

Personal Choices and Well-Being: Formative Quiz

Time: 20 min. 6 questions.

Instructions

Answer each question in the space provided. For multiple choice questions, select the single best answer. For the numeric question, show your calculation. Read each question carefully before responding, and refer to concepts covered in class discussions on the dimensions of health and personal decision making.

Questions

- Which of the following is NOT one of the five dimensions of health identified in the general outcome for managing personal well-being?
A) Physical
B) Financial
C) Spiritual
D) Intellectual
([Topic](#))
- Describe two factors that contribute to personal well-being, drawing on the specific outcome that requires students to analyze the dimensions of health and their interrelatedness.
([Outcome](#))
- True or false: Peer pressure and the expectations of others can influence the choices a person makes about their health.
([Outcome](#))
- A student wants to divide 16 waking hours in a day equally among the five dimensions of health described in the general outcome (emotional/psychological, intellectual, social, spiritual and physical). How many hours should be allocated to each dimension?
([Topic](#))
- Which action best reflects developing an approach to creative problem solving and decision making, as described in the specific outcome on this topic?
A) Ignoring a challenge and hoping it resolves itself
B) Assessing one's own well-being and ability to cope with challenges
C) Avoiding any discussion of self-confidence
D) Letting others make all personal decisions
([Outcome](#))
- Identify one practice that contributes to optimal physical well-being and explain how it does so, according to the specific outcome on determining practices and behaviours for physical well-being.
([Outcome](#))

Curriculum coverage

Question	Outcome alias
1	Topic
2	Outcome
3	Outcome

4	Topic
5	Outcome
6	Outcome

Answer key

1. **B) Financial.** The general outcome names emotional/psychological, intellectual, social, spiritual and physical as the five dimensions of health; financial well-being is addressed under a separate general outcome ([Topic](#)).
2. **Accept answers such as attitudes toward self, determinants of health, or the balance among life's dimensions.** The specific outcome requires students to describe the combination of factors, including determinants of health and the dynamic nature of balance, that contribute to personal well-being ([Outcome](#)).
3. **True.** The specific outcome directly states that peer pressure and the expectations of others influence the choices people make about their health ([Outcome](#)).
4. **3.2 hours per dimension.** Dividing 16 hours by 5 dimensions gives $16 \div 5 = 3.2$ hours for each dimension ([Topic](#)).
5. **B) Assessing one's own well-being and ability to cope with challenges.** The specific outcome lists this as part of developing approaches and tactics for creative problem solving and decision making ([Outcome](#)).
6. **Accept answers such as regular exercise, nutritious food choices, or avoiding risk-taking behaviours.** The specific outcome names safety/risk-taking behaviours, nutritious choices, and fitness and exercise as contributors to physical well-being ([Outcome](#)).