

Complete and submit via Submit Assignment

Over the term of this course, you have completed several different assessment sheets covering different topics:

Unit 1

- Health & Wellness Assessment

Unit 2

- Evaluate Your Lifestyle
- Locus of Control
- Occupational Wellness
- Do you need to increase your level of physical activity
- Rate your diet

Unit 3

- Worksheet 8: Identify your Stress Level and your Key Stressors
- Worksheet 9: Major Life Events and Stress
- **Daily Hassles and Stress**
- Time Stress Questionnaire

Unit 4

- Sexual Values
- Gender Roles and Society
- **How Capable Are You of Becoming Intimate**
- **Test Your Sexual Knowledge and Attitudes**

Unit 6

- Drugs
- **Cancer Risk Factors and Prevention**

Select 4 of these that you feel have indicated have provided new information to you. You need to prepare a paper of minimum **1500 word length** discussing which of these really helped to learn something new.

Daily Hassles and Stress

For each of the following experiences, indicate to what degree it has been a part of your life *over the past month* by selecting the appropriate number choice.

Not at all a part of my life—0

Only slightly part of my life—1

Distinctly part of my life—2

Very much a part of my life--3

- | | |
|---|---|
| 0 | 1. Disliking your daily activities |
| 0 | 2. Lack of privacy |
| 0 | 3. Disliking your work |
| 0 | 4. Ethnic or racial conflict |
| 0 | 5. Conflicts with in-laws or boyfriend's/girlfriend's family |
| 0 | 6. Being let down or disappointed by friends |
| 0 | 7. Conflict with supervisor(s) at work |
| 0 | 8. Social rejection |
| 0 | 9. Too many things to do at once |
| 0 | 10. Being taken for granted |
| 0 | 11. Financial conflicts with family members |
| 0 | 12. Having your trust betrayed by a friend |
| 0 | 13. Separation from people you care about |
| 0 | 14. Having your contributions overlooked |
| 1 | 15. Struggling to meet your own standards of performance and accomplishment |
| 0 | 16. Being taken advantage of |
| 0 | 17. Not enough leisure time |
| 0 | 18. Financial conflicts with friends or fellow workers |
| 0 | 19. Struggling to meet other people's standards of performance and accomplishment |

- 0 20. Having your actions misunderstood by others
- 0 21. Cash-flow difficulties
- 0 22. A lot of responsibilities
- 1 23. Dissatisfaction with work
- 0 24. Decisions about intimate relationship(s)
- 0 25. Not enough time to meet your obligations
- 3 26. Dissatisfaction with your mathematical ability
- 0 27. Financial burdens
- 0 28. Lower evaluation of your work than you think you deserve
- 0 29. Experiencing high levels of noise
- 0 30. Adjustments to living with unrelated person(s) (e. g., roommate)
- 0 31. Lower evaluation of your work than you hoped for
- 0 32. Conflicts with family member(s)
- 0 33. Finding your work too demanding
- 0 34. Conflicts with friend(s)
- 0 35. Hard effort to get ahead
- 0 36. Trying to secure loan(s)
- 0 37. Getting "ripped off " or cheated in the purchase of goods
- 2 38. Dissatisfaction with your ability at written expression
- 0 39. Unwanted interruptions of your work
- 0 40. Social isolation
- 0 41. Being ignored
- 3 42. Dissatisfaction with your physical appearance
- 0 43. Unsatisfactory housing conditions
- 1 44. Finding work uninteresting

- 0 45. Failing to get money you expected
 - 0 46. Gossip about someone you care about
 - 3 47. Dissatisfaction with your physical fitness
 - 0 48. Gossip about yourself
 - 0 49. Difficulty dealing with modern technology (e. g., computers)
 - 0 50. Car problems
 - 0 51. Hard work to look after and maintain home
-

Scoring

Compare your total below.

> or = 136 Very high stress

116-135 High stress

76-115 Average stress

56-75 Low stress

51-55 Very low stress

Prepare a paragraph of at least 250 words discussing what this has indicated to you.

