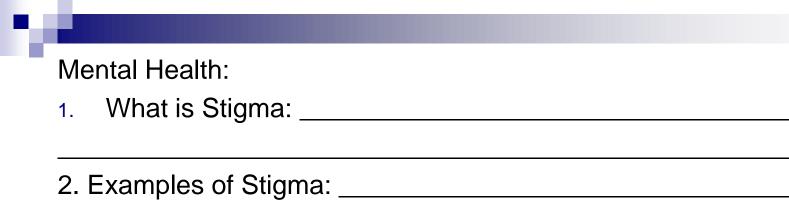
PDCP Exam Review

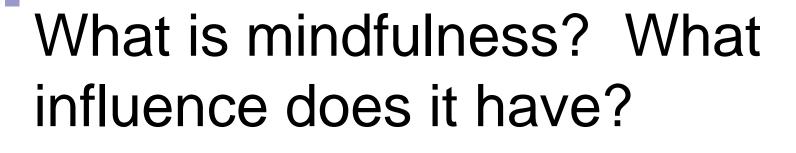
June 2018



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.

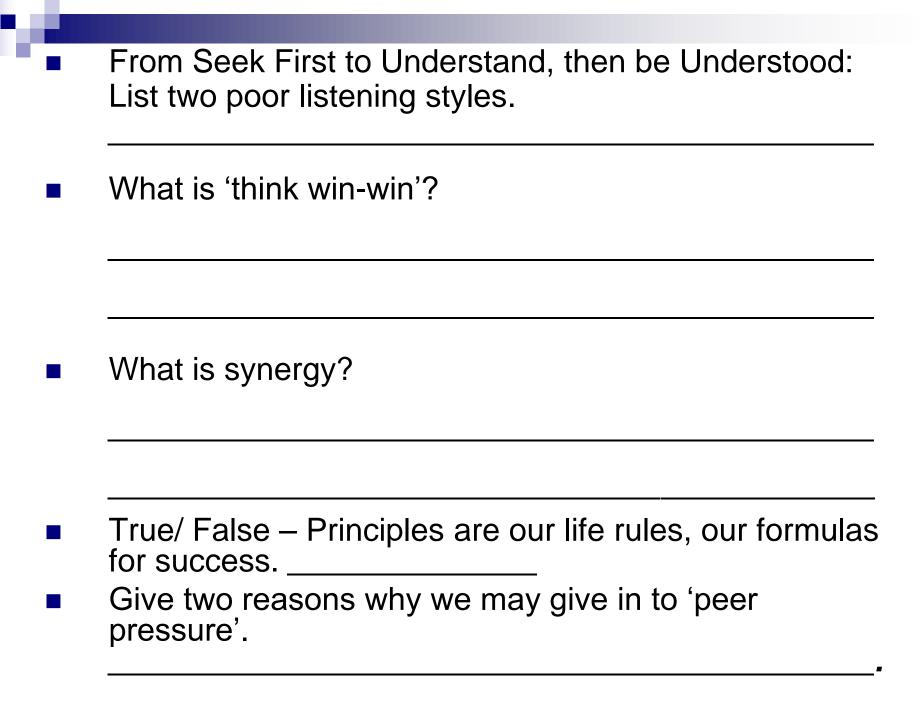


Positive mental	Mental Health?	Health.	What	is positiv	'e
What can health?	an you do	to mai	ntain p	ositive m	nental



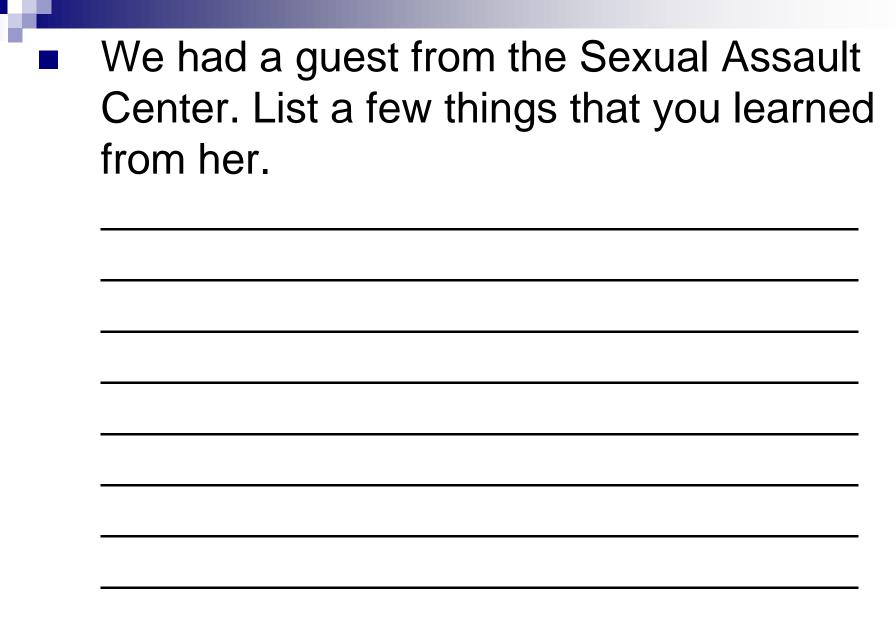
Review your in class notes from the mental health poster presentations. Focus specifically on depression, anxiety and BiPolar Mood. Make notes on each below.

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





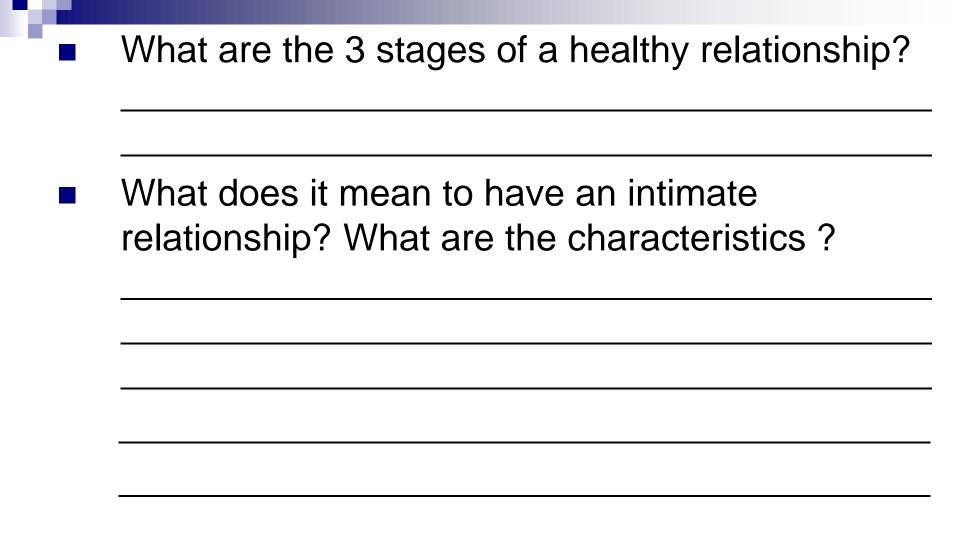
List 3 characteristics of a Functional relationship. List 3 characteristics of a
Dysfunctional relationship.

