-------	-------

- a. \_\_\_\_\_ Emily doesn't want to dress up for school tomorrow, but the rest of the field hockey team has decided to dress up. Emily decides to dress up anyway.
- b. \_\_\_\_\_ ~~Mia's mother, father, uncle, sister and cousin all went to~~ Temple University. She decides to go to Temple University as well.
- c. \_\_\_\_\_ Maggie wants to become a starter as a freshman for her high school soccer team. She decides to hire a personal trainer to help her get in shape for the upcoming season.
- d. \_\_\_\_\_ Elena did not take the time to study for her last Health quiz. She got a 58%. This time, Elena decides it would be a good idea to study.

- e. \_\_\_\_\_ After Rachel caught her boyfriend cheating on her, she decided to post bad pictures of him all over school.
- f. \_\_\_\_\_ Annie did not study her a big chemistry test. Although her friends are putting cheat sheets in their calculators, Annie decides that she is going to be honest and take the test without a cheat sheet.
- g. \_\_\_\_\_ Lauren sees an infomercial for a new workout program that "guarantees results fast". Lauren purchases the program, even though she doesn't really need to lose as much weight as the people on the TV.

6. The decide skill will turn you into a STAR. What does the acronym STAR stand for?

S: \_\_\_\_\_

T: \_\_\_\_\_

A: \_\_\_\_\_

R: \_\_\_\_\_

7. Write a response using each communication style:

Someone who isn't exactly your type has approached you and asked you to go to the prom.  
You...

Passive:

Assertive:

Aggressive: