**NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_HOUR\_\_\_**

**Social and Emotional Health Review**

1. **What are the 4 groups of Mental Disorders?**
2. **List some good listening techniques.**
3. **List the ways a person can respond to anger.**
4. **Give two examples of each: Long term goal AND short term goal**
5. **Write down the six steps used in problem solving. Also, give an example for each.**
6. **What are the 3 parts to an “I” message?**
7. **Write an example of an “I” statement.**
8. **Write down the steps for goal setting (4 steps).**
9. **What do “I” statements do?**
10. **What are the two types of peer pressure? Give 2 examples of each kind.**
11. **What style of communication works best when dealing with peer pressure?**
12. **Give at LEAST 3 resistance strategies for peer pressure.**
13. **What are three negative peer pressure statements?**
14. **What are the 6 components of Health? List and describe.**
15. **What are two causes of depression? Give an example of each.**
16. **If someone is depressed, what shouldn’t you do?**
17. **List four symptoms of depression.**
18. **List two things you should do when responding to anger.**
19. **What are three risk factors for suicide?**
20. **If someone tells you that they have been thinking about committing suicide, you should\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**