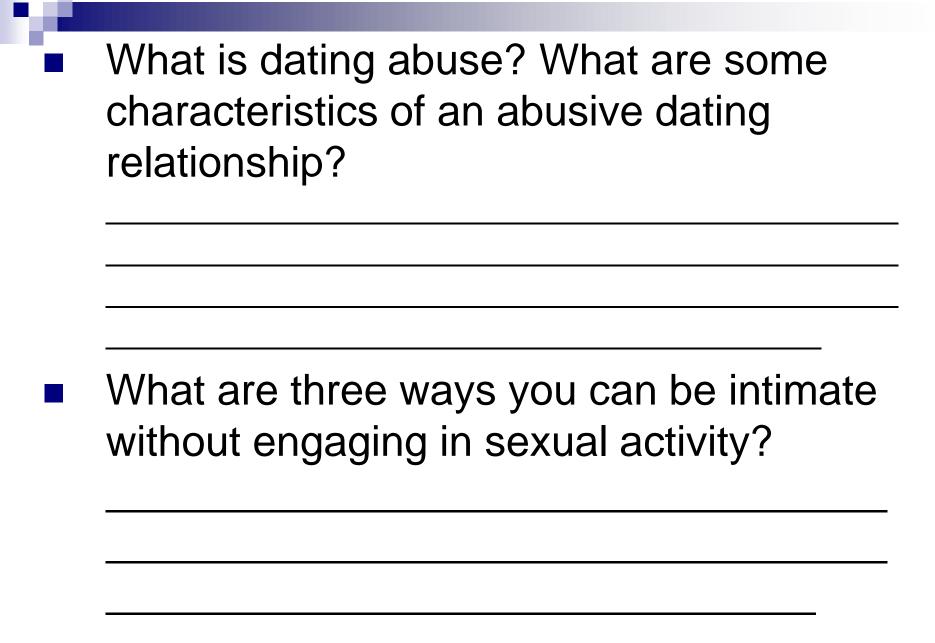




- What are the Red Flags for a potential dysfunctional relationship?
 - □ 1.
 - **□2.**
 - □3.
 - **4**.
 - **□**5.

What is Abstinence?