My total was 13. This put me below a very low stress level. Unless I am in denial of something, I think this indicates that I handle stress well. I tend to look at things differently than most people. I am more relaxed, and I tend to not let things that I can't control get the best of me. The questions that I have indicated that have an effect on my life, I have taken the steps to make changes. Question number 42, and 47, I have started going to the gym and working out to help me lose the excess weight, and I also started eating healthier. Although it has been a challenge from day to day, I see a change in my attitude, and my overall appearance. Questions 23 and 44, I have taken the steps to hopefully put myself in the position to get another job at work that will be more interesting. This will mean responsibilities, but it will be a welcomed challenge that I know I am ready for. It may be a little stressful at first until I get the hang of it, but that something I am willing to except. Questions 15, 26, and 38 are a work in progress also. I have to learn to not be so hard on myself when completing task. I know what the issue is with these three, and I have to work with my doctor on the medication that I believe is the issue, which are the side effects of the current medication I am taking.

Name Anthony JonesDate 06/27/2016Section Unit 4**Worksheet 29 *How Capable Are You of Being Intimate?***

Determine how closely each statement describes your feelings. Select the appropriate response.

- | | |
|--|---|
| 1. I like to share my feelings with others. | Agree and disagree ☐ |
| 2. I like to feel close to other people. | Strongly agree ☐ |
| 3. I like to listen to other people talk about their feelings. | Strongly agree ☐ |
| 4. I am concerned with rejection in my expression of feelings to others. | Mildly disagree ☐ |
| 5. I'm concerned with being dominated in a close relationship with another. | Strongly disagree ☐ |
| 6. I'm often anxious about my own acceptance in a close relationship. | Strongly disagree ☐ |
| 7. I'm concerned that I trust other people too much. | Strongly disagree ☐ |
| 8. Expression of emotion makes me feel close to another person. | Strongly agree ☐ |
| 9. I do not want to express feelings that would hurt another person. | Agree and disagree ☐ |
| 10. I am overly critical of people in a close relationship. | Strongly disagree ☐ |
| 11. I want to feel close to people to whom I am attracted. | Strongly agree ☐ |
| 12. I tend to reveal my deepest feelings to other people. | Mildly disagree ☐ |
| 13. I'm afraid to talk about my sexual feelings with a person in whom I'm very interested. | Mildly disagree ☐ |
| 14. I want to be close to a person who is attracted to me. | Agree and disagree ☐ |
| 15. I would not become too close because it involves conflict. | Mildly disagree ☐ |
| 16. I seek out close relationships with people to whom I am attracted. | Mildly agree ☐ |
| 17. When people become close they tend not to listen to each other. | Strongly disagree ☐ |
| 18. Intimate relationships bring me great satisfaction. | Strongly agree ☐ |
| 19. I search for close intimate relationships. | Mildly disagree ☐ |
| 20. It is important to me to form close relationships. | Agree and disagree ☐ |
| 21. I do not need to share my feelings and thoughts with others. | Mildly disagree ☐ |
| 22. When I become very close to another, I am likely to see things that are hard for me to accept. | Agree and disagree ☐ |
| 23. I tend to accept most things about people with whom I share a close relationship. | Mildly agree ☐ |
| 24. I defend my personal space so others do not come too close. | Mildly disagree ☐ |
| 25. I tend to distrust people who are concerned with closeness and intimacy. | Strongly disagree ☐ |
| 26. I have concerns about losing my individuality in close relationships. | Strongly disagree ☐ |
| 27. I have concerns about giving up control if I enter into a really intimate relationship. | Strongly disagree ☐ |
| 28. Being honest and open with another person makes me feel closer to that person. | Mildly agree ☐ |
| 29. If I were another person, I would be interested in getting to know me. | Mildly agree ☐ |
| 30. I only become close to people with whom I share common interests. | Mildly agree ☐ |
| 31. Revealing secrets about my sex life makes me feel close to others. | Agree and disagree ☐ |
| 32. Generally, I can feel just as close to someone of the same sex as someone of the other sex. | Strongly agree ☐ |
| 33. When another person is physically attracted to me, I usually want to become more intimate. | Agree and disagree ☐ |
| 34. I have difficulty being intimate with more than one person. | Strongly disagree ☐ |
| 35. Being open and intimate with another person usually makes me feel good. | Strongly agree ☐ |
| 36. I usually can see another person's point of view. | Strongly agree ☐ |
| 37. I want to be sure that I am in good control of myself before I attempt to become intimate with another person. | Strongly agree ☐ |

