Wellness 11-12 Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Assignment**: Review the Key Terms we have studied/learned since we started.

Write down a sentence or two about what it is. Then write the impact it had on you or why you chose it from the entirety of the course.

**LIST OF KEY TERMS THAT WE HAVE STUDIED**

Brene Brown Vulnerability Paul Mend RAS Unconscious Mind Conscious Mind Walter Mischel Laurie Santos Shawn Achor

Tetris Effect Ethan Kross Positive Self-Talk Amygdala EMDR

Mr. Wingham Affective Forecasting Hedonic Adaptation

Negative Visualization Gratitude Journals Marshmallow Test

Zorro Circle (Locus of Control) Celine - Dietician Kevin Lefebvre

We are born without Fear Box Breathing Combat Breathing

20 Second Rule Social Connection Gratitude Chris Hemsworth Exposure Therapy

Sympathetic Nervous System Parasympathetic Nervous System Hot-Cold Empathy Gap

Ironic Process Theory PTSD ACE Test Self Compassion Mind Wandering

Rumination Worry Distanced Self-Talk CBT “Share it don’t wear it” \*Any PsychproTips

Add any terms that you think are missing.

Review the notes we have been taking in class on items that interested you and use those as the foundation of showing your learning.

1.

2.

3.

4.

5.