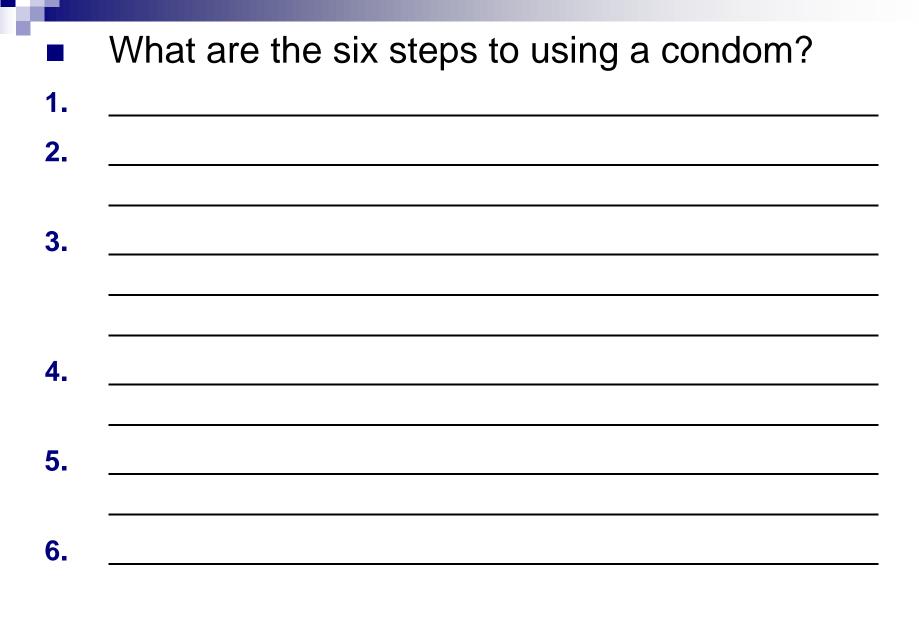


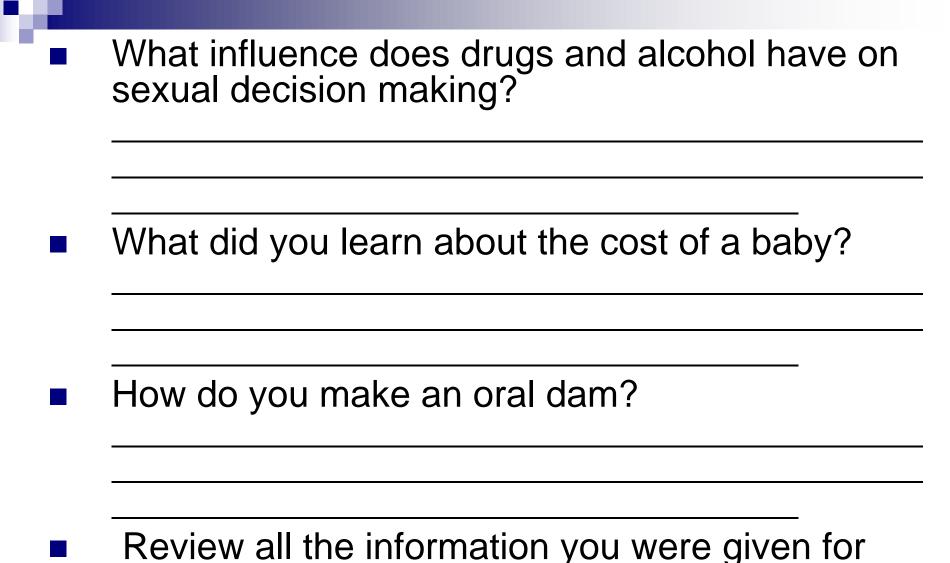
In class we watched the film Reviving Ophelia.

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?

