



# PDCP Exam Review

June 2018



## Mental Health:

1. What is Stigma: \_\_\_\_\_

\_\_\_\_\_

2. Examples of Stigma: \_\_\_\_\_

3. We discussed several different types of Mental Illnesses. Choose two that we have discussed and give a brief definition of each.

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Positive Mental Health. What is positive mental health?

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What can you do to maintain positive mental health? \_\_\_\_\_

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# What is mindfulness? What influence does it have?

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Review your in class notes from the mental health poster presentations. Focus specifically on depression, anxiety and BiPolar Mood. Make notes on each below.



In class we discussed warning signs of suicide and where to get help. List 3 warning signs, along with 3 ways to get help.

- From Seek First to Understand, then be Understood:  
List two poor listening styles.

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- What is 'think win-win'?

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- What is synergy?

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- True/ False – Principles are our life rules, our formulas for success. \_\_\_\_\_
- Give two reasons why we may give in to 'peer pressure'.

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List 3 characteristics of a Functional relationship. List 3 characteristics of a Dysfunctional relationship.

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- We had a guest from the Sexual Assault Center. List a few things that you learned from her.

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- What are the Red Flags for a potential dysfunctional relationship?

- 1.

- 2.

- 3.

- 4.

- 5.

What is Abstinence?

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- What are the 3 stages of a healthy relationship?

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- What does it mean to have an intimate relationship? What are the characteristics ?


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- What is dating abuse? What are some characteristics of an abusive dating relationship?

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- What are three ways you can be intimate without engaging in sexual activity?

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# In class we watched the film Reviving Ophelia.

- What did this film show about what can happen in some dating relationships?
- What did this film show about mental health?
- What did this film show with regards to addictions?



■ What are the six steps to using a condom?

1. \_\_\_\_\_


2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

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- What influence do drugs and alcohol have on sexual decision making?

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- What did you learn about the cost of a baby?

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- How do you make an oral dam?

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- Review all the information you were given for STI's and birth control.



What is the difference between  
love and infatuation?

Review your Healthy Relationship Brochure



- What is a functional resume? Why do teenagers use this type of resume versus other types?

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- ***What is self assessment? (Review your Who Am I Brochure)***

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- What do you put on your resume? What should be included? List the major topics.

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- List 5 Do's and 5 Don'ts for a resume.

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- What is a cover letter and explain what should be included in it and it's length? Practice writing a cover letter.

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- What is a social insurance number and why do we need one?

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- List questions that a potential employer could ask a reference?

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We had Miriam John present to us about Labour Market Information. What 3 things did you learn from the presentation?

1.

2.

3.



We had 3 days where different post-secondary options were presented. Which were the most influential? What did you learn from their presentations?

- What are the 5 stages of the drug use continuum? You should know what happens in each stage.

- 1.

- 2.

- 3.

- 4.

- 5.

- Define “Gateway”

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How can you prevent addiction?

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In class we looked at several different types of drugs. Decide on two different ones and explain what makes them addictive drugs/why people become addicted to them.

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- In class we watched the documentary “Through the Blue Lens”.  
Based on what you saw, what influence do drugs have on people’s  
lives? Describe two characters that stand out in your mind.

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Review your Truth About Drugs Foldable, especially the sections on Marijuana, Cocaine and Prescription drugs. Make notes about each below.



# Exam Format

- Multiple choice – 25 pts
- Read and respond – 15 pts
- Scenarios - 15 pts (choose 3 out of 4)
  - Drug addiction, alcohol use, and peer pressure
  - Red Flags in a Relationship
  - Mental Health
  - Substance Use and Sexual Decision Making

# Continued...

- Short answer – Choose 6 (60 pts)
  - Love versus infatuation
  - Making scenarios win-win
    - Resume Writing
    - Drug use continuum
  - Healthy Relationships brochure
    - Four dimensions – Habit #7
  - Substance use and sexual decision making
    - Birth Control methods
  - Who Am I Brochure from Career Planning
    - Suicide Prevention
      - Stigma
  - Truth about Drugs Foldable



# Continued...

- Essay section – Choose 1 of 4 (20 pts)
  - Guest speakers
  - Write a cover letter
  - Functional versus Dysfunctional relationships
  - Sexually Transmitted Infections
  - Reviving Ophelia