

Chapter 1-1: All About You

Your Heredity

- _____: the sum of all traits passed on through genes from parents to children.
 - Causes people to be _____ and _____

Inherited Traits

- You have _____ over these
- Include your...
 - _____, _____, eye color
 - Facial features, body _____, _____
 - Mental and physical _____
- By knowing these you can _____ your lifestyle

Your Environment

- _____: made up of everything that surrounds you.
 - Gain more _____ over this as you age
 - _____: attitudes expressed by people around you.
_____ and _____ of the people around you
 - _____: the objects around you

Your Cultural Heritage

- **Cultural Heritage:** Learned _____, _____, and _____ that are passed from generation to generation.
 - _____ you celebrate
 - _____
 - _____ you eat
- Helps you learn appropriate _____ for your _____

Race and Ethnic Groups

- **Ethnic Group:** a group of people who share common _____ and/or _____ characteristics.
 - National _____
 - _____
 - _____
 - _____
- What are some common ethnic groups?

Your Personality

- **Personality:** the total of all the _____ qualities and _____ that make up an _____.
 - Way you _____, think, _____, dress, and _____ to others
- _____: qualities that make you different from other people

Character Development

- _____: refers to inner traits
- Character development begins in _____
 - _____
 - Moral _____
 - _____ attitudes

Character Traits

- Common character traits include _____, _____, _____, _____
- Caring people have...
 - _____: understanding how others feel even when their own personal feelings may differ
- Fairness is...
- Respect is...
- Responsibility is...

Your self-concept

- _____: Your view of yourself and is largely influenced by those around you
 - Positive self concept: feel _____
 - Negative self concept: feel _____

Improving your self-concept

- Be _____ about your expectations of yourself
- Develop you _____ and _____
- Look for _____ relationships with others
- Spend time doing _____ you enjoy
- Develop a sense of _____

Your Self-Esteem

- **Self-Esteem:** the sense of _____ you attach to yourself.
 - Describes a positive _____
 - If you accept _____ you are more likely to accept _____
 - Likely to demonstrate more _____ behavior