

Chapter 1*Discover Yourself***Chapter 2***Your Family***Chapter 3***Your Friendships***Unit Preview**

This unit is about the factors that make us who we are. In this unit, you will learn about:

- How you will develop your unique personality.
- Why grooming and personal care are important.
- The structure and comfort that families provide.
- The types of changes families might experience.
- How to be a good friend.
- How to recognize positive and negative peer pressure.

Explore the Photo

Everyone develops their own unique personality. **What are some of the factors that affect your personality and help you develop into the person you are?**



Life Skills Project Preview

Your Role Models

When you are done studying this unit, you will complete a project in which you will:

- ✓ Take and collect photographs of people you admire.
- ✓ Interview one of the people in your photographs.
- ✓ Create and share a collage of the photos and descriptions of your role models with your class.

The prewriting activity below will help you get started.



Prewriting Activity Make a List

Think about the stories, cartoons, books, and imaginary friends you enjoyed when you were a small child. Create a list of the characters you enjoyed the most. Next to each one, write a brief description about why the character appealed to you.

- What traits do the characters in your list have in common?
- What do these characters have in common with the real people in your life today?

Discover Yourself

Section 1.1

You Are Unique

Main Idea Many parts of your life come together to make you a unique person.

Section 1.2

Grooming and Personal Care

Main Idea To look your best, it is important to practice good grooming skills and present a positive attitude.





Explore the Photo

The way you look and act can tell others about your personality. *What do you think others can tell about you?*



Writing Activity

Freewriting

Dependability Dependable people can be counted on by family and friends. Show that you can be trusted by keeping your word, meeting responsibilities, and being supportive. Freewrite about a time when you, or someone you know, showed dependability.

Writing Tips To freewrite effectively, follow these steps:

1. Let your thoughts run free and simply begin writing whatever comes to mind.
2. Write without stopping to reread, rephrase, or rethink what you are writing.
3. Set a definite time limit.

Reading Guide

Before You Read

Preview Read the Key Concepts. Write one or two sentences predicting what the section will be about.

Read to Learn

Key Concepts

- ✓ **List** factors that influence who you are.
- ✓ **Name** the qualities that make people unique individuals.
- ✓ **Analyze** why it is important to understand emotions.
- ✓ **Describe** the physical changes that happen during adolescence.

Main Idea

Many parts of your life come together to make you a unique person.

Content Vocabulary

- heredity
- culture
- self-concept
- self-esteem
- constructive criticism
- self-actualization
- adolescence


Academic Vocabulary

- respect
- potential

Graphic Organizer

As you read, list the supporting details for the four main topics in this section. Use the graphic organizer like the one shown to help you organize your information.

Heredity and Environment	What Makes Me Unique?	Emotional Changes	Physical Changes

 **Graphic Organizer** Go to this book's Online Learning Center at glencoe.com to print this graphic organizer.

Academic Standards



English Language Arts

NCTE 4 Use written language to communicate effectively.



Mathematics

NCTM Problem Solving Solve problems that arise in mathematics and in other contexts.



Social Studies

NCSS IV C Individual Development and Identity Describe the ways family and other group and cultural influences contribute to the development of a sense of self.

NCTE National Council of Teachers of English

NCTM National Council of Teachers of Mathematics

NSES National Science Education Standards

NCSS National Council for the Social Studies

During your teen years, you enter the stage of life when you start to become your own person. As you leave childhood behind, you will begin to discover what makes you unique. Your unique personality will continue to grow and change. You will also experience many emotions and physical changes. You will develop your own value system, and you will start to see how your values fit into the world around you.

Heredity and Environment

No two people act, think, or feel the same way. Everyone comes from a different background and has different experiences. Everything you do, everywhere you go, and everyone you know influence who you are. Your family members and friends probably have the most influence on you. **Figure 1.1** describes some of the major influences on the person you are becoming.

As You Read

Connect How do you think your parents are responsible for your personality?

Figure 1.1 You Are One of a Kind

Unique Qualities Many factors influence who you are. *How have some of these factors affected you?*



Heredity Genetic traits, such as the color of your hair and eyes, come from your parents.



Family Your family is usually your first influence.



Roles You fill many roles: student, daughter, son, brother, sister, or friend.

Environment You learn about your world from the people and conditions that surround you.



Culture Traditions you enjoy may be influenced by your culture.



Experiences Knowledge and skills build over a lifetime to create a unique set of life experiences.

Vocabulary

You can find definitions in the glossary at the back of this book.