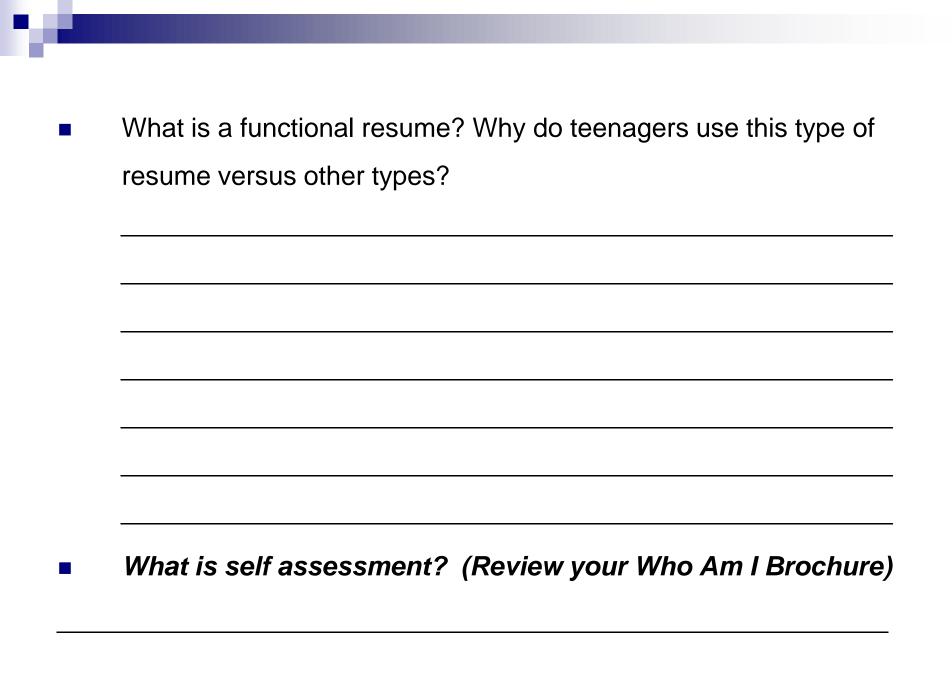


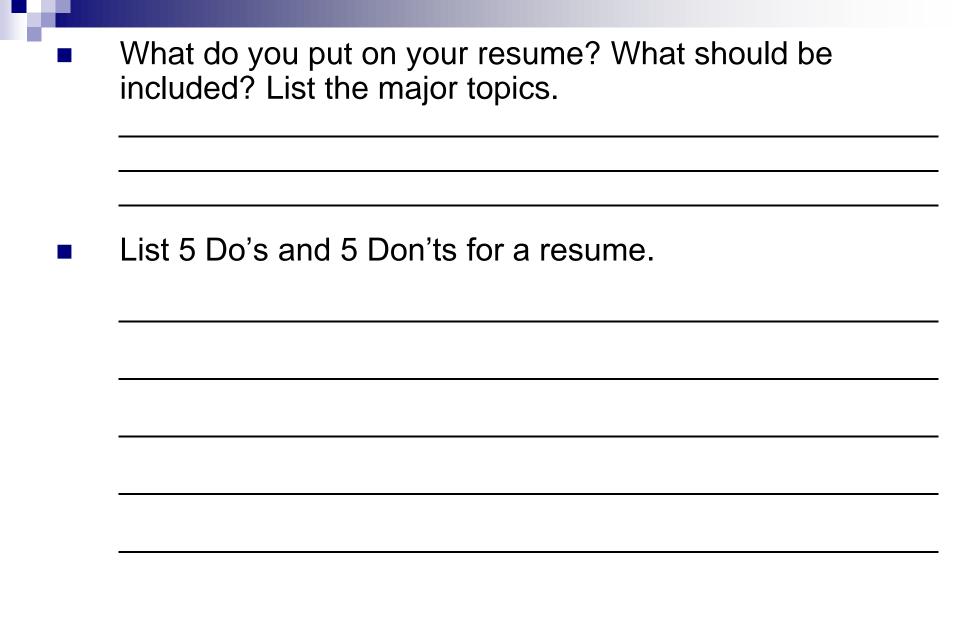


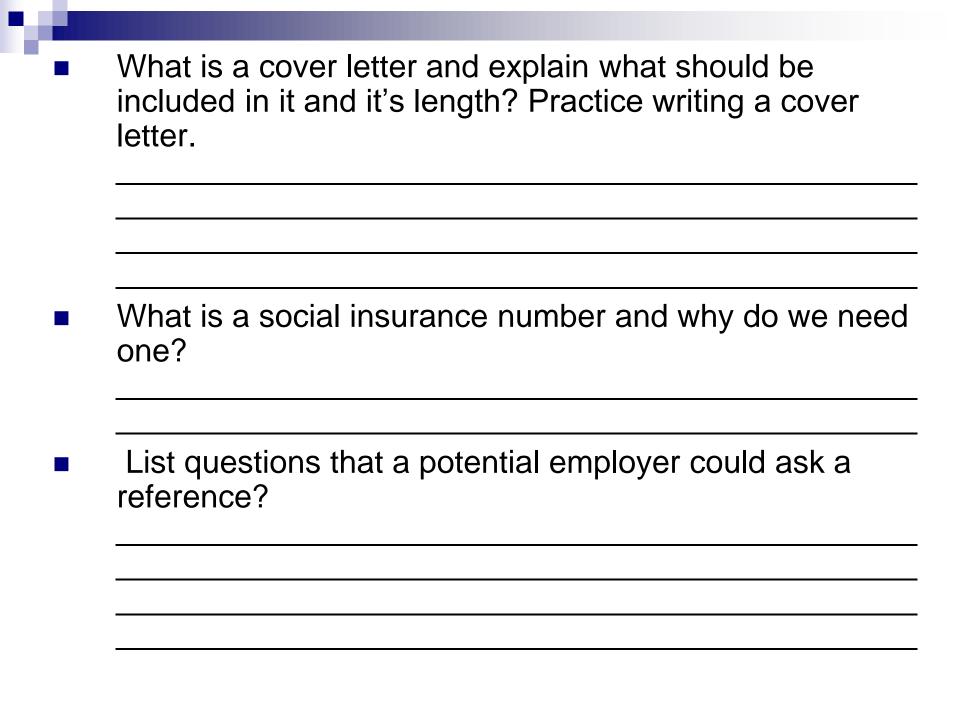
STI's and birth control.



