

## Chapter 2 Learning Goals

### Learning Goals

1. I can name five traits that are used to define personality.
2. I can identify two factors that determine how your personality develops.
3. I can describe what happens to personality over a lifetime.

### Learning Goals

1. I can compare the effects of high and low self-esteem on health.
2. I can describe the changes in self-esteem that can occur as people age.
3. I can identify ways to achieve and maintain high self-esteem.
4. I can summarize Maslow's theory of self-actualization.

### Learning Goals

1. I can identify four primary emotions and three learned emotions.
2. I can explain why it is important to recognize your emotions.
3. I can distinguish helpful/harmful coping strategies.