**Unit 1 Test Review**

1. What is personal well-being?
2. Maslow Hierarchy of Needs
3. Corey Keyes ideas on flourishing
4. The many factors of personal well-being; define, give examples
5. How different people can contribute to your personal well-being ( teachers, family, friends)
6. The stages/ages and things that happen at those stages that make personal well-being a challenge
7. Self-concept: 3 parts. Understand yours and evidence to support it
8. Self-esteem: what is it? What does behaviour or thinking look like to support high or low self-esteem
9. How to raise self-esteem ( 5 ways)
10. How community and society influences/affects our self-concept and self-esteem
    * Media
    * Music
    * Peer pressure/ school environment