Review your Healthy Relationship Brochure







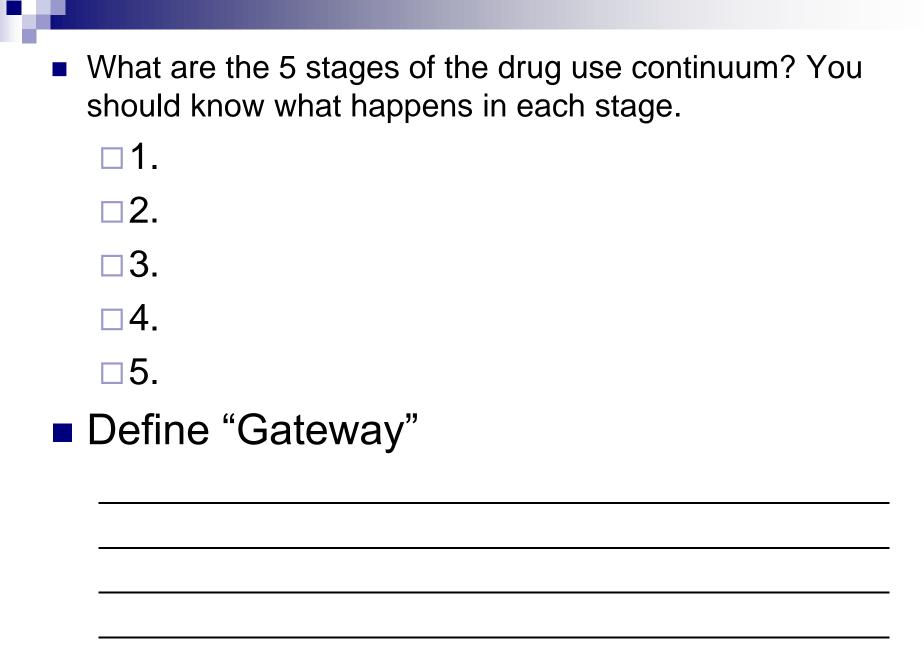
We had Miriam John present to us about Labour Market Information. What 3 things did you learn from the presentation?

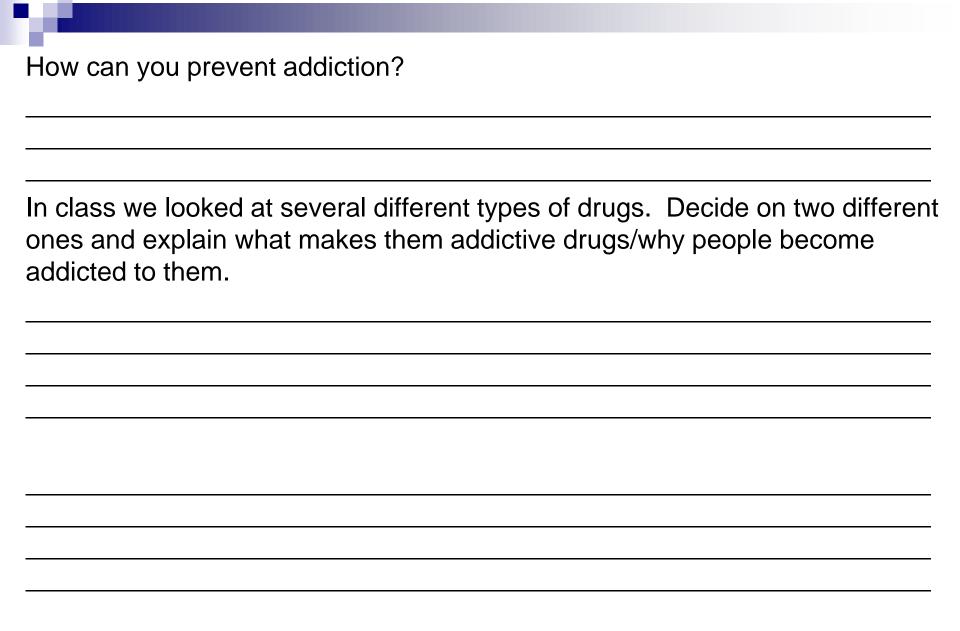
1.

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?







•	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.
•	

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 foldable 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