**FINAL EXAM STUDY GUIDE**

1. Define: Stress, stressor, Eustress, Distress
2. Coping Methods of Stress
3. Distinguish the different types of Stressors
4. What Organs and Tissues can be donated by a living and deceased donor.
5. Qualities of a Healthy and Unhealthy Relationship
6. Define: BAC, Metabolism, Carcinogen, High Risk Behaviors, Low Risk Behaviors
7. Types of Drugs that are Depressants
8. Types of Drugs that are Narcotics
9. Types of Drugs that are Stimulants
10. Define: Melanin, AZT
11. 5 Stages of Grief
12. How to contract HIV (Bodily fluids)
13. STI’s that are Curable and Incurable
14. 5 Food Groups on Choose My Plate
15. Signs and Symptoms of Major/Reactive Depression
16. Examples of Coping with a loss for Teens