

## Unit Three - Shakers and Movers

### Review Questions - Employability Skills/Teamwork

Select three of the following questions to respond to. Answer on a separate page.

1. Create a personal description of yourself showing why you display at least six of the personal characteristics desired in a health care worker. (Empathy, Honesty, Dependability, Willingness to Learn, Acceptance of Criticism, Enthusiasm, Self-Motivation, Tact, Competence, Responsibility, Discretion, Team Player.)
2. Differentiate between short and long term goals. How are they related? How are they different?
3. List 6 (six) stress-reducing techniques that you find beneficial. State why they help you reduce stress.
4. Explain why stress can be harmful to your health. Give specific physiological effects.
5. Write about your personality type. Are you a pure personality type or mixed? What are some of your strengths and weaknesses? What are the personality colors you find hardest to get along with? What are some of the strengths of that personality type that you wish you had?

## Unit Three - Shakers and Movers

### Review Questions - Employability Skills/Teamwork - KEY

Select three of the following questions to respond to. Answer on a separate page.

1. Create a personal description of yourself showing why you display at least six of the personal characteristics desired in a health care worker. (Empathy, Honesty, Dependability, Willingness to Learn, Acceptance of Criticism, Enthusiasm, Self-Motivation, Tact, Competence, Responsibility, Discretion, Team Player.)  
*Answers will vary.*
2. Differentiate between short and long term goals. How are they related? How are they different?  
*A long-term goal can be broken down into a number of short-term goals that lead you, step-by-step, to the final result. It requires planning and time. A short-term goal takes less planning and less time.*
3. List 6 (six) stress-reducing techniques that you find beneficial. State why they help you reduce stress.
  - *Stress Management Tips*
    1. *Balance work with enjoyable non-work activities.*
    2. *Schedule “play” time as a routine part of your activities, not as an “add-on”.*
    3. *Schedule time for regular exercise.*
    4. *Eat nutritious meals and avoid junk food.*
    5. *Take time for relaxation.*
    6. *Breathing exercises.*
    7. *Time management.*
    8. *Thinking pleasant thoughts.*

4. Explain why stress can be harmful to your health. Give specific physiological effects.

Stress is the body's and mind's reaction to everyday demands or threats.

Whether real or imagined, these demands produce measurable changes in both the body and the brain.

When you perceive a situation or event to be a threat, your body begins a stress response. A series of events is put into action as your body prepares itself for "danger." The combination of the stressor and your stress response adds up to your stress.

Physiological Effects: headaches, trembling or twitching, upset stomach, migraines, sweating, rash, constipation, diarrhea, pounding heart, muscle aches and tightness, trouble sleeping, grinding teeth, dry mouth, nervous twitches or tics, dizziness, back pain, ringing in ears.

5. Write about your personality type. Are you a pure personality type or mixed? What are some of your strengths and weaknesses? What are the personality colors you find hardest to get along with? What are some of the strengths of that personality type that you wish you had?

Answers will vary.