

CHAPTER FOUR

## HEALTH ROCKS!<sup>®</sup> CHECK UP!

**Directions:**

Use these questions to share what you have learned. Complete the questions below and return the quiz to your group leader.

1. What are the five steps of decision making?
  1. Brainstorming is:
    - a. a method for coming up with lots of ideas and options.
    - b. using your brain to develop a solution.
    - c. thinking about a decision.
  2. What is a short-term consequence? What is a long-term consequence?
3. What is a goal?
4. Good decision making helps you to make your goals and dreams a reality. True / False
5. Knowing all of the facts and information just takes time and is not important when making choices. True / False
6. What would you like to share about what you have learned?
7. How might you use what you have learned?