

ASC 100: Freshman Seminar for Teacher Education Majors
Unit 3 Exam – Study Guide

ch. 8: “Diversity and Communication”

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|--|--|
| <input type="checkbox"/> How can you develop cultural competence? (p. 134) | <input type="checkbox"/> cultural competence (p. 134) |
| <input type="checkbox"/> How can you communicate effectively? (p. 138) | <input type="checkbox"/> tolerance (p. 135) |
| <input type="checkbox"/> How can you make the most of personal relationships? (p. 142) | <input type="checkbox"/> acceptance (p. 135) |
| | <input type="checkbox"/> prejudiced (p. 135) |
| | <input type="checkbox"/> stereotypes (p. 136) |
| | <input type="checkbox"/> hate crimes (p. 136) |
| | <input type="checkbox"/> constructive criticism (p. 139) |
| | <input type="checkbox"/> unconstructive criticism (p. 139) |
| | <input type="checkbox"/> body language (p. 140) |
| | <input type="checkbox"/> “I” messages (p. 141) |
| | <input type="checkbox"/> aggressive communicators (p. 141) |
| | <input type="checkbox"/> passive communicators (p. 141) |
| | <input type="checkbox"/> assertive communicators (p. 141) |
| | <input type="checkbox"/> conflict resolution (p. 141) |
| | <input type="checkbox"/> sexual harassment (p. 143) |
| | <input type="checkbox"/> date rape (p. 143) |

ch. 9: “Wellness and Stress Management”

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|--|---|
| <input type="checkbox"/> How can you manage stress? (p. 149) | <input type="checkbox"/> stress (p. 149) |
| <input type="checkbox"/> How can you make effective decisions about substances? (p. 155) | <input type="checkbox"/> balance in diet (p. 151) |
| <input type="checkbox"/> How can you make smart decisions about sex? (p. 156) | <input type="checkbox"/> moderation in diet (p. 151) |
| | <input type="checkbox"/> depression (p. 152) |
| | <input type="checkbox"/> anorexia nervosa (p. 154) |
| | <input type="checkbox"/> bulimia nervosa (p. 154) |
| | <input type="checkbox"/> binge eating disorder (p. 154) |
| | <input type="checkbox"/> binge drinking (p. 155) |
| | <input type="checkbox"/> sexually transmitted infections (p. 156) |
| | <input type="checkbox"/> birth control (p. 159) |
| | <input type="checkbox"/> HIV (p. 159) |
| | <input type="checkbox"/> AIDS (p. 159) |

ch. 10: “Managing Money”

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|---|--|
| <input type="checkbox"/> What does money mean in your life? (p. 165) | <input type="checkbox"/> needs vs. wants (p. 166) |
| <input type="checkbox"/> How can you create and use a budget? (p. 166) | <input type="checkbox"/> scholarships (p. 170) |
| <input type="checkbox"/> How can you make the most of financial aid? (p. 169) | <input type="checkbox"/> grants (p. 170) |
| <input type="checkbox"/> What will help you use credit cards wisely? (p. 172) | <input type="checkbox"/> student loans (p. 170) |
| | <input type="checkbox"/> defaulting (p. 171) |
| | <input type="checkbox"/> fee harvesting cards (p. 172) |
| | <input type="checkbox"/> credit score or rating (p. 173) |