- | | |
|--|--|
| 38. I resist intimacy. | Strongly disagree ☐ |
| 39. Stories of interpersonal relationships tend to affect me. | Strongly disagree ☐ |
| 40. Undressing with members of a group increases my feelings of intimacy. | Strongly disagree ☐ |
| 41. I try to trust and be close to others. | Strongly agree ☐ |
| 42. I think that people who want to become intimate have hidden reasons for wanting closeness. | Agree and disagree ☐ |
| 43. When I become intimate with another person, the possibility of my being manipulated is increased. | Mildly disagree ☐ |
| 44. I am generally a secretive person. | Strongly agree ☐ |
| 45. I feel that sex and intimacy are the same, and one cannot exist without the other. | Agree and disagree ☐ |
| 46. I can only be intimate in a physical relationship. | Mildly disagree ☐ |
| 47. The demands placed on me by those with whom I have intimate relationships often inhibit my own satisfaction. | Strongly disagree ☐ |
| 48. I would compromise to maintain an intimate relationship. | Mildly agree ☐ |
| 49. When I am physically attracted to another, I usually want to become intimate with the person. | Mildly agree ☐ |
| 50. I understand and accept that intimacy leads to bad feelings as well as good feelings. | Strongly agree ☐ |

Your Score: 198

Rating: Significantly above average

Scoring

Find the score below that is closest to your total score.

- 150 Significantly below average
- 161 Somewhat below average
- 172 Average
- 183 Somewhat above average
- 194 Significantly above average

Source: Amidon, E., V. K. Kumar, and T. Treadwell. 1983. Measurement of intimacy attitudes: The intimacy attitude scale--revised. *Journal of Personality Assessment*, 635-639. Used by permission from Lawrence Erlbaum Associates.

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Name Anthony JonesDate 06/27/2016Section Unit 4

Test Your Sexual Knowledge and Attitudes

Part I. Your Sexual Knowledge

When 2000 Americans were asked a series of questions about sexuality by the Kinsey Institute, only 45% of the respondents answered more than half the questions correctly. See how you do on this sample of true-or-false questions.

- | | |
|--|--------------------------------|
| 1. The average American first has sexual intercourse at about 16 or 17 years of age. | True ☐ |
| 2. About 6 to 8 out of every 10 American women have masturbated. | True ☐ |
| 3. Most women have orgasms from penile thrusting alone. | False ☐ |
| 4. All men like large female breasts. | False ☐ |
| 5. People usually lose interest in sexual activities after age 60. | False ☐ |
| 6. Masturbation is physically harmful. | False ☐ |
| 7. The average length of a man's erect penis is 5 to 7 inches. | True ☐ |
| 8. Impotence usually cannot be treated successfully. | False ☐ |
| 9. Petroleum jelly, Vaseline Intensive Care, and baby oil are not good lubricants to use with a diaphragm or condom. | True ☐ |
| 10. Most women prefer a sexual partner who has a large penis. | False ☐ |
| 11. A woman cannot get pregnant if she has sex during her menstrual period. | False ☐ |
| 12. A woman cannot get pregnant if the man withdraws his penis before ejaculating. | False ☐ |

Your Score: 12

Answers: 1. T; 2. T; 3. F; 4. F; 5. F; 6. F; 7. T; 8. F; 9. T; 10. F; 11. F; 12. F

How well did you score? If you're not satisfied with your level of knowledge, consider checking your local library or bookstore for reputable self-help books about sexual functioning.

My score was perfect.

Part II. Your Sexual Attitudes

For each statement, select the response that most closely reflects your position.

- | | |
|---|-----------------------------------|
| 1. Sex education encourages young people to have sex. | Disagree ☐ |
| 2. Homosexuality is a healthy, normal expression of sexuality. | Agree ☐ |
| 3. Members of the other sex will think more highly of you if you remain mysterious. | Not sure ☐ |
| 4. It's better to wait until marriage to have sex. | Disagree ☐ |
| 5. Abortion should be a personal, private choice for a woman. | Agree ☐ |
| 6. It's natural for men to have more sexual freedom than women. | Agree ☐ |
| 7. Condoms should not be made available to teenagers. | Disagree ☐ |
| 8. Access to pornography should not be restricted for adults. | Agree ☐ |

9. A woman who is raped usually does something to provoke it.
10. Contraception is the woman's responsibility.
11. Feminism has had a positive influence on society.
12. Masturbation is a healthy expression of sexuality.
13. I have many friends of the other sex.
14. Prostitution should be legalized.
15. Women use sex for love, men use love for sex.
16. Our society is too sexually permissive.
17. The man should be the undisputed head of the household.
18. Having sex just for pleasure is OK.