Some of what makes you an individual is a result of heredity. **Heredity** (hə-'re-də-tē) is the passing on of traits, or characteristics and qualities, from parents to their children. Some of these traits are physical, such as your eye color, your facial features, and your body build. Heredity also can play a part in your intelligence.

You have other qualities that make you a unique individual. These traits are a result of your environment. Some of your interests and abilities are learned from the people and things in your environment. Perhaps your sister taught you how to skate. Maybe a friend got you interested in technology.

Family Roles

Your family is one of the strongest influences on the person you are becoming. Are you an only child, the oldest child, the youngest child, or a middle child? What activities do you do with family members? These questions suggest some of the ways you are influenced by your family.

The roles you have determine how you relate to other people and how you act in various situations. A role is your position in a group or situation. You have many roles. At home you may be a daughter or a son, a brother or a sister. At school you may be a student, a best friend, and a team member. In the community you may be a volunteer or a member of a club. Your roles vary, depending on the people with whom you interact and the situations involved. You learn your roles by talking to and watching people who are important to you. Role models are people who help you see what is expected of you in certain situations. Role models can be parents, older siblings, relatives, teachers, coaches, or religious leaders. Who are some of your role models?

Culture

Your culture also influences who you are. Ways of thinking, acting, dressing, and speaking shared by a group of people is called **culture**. Cultures may be based on ethnic group, geographic location, or social class. Culture often determines certain traditions people follow. You may not even think about your culture until you meet someone who speaks another language, enjoys different foods, or celebrates different holidays from yours.

 Reading Check

Define What is culture?




Positive Focus

Discover Learning Skills

Every person has his or her own best way of learning. Some students learn best by listening to their teacher speak. Others learn best by reading. Many students learn well through hands-on projects. Ask your teacher or guidance counselor how to find out which ways of learning are best for you.





 **Role Model** You may be a role model for someone younger. *How can you make sure the example you set is a positive one?*

What Makes Me Unique?

Although you share some common qualities with other teens, you are an individual. What qualities do you have that make you different from your friends? Whether you are shy, outgoing, funny, or serious, there is no one else like you. You are unique.

Personality Traits

Personality is the combination of the attitudes, interests, behaviors, emotions, roles, and other traits that make you who you are. Your personality shows in the way you look, the way you communicate, and the way you act. It is the part of you that you show to other people. Your personality continues to change as you experience new things and meet new people. You can become a more interesting person when you develop skills and talents, gain more knowledge, and join in school and community activities.

Everyone's personality is different. Take a look at your personality traits to see how other people relate to you. How dependable are you? Can people count on you to be true to your word? Are you easy to get along with? Can you be trusted? Personality traits such as dependability, cooperation, and honesty help determine the type of relationships you will have with other people. When friends and family members know they can count on you to follow through, you will be trusted to do more on your own. When you learn more about yourself, you can appreciate yourself and other people more.



Character Counts

Responsibility

Sometimes people behave in unhealthy or dangerous ways. Imagine that your friend has been very sad lately, hardly smiling or talking to anyone. She confided in you that she has not been eating properly because she thinks it is the only way to lose weight. You are concerned about her health. She made you promise that you will not tell anyone.

You Make the Call

What can you do to help your friend? What trusted adults can you go to for advice and help? Write a paragraph to explain what you would do.

A Positive Self-Concept

If you have a positive self-concept, you are more likely to succeed in life. A **self-concept** is a mental picture of yourself. Self-concept includes your views about your personality traits and about what activities you perform well. Your self-concept is also influenced by the people around you. It can give you the confidence to try new things. If you have a positive self-concept, you are more willing to make new friends, go to new places, and try new things.

Your self-concept does not always stay the same. It may change as the situation you are in changes. When you help a neighbor, for example, you feel really proud of yourself. On the other hand, if you have an argument with a friend, you may not feel as good about yourself. Even people with a strong self-concept get discouraged when something does not work out as they planned.

It is possible to improve your self-concept. Try to do something each day to help build the qualities you want to improve. Work to achieve your goals and be recognized for your achievements to give your self-concept a boost. In what situations might your self-concept improve?

Here are some qualities that can help you build a positive self-concept:

- **Honesty** Tell the truth and be sincere to show your honesty. Honesty is the quality of communicating truthfully.
- **Thoughtfulness** Think about how your actions affect other people. Help others without being asked. Remember to say “please” and “thank you.”
- **Cheerfulness** Being cheerful means being happy, friendly, and seeing the bright side of life. Cheerful people are pleasant and optimistic.
- **Responsibility** Show that you are responsible by doing your homework and chores, and being home on time. It also means being accountable, or accepting the consequences of your actions.
- **Self-Control** Think before you act, and set limits to practice self-control. Use your knowledge of right and wrong to guide your actions.


