

Social Health Study Guide - Quest (Quiz/Test)

Quest Structure: Completion (word bank), T/F, Matching, Short Answer = 40 points

The Quest will cover the below topics that were presented in class.

Students are responsible for taking their own notes in class.

- ✓ 3 C's of relationships
 - Communication, Compromise, Cooperation
- ✓ Verbal vs. Nonverbal Communication
- ✓ 3 basic parts of communication
 - Sender, Receiver, Message
- ✓ Parts of Body Language
 - Posture, Gesture, Facial Expressions
- ✓ Mixed Message
- ✓ Tact
- ✓ Active listening
- ✓ Aggressive Communication
- ✓ Assertive Communication
- ✓ Passive Communication
- ✓ Positive Peer Pressure
- ✓ Negative Peer Pressure
- ✓ S.T.O.P. Strategy – What each letter stands for.
- ✓ Refusal Skills
- ✓ Qualities of Good Relationships – Trust, Tolerance, Respect, Honesty