

Chapter 8 Test

FOR USE WITH CHAPTER 8

I. Directions: In the space provided, write the letter of the choice that best completes the statement or answers the question. (3 points each)

- _____ 1. External factors that can affect a person's resiliency include
- a. positive self-esteem and a sense of purpose.
 - b. a sense of personal responsibility.
 - c. a commitment to learning and education.
 - d. family, community, and peers.
- _____ 2. During the alarm stage of the body's stress response, what "emergency hormone" is released to prepare the body to respond to a stressor?
- a. hypothalamus
 - b. adrenaline
 - c. anxiety
 - d. caffeine
- _____ 3. Ways of managing stress do NOT include
- a. getting adequate rest.
 - b. planning ahead.
 - c. drinking alcohol.
 - d. participating in regular physical activity.
- _____ 4. Someone who declines to become involved in a potentially stressful situation, such as a party where alcohol will be present, is managing stress through
- a. refusal skills.
 - b. a relaxation response.
 - c. redirecting energy.
 - d. being resilient.
- _____ 5. Having to leave your home because of hurricane damage is an example of
- a. a biological stressor.
 - b. a cognitive stressor.
 - c. an environmental stressor.
 - d. a life situation stressor.
- _____ 6. Someone who decides to go for a brisk walk on the night before a test after having studied
- a. is in the resistance stage of the stress response.
 - b. may be redirecting energy in response to stress.
 - c. needs to improve his or her time management skills.
 - d. will probably fail the test.
- _____ 7. When you feel tired because your body has been fighting an illness, you are experiencing
- a. physical fatigue.
 - b. pathological fatigue.
 - c. psychological fatigue.
 - d. resistance.
- _____ 8. Headaches can be
- a. a psychosomatic response to stress.
 - b. an emotional effect of stress.
 - c. a perception of stress.
 - d. a protective factor of stress.
- _____ 9. Negative reactions in the body and mind caused by using tobacco, alcohol, or other drugs are
- a. biological stressors.
 - b. life situation stressors.
 - c. personal behavior stressors.
 - d. environmental stressors.
- _____ 10. Voluntary responses to stress include
- a. an increase in muscle tension.
 - b. pupil dilation.
 - c. doing relaxation exercises.
 - d. a rise in blood pressure.