- **Adaptability** If you are adaptable, you can adjust to different situations at school, at home, or at work.
- **Compassion** Care about others when they are hurting. Let them know that you care to show compassion.
- **Cooperation** Doing what a teacher or parent asks you to do is cooperation.
- **Courtesy** Be considerate and respectful to others.
- **Dependability** Being a person others can count on shows dependability.
- **Enthusiasm** Show that you are willing and eager to do your part at school, at home, and at work.
- **Friendliness** Say hello and smile to show your friendliness to others.
- **Generosity** Be willing to give what you can to others.
- **Sincerity** Always be yourself.

Building Self-Esteem

When you have a positive self-concept, you like yourself. In turn, you will develop self-esteem. **Self-esteem** is a sense of confidence and self-worth. If you have **respect**, or value, for yourself, you can use your own judgment, resist peer pressure, and achieve your goals. Learn to recognize the things you do well. Be realistic about your expectations. No one does everything well. Give yourself credit for your success. Look at your mistakes as opportunities to learn and grow.

How do you feel when someone criticizes you? Do you become defensive? The ability to accept criticism is vital, or very important, to your success in life, at home, at school, at work, and in the community.

Constructive criticism is helpful advice. It is meant to help you grow and improve and often includes suggestions for solutions. For example, if your music teacher suggests a different song to fit your voice, you could improve your performance by following that advice. Learning to accept constructive criticism is a good way to improve your self-esteem.



Financial Literacy

Calculate Pay

Marco is deciding between two job offers. One pays \$6.00 an hour for 20 hours a week. The other job pays \$7.15 an hour for 15 hours a week. Marco also needs time for his homework, so he will probably choose the second job. If he does, how much less will he make each month?

Math Concept Multi-Step Problems When solving problems with more than one step, think through the steps before you start.

Starting Hint Calculate how much Marco will make in each job per month (4 weeks) before you calculate the difference in pay.

NCTM Problem Solving Solve problems that arise in mathematics and in other contexts.

Math For math help, go to the Math Appendix at the back of the book.



Show Responsibility

Each day you make many choices. You are responsible for your own behavior and actions. You can show responsibility by making wise choices. For example, you can take care of your health by choosing to eat healthful foods, to exercise, and to get enough rest. At school you can choose to complete your schoolwork on time and to try to do your best. The more you show responsibility, the more freedom and trust you may be given in the future. Here are a few ways you can show responsibility:

- **Obey rules.** Families, schools, and communities have rules that help maintain order and keep people safe. You act responsibly when you follow the rules.
- **Help others.** Responsible people look out for their families, friends, and neighbors, not just for themselves. If you see someone in trouble, try to get help.
- **Keep your promises.** If you told a friend that you would help him study for a test, you need to keep that promise. In this way, you will show friends and others that they can count on you.
- **Carry out tasks.** If it is your job to clear the table, do it without being told. When you see other tasks that need to be done, do them. Do not wait to be asked. This shows maturity.

Being responsible is one of the most important qualifications for success in any job. Being responsible means getting to work on time, even when you would rather sleep late or spend time with friends. It means being familiar with the tasks of your job and doing them correctly.

Learning Responsibility

Not everyone has the same responsibilities, and your responsibilities will change over time. Learning responsibility can be hard, but it has many rewards. Other people will respect you and start treating you like an adult. Follow these guidelines for success:

- **Understand expectations.** Find out what is expected of you. Listen carefully. Ask questions if you do not understand.
- **Get advice from role models.** Ask good adult role models to help you learn the right thing to do.
- **Take on new tasks.** You can avoid stress if you take on new tasks gradually and do not take on too much at once.
- **Practice patience.** Be patient with yourself. If you forget to do something or do it wrong, learn from your mistake and try harder the next time.

Certain characteristics go along with being responsible. Which of these characteristics do you have? Responsible people:

- Are reliable.
- Keep their word.
- Show respect for other people and their property.
- Are trustworthy.
- Admit their mistakes and do not blame others.

Your Value System

The way you meet your needs and wants is based on your values. Values are your beliefs about right and wrong and about what is important in life. Most people share some common values, such as a good family life, trust, freedom, and health. Other values are individual, such as being a good student and playing a sport well.

Needs

You have the same basic needs that all people have. Physical needs are basic to your survival and well-being. They include food, clothing, and shelter. You also have emotional needs such as feeling safe and secure. These needs also include a sense of belonging and the need to be loved and accepted by other people. When your emotional needs are met, you feel good about yourself.




Positive Focus

Avoid Comparisons

You can learn from other people by observing their successes. Remember that each person is unique, and each person has his or her strengths. Do your best without comparing yourself to your friends, family, or other students in your classes.



 **Be Responsible** Helping others shows responsibility. *What can you do to show that you are a responsible person?*

According to psychologist Abraham Maslow's Hierarchy of Human Needs, you also need self-actualization (see **Figure 1.2**). **Self-actualization** (self-,ak-ch(ə-w)ə-lə-'zā-shən) means to reach your full potential. When you aim to reach your full **potential**, you increase your chances for success. Use your skills, talents, and abilities to achieve your goals in life.

Personal strengths and abilities have a direct impact on the choices you make. For example, a courageous person is more likely to take risks. A creative person is likely to choose a career in the arts. What are your personal strengths and abilities?

Figure 1.2 Abraham Maslow's Hierarchy of Human Needs

Level of Needs Maslow's theory of basic human needs suggests that needs are defined by stages. *Which stage are you in right now?*

Beginning at the bottom, each level of needs must be met before the next level can be reached.



Wants

Wants are different from needs. Wants are things that you would like to have, but are not necessary for survival. You may want the latest movie or video game, but you can live without it.

Sometimes people confuse wants and needs. Have you ever wanted something so much that you convinced yourself that you really needed it? Perhaps you felt that you could not live without a new outfit. Did you really need it, or was it something you simply wanted to have?

Values

Like most people, you probably grew up sharing your family's values about tradition, culture, religion, education, and marriage. Your values are the beliefs and principles you choose to live by. Your values define who you are, shape your attitudes and your choices, and help you identify your priorities. Values are usually influenced by family, religious beliefs, teachers, friends, society, and personal experiences. Perhaps your family places a value on how birthdays and holidays are celebrated. A good family life is a common value shared by most people.

People have different values because their interests and experiences are different. People come from a variety of backgrounds. The way you prioritize your values may also be different from the way others prioritize their values. Prioritize means to rank or order things by their importance. For example, some people put a high priority on regular exercise and healthful eating.

You should respect other people's values, even though their values may be different from yours. Other people should also respect your values. Knowing what you value will help you make good decisions. As you develop your value system, you may notice that some of your values are in conflict with each other. For example, you may spend the afternoon finishing a math assignment because you value good grades. What if your friends invite you to the movies that same afternoon? You will have to decide which value is more important. Is it completing your math homework or is it being with your friends? What you value says a lot about you.



Contrast How are wants different from needs?

Emotional Changes

An important part of your personality is related to your emotions. An emotion is a strong feeling about someone or something. If you understand your emotions and why they change, you will better understand yourself.

You have many emotions. You may feel pleased and excited when you do something well. You may feel sad or frustrated when things do not go as expected or hoped.

One of the difficult things about emotions is that you may experience more than one at the same time. You may feel both excited and scared about being in a school play. You may feel proud that a college accepted your sister, yet sad that she will be going away. Having two different emotions at the same time can make it hard to sort out your feelings.

Adolescence (a-də-'le-sən(t)s) is the period of great growth and change between childhood and adulthood. During adolescence you will be adjusting to many physical and emotional changes. For example, your emotions will seem stronger and harder to control. This is because your body is developing and changing. Your feelings may be hurt more easily. You may also feel ignored or become irritated easily. Sometimes you will feel happy and want to be with your friends. At other times you may want to be alone and not talk to anyone. Adjusting to new emotions can be challenging. When your moods are constantly changing, it may seem as if you lack control over your life. Instead, you can learn to handle your emotions.

Dealing with Your Emotions

Even though these new and changing emotions are difficult to understand, you should not let them rule your life. For example, everyone feels angry at times. However, it is the way you handle your emotions that is most important. Try these healthy ways to deal with your emotions:

- Admit how you feel and why you feel that way.
- Talk about your feelings with a family member, friend, teacher, or counselor.
- Write down your feelings in a journal.
- Work off your feelings by doing something physical, such as taking a walk.
- If you are angry with another person, wait until you have cooled off before speaking to him or her. Tell the person how you feel and what you need or want.



Identify What is one healthy way to deal with your emotions?

Physical Changes

Physical changes in height, weight, and body shape occur during adolescence. You may notice that you or your friends seem to grow inches overnight. Sometimes the different parts of your body do not all grow at the same rate. It can be frustrating when your body is constantly changing and growing. Just when you get used to it one way, it changes again. These rