

Personal Choices and Well-Being: Formative Check

Time: 20 min. 6 questions.

Instructions

Answer all six questions in complete sentences where required. For the multiple-choice questions, select the single best answer. For the numeric question, show your calculation. This check assesses your understanding of the dimensions of health, the choices that affect well-being, and strategies for managing change and stress.

Questions

1. Which of the following best describes the dimensions of health identified in the Career and Life Management curriculum?

- A) Physical, financial, academic, social, spiritual
- B) Emotional/psychological, intellectual, social, spiritual, physical
- C) Physical, mental, environmental, occupational
- D) Intellectual, emotional, financial, spiritual, physical

([Topic](#))

2. Explain what it means for well-being to be "holistic," and why the dimensions of health are described as interrelated and interdependent. ([Outcome](#))

3. True or false: Peer pressure and the expectations of others can influence the choices a person makes about their health. ([Outcome](#))

4. Which statement best reflects how the curriculum treats substance use?

- A) Substance use only affects physical health, not other dimensions of well-being
- B) Tobacco, alcohol and drug use are assessed for their effects on health
- C) Substance use is not considered a personal choice
- D) Substance use has no connection to risk-taking behaviour

([Outcome](#))

5. A student rates each of the five dimensions of health (emotional/psychological, intellectual, social, spiritual and physical) on a scale of 1 to 10 to reflect their sense of balance in each area. Their scores are 8, 6, 9, 7 and 5. Calculate the student's average well-being score across these five dimensions. ([Topic](#))

6. Identify two strategies for managing stress, and explain why change and stress are described as inevitable in life. ([Outcome](#))

Curriculum coverage

Question	Outcome alias
1	Topic
2	Outcome
3	Outcome

4	Outcome
5	Topic
6	Outcome

Answer key

1. B) Emotional/psychological, intellectual, social, spiritual, physical. The general outcome statement lists these five dimensions and their dynamic interplay in personal well-being ([Topic](#)).
2. A holistic view of well-being recognizes that the emotional/psychological, intellectual, social, spiritual and physical dimensions of health do not operate in isolation; a change in one dimension affects the others, so well-being must be understood as a connected whole ([Outcome](#)).
3. True. The outcome specifically identifies peer pressure and the expectations of others as factors that shape health-related choices ([Outcome](#)).
4. B) Tobacco, alcohol and drug use are assessed for their effects on health. The outcome directs students to assess the effects of substance use and abuse on health, connecting this to broader patterns of risk ([Outcome](#)).
5. 7. The calculation is $(8 + 6 + 9 + 7 + 5) \div 5 = 35 \div 5 = 7$, illustrating how balance across the dimensions of health can be represented numerically ([Topic](#)).
6. Strategies may include developing routines to manage stress or communicating with self and others during periods of change; change and stress are inevitable because life continually presents role transitions and new demands that require ongoing adjustment ([Outcome](#)).