Disagree	☐
Disagree	☐
Not sure	☐
Agree	☐
Agree	☐
Agree	☐
Disagree	☐
Disagree	☐
Agree	☐

Your Score:

Scoring

Compare your score to the ratings below.

- | | |
|-------|--|
| 1-18 | Traditional attitude about sexuality |
| 19-36 | Ambivalent or mixed attitude about sexuality |
| 37-54 | Open, progressive attitude about sexuality |

PART I QUIZ SOURCE: Adapted from Reinisch, J. M., and R. Beasley. 1990. *The Kinsey Institute New Report on Sex*. New York: St. Martin's Press. Copyright ©1950 St. Martin's Press, Inc. Used with permission.

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Cancer Risk Factors and Prevention

Part I. General Risk Factor Checklist

You can directly influence some risk factors, such as diet and exposure to cigarette smoke, while others are beyond your control. The following statements relate to factors that can put you at increased risk for cancer. To identify your risk factors, check any statements that are true for you.

I have a family history of cancer. (Check any of the following family members who have had cancer; list the type(s) and the age of the individual at diagnosis.)

_____ Mother

_____ Father

_____ Sister

_____ Brother

_____ Paternal grandfather

_____ Paternal grandmother

_____ Maternal grandfather

_____ Maternal grandmother

_____ I use tobacco (any form).

 X I am constantly exposed to tobacco smoke at work or at home.

_____ I live in a heavily polluted urban area.

_____ I have frequently gotten blistering, peeling sunburns.

_____ I am frequently exposed to sunlight and get a tan whenever possible.

_____ I go to tanning salons or use a tanning lamp

_____ I have fair skin.

_____ I have many moles.

_____ I rarely use sunscreens.

 X I am overweight or obese.

_____ I am sedentary.

_____ I eat a diet that is rich in red meat and high in fat overall.

_____ I eat a diet that is low in fiber overall.

 X I consume fewer than five servings of fruits and vegetables per day.

_____ I drink more than one (women) or two (men) alcoholic beverage(s) per day.

For Women Only (Check statements that are true for you; ignore those that are not applicable.)

_____ I had early onset of menstruation.

_____ My first pregnancy occurred after age 30.

_____ I have HPV infection.

_____ I have genital herpes.

Part II. Assessing Your Risk for Specific Types of Cancer

Read the risk factors listed along the top of the chart. For any factor that applies to you, put a check in every unshaded box in its column. For the family history column, note any family member who has had the type of cancer listed at the left--record his or her relationship to you (uncle, brother, etc.) and age at diagnosis.

Risk Factors									
Type of cancer	Smoking	Use of spit tobacco	Diet high in fat	Diet rich in meat	Diet low in fruits & vegetables	Little or no exercise	Obesity	Regular use of alcohol	Family history
Lung					X				
Colon & rectum					X		X		
Breast					X		X		
Prostate					X		X		
Stomach					X				
Esophagus					X				
Kidney							X		
Oral cavity					X				
Endometrium							X		
Larynx					X				

To determine your risk for a particular type of cancer, examine the number of corresponding risk factors you've checked. Strong family history may also increase your risk--the more relatives who have had a particular type of cancer, the closer their relationship to you, and the younger their age at diagnosis, the greater your risk. Prepare a 500 word discussion of the lifestyle behaviors that you can change to lower your risk of cancer. Bring into the discussion anything that you have learned about any possible family history.

The lifestyle changes that I can make to lower my risk of cancer would be to be more proactive in my efforts to consume more fruits and vegetables throughout the day. "U.S. federal nutrition

guidelines recommend that adults and children eat at least five servings of fruits and vegetables per day” (WebMD, 2003). I will need to incorporate them in my daily meal planning, and eliminate some of the snacks that I currently consume. By doing this I will should be able to lower my calorie intake which can assist me in the goal of losing weight. There are many factors that figure into whether one is at risk of Cancer, but if you consume the recommended daily allowance, the risk may be decreased. Based on a study conducted by researchers on 4000 men and women living in Scotland and England, the more fruit that they ate lowered their chances of cancer in adulthood. The study took into account other factors such as age, gender, and calorie intake. “ A variety of nutritional factors might explain fruit's protective effects, such as their high antioxidant, fiber, and vitamin content. But when they looked at the cancer-fighting impact of vitamins C, E, and beta carotene separately, no single nutrient emerged as the winner” (WebMD, 2003).

WebMD. (2003). Retrieved from <http://www.webmd.com/cancer/news/20030219/eat-your-veggies-dont-forget-fruit>