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

Chapter 1: Personal Development

1. Define personality:
2. What is heredity and how does it affect one’s personality?
3. Explain the difference between inherited traits and acquired traits.
4. How does the environment shape one’s personality? Give at least 2 examples.
5. Responding to the environment means what? Explain the definition for responding to the environment.
6. Describe two of the six patterns of growth:
   1. Chronological:
   2. Physical:
7. Describe two of the six patterns of growth:
   1. Intellectual:
   2. Emotional:
8. Describe two of the six patterns of growth:
   1. Social:
   2. Philosophical:
9. How is self-concept formed?
10. How does self-esteem influence behaviors?
11. Explain how a person’s character is revealed by his/her behavior?
12. Explain what it means to be a good citizen?
13. Describe what it means to be a responsible adult:
14. As you prepare for responsible adulthood, list 5 things you can keep in mind to help you be successful: