#### HOPE segment 2 FINAL EXAM REVIEW

- Complete all assignments BEFORE taking the final exam.
- 2 Contact your instructor for the last DBA and the password for the exam.
- 3 Consider taking part in a final exam review session. Live lesson information available on your announcement page.
- 4 The exam takes about 2 hours to complete. You do not have a time limit as long as you are actively working on exam questions.
- 5 Password works only once so you must complete the exam in one session. Once you start the exam, you CANNOT leave it to look in the course or in your files. You will be locked out of the exam.
- 6 The preferred browser for the exam is Firefox. This is a free download. If you have trouble with Internet Explorer while taking the exam, consider downloading Firefox. Be sure you are plugged in to an electric source and are on a reliable internet connection.
- 7 This is an open book test. Prepare your notes ahead of time. Have your assignments available, you will refer to them as well.
- 8 Please note you must pass the final in order to pass the course, so do your best as usual.
- 9 44 multiple choice questions (3 points each) and 2 short essay questions (6 points each).

#### Module 4

#### 4.0 Play Smart

- identify the skills and concepts that will be presented in this module
- use the module checklist to set a schedule and keep track of your progress
- complete a pretest to demonstrate your current understanding of the concepts in this module

#### 4.1 Mental Fitness

- predict how healthy behaviors can affect mental health
- analyze how the perceptions of norms influence healthy and unhealthy behaviors
- compare how peers influence healthy and unhealthy behaviors
- demonstrate strategies to prevent, manage, and resolve interpersonal conflicts
- evaluate your mental health practices and the status of your personal mental fitness

# **Hope Segment 2 Exam Answers**

# **Todd Lammle**

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