**STEM Health Test #1 - Death, Hospice, Suicide, Stress, Written Assignment**

**(58 points possible)**

**Written Assignment (25 points)**

Write a one-page paper on **one** of the following topics:

“Suicide is a permanent solution to a temporary problem”

“Talking about the problem is the most effective weapon against teenage suicide”

“It takes more courage to live than to die”

Should terminally ill people have the right to determine how and when to die?

Rubric:

10 points - Main Idea-clear and supporting information is relevant, accurate, and detailed

5 points - Organization and Sentence structure –paragraphs, complete sentences, smooth-flowing information

5 points - Mechanics-spelling, grammar capitalization

5 points - Format – typed, neat and legible

**Vocabulary – Choose the correct term in the sentences below. 24 points (2 points each)**

1. *Closure/Coping* is acceptance of a loss.
2. *Coping/Mourning* is the act of showing sorrow or grief.
3. A stressful event that overwhelms your coping strategies is called a *traumatic event/stage of grief.*

**Understanding Key Concepts**

1. Which is **not** a stage of grief?
	1. Remorse
	2. Empathy
	3. Acceptance
	4. Denial
2. The needed outcome of grieving is
	1. Anger
	2. Sympathy
	3. Remorse
	4. Closure
3. You can show support to someone who is grieving by
	1. Helping the person recall happy memories
	2. Being a sympathetic listener
	3. Not rushing the grieving process
	4. All of the above
4. During which stage of grief do people make a promise to change if what was lost can be returned?
	1. Denial
	2. Depression
	3. Bargaining
	4. Hope
5. Which of the following strategies can help someone cope with a traumatic event?
	1. Spending time alone
	2. Delaying getting back to a daily routine
	3. Putting off grieving
	4. Seeking support from the community
6. Suicide is the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ leading cause of teen deaths.
	1. First
	2. Second
	3. Third
	4. Fourth
7. Of the following risk factors for teen suicide, which should probably be of **most** concern?
	1. A stressful situation of loss
	2. Substance abuse
	3. Family history of mental disorders
	4. Exposure to other teens who have died by suicide
8. Which is **not** a warning sign of suicide?
	1. Withdrawal from friends
	2. An overwhelming sense of guilt
	3. Persistent indifference
	4. Preoccupation with buying new things
9. The amount of stress that you experience mostly relates to
	1. The type of friends that you have
	2. Where you go to school
	3. Your perception of stressors
	4. How your parents respond to stress

**Short Answer – 9 points (3 points each)**

1. Describe how mental fatigue that results from stress can affect your ability to study
2. List three physical symptoms of stress.
	1.
	2.
	3.
3. You’ve spent three months feeling stressed while studying for an important exam. What impact could this stress have on your health?