



Personality



Optimist – someone who focuses on the POSITIVE side of things

Pessimist – someone who looks at the negative and expects the worst!

A silhouette of a person in a starting crouch on a track, symbolizing pessimism.

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- A faint, semi-transparent image of a person in a starting block on a track is visible in the lower-left quadrant of the slide. The person is in a crouched starting position, ready to begin a race. The background of the slide is a gradient of orange and red with curved, wavy lines.
- ◆ Extrovert – someone who is outgoing and friendly
 - ◆ Introvert – someone who is less outgoing and whose thoughts are directed inward

DEVELOPMENTAL GROWTH



PERSONALITY

- ◆ Personality is defined as:
the sum of all the traits that you
have inherited or acquired



HEREDITY

- ◆ Heredity – the sum of the traits that are passed from your ancestors to you.



ENVIRONMENT

- ◆ Environment is all of the conditions, objects and circumstances that surround an individual.



RESPONSE TO ENVIRONMENT

- ◆ Response to environment is the way one reacts to situations differ from one person to another.



Chronological Growth

◆ Age is determined at birth and cannot be altered.



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Physical Growth

- ◆ Growth follows the same general pattern from childhood through puberty and adulthood.



Intellectual Growth

- ◆ One can inherit the potential for intelligence.

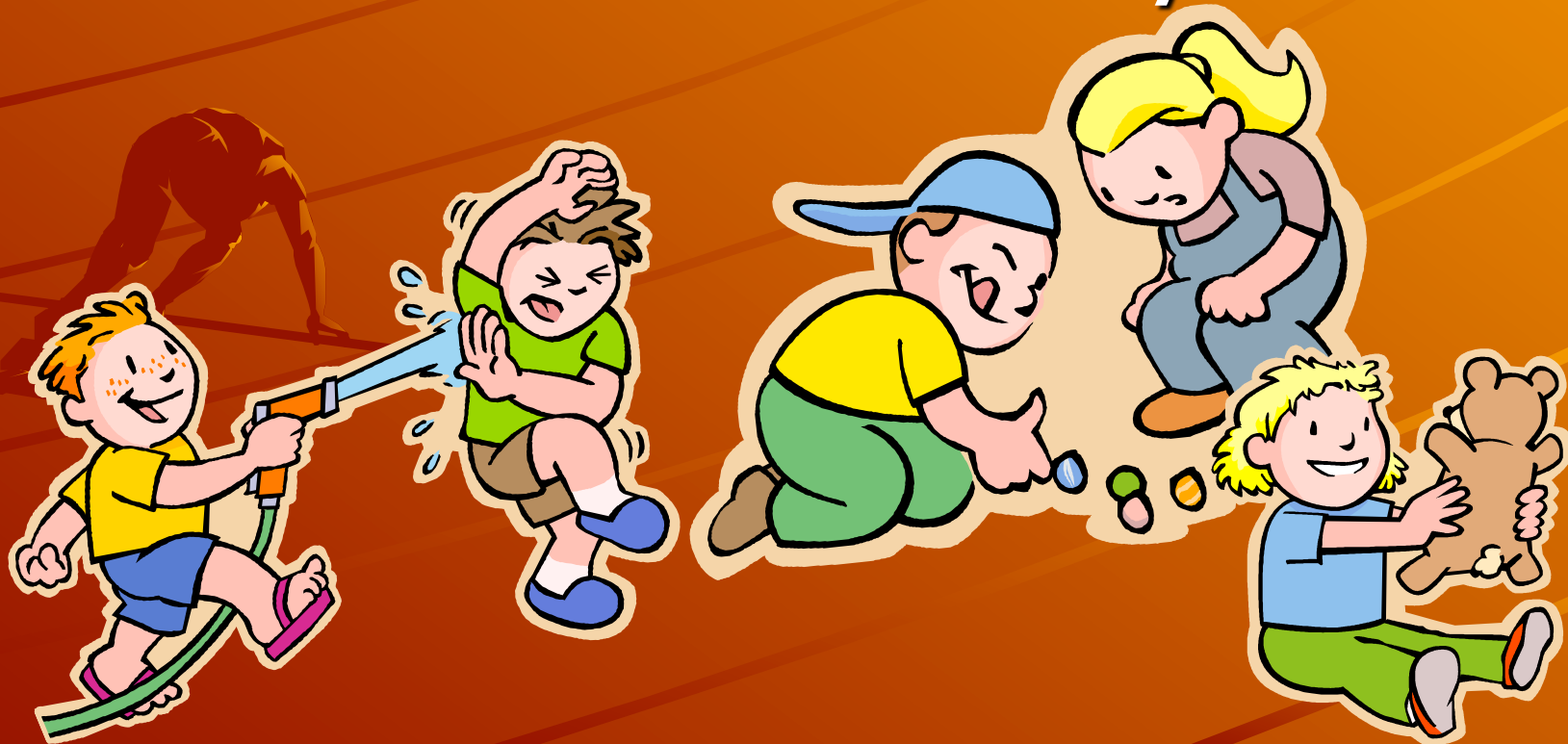


Emotional Growth

- ◆ The refinement of emotions or mental states that causes an individual to act in a certain way.

Social Growth

- ◆ How you learn to relate to others around you.



Philosophical Growth

- ◆ One learns to search for deeper meaning and purpose in one's life.



Where in the heck
am I going!



Bookwork/Class

- ◆ Unit 1 and 2 Personal Development worksheet – using book- chapter 1



Homework

DEVELOPMENTAL GROWTH

Directions:

- ◆ Write a page that will cover the six areas of developmental growth. Each area of growth needs to be written down into two sentences or more. Using graphics or pictures illustrate each developmental growth. (Pictures may be cut out of magazines and attached or may be printed off the computer.)
- ◆ Title the page DEVELOPMENTAL GROWTH