

30. What are the differences between responding to a conflict by being passive, aggressive and assertive?

✓ **The following questions are addressed in the PowerPoint show on Stress Management:**

31. List 2 strategies considered to be important to achieve "sleep hygiene" (good quality sleep) for people who have sleep problems.

32. Explain the term "Role Ambiguity" that was discussed in the section on occupational stressors.

33. What is the difference between "eustress" and "distress?"

34. List 2 physical consequences of stress.

35. Define the term of "forecasting."

⌚ **The following questions are addressed in the PowerPoint show on Budgeting and Credit.**

36. List 3 steps to avoid credit trouble.

37. What are 2 questions to ask yourself when trying to decide to use cash or credit for a purchase?

38. List 2 reasons to start a budget now.

The following questions are addressed in the Powerpoint show on Student Loan Defaults.

____ 39.) You would be "defaulting" on your student loan if you fail to make a payment on that loan for the following number of consecutive days:

- A) 6 months
- B) 270 days
- C) 365 days
- D) 10 months

____ 40) If you default on your student loan, you will:

- A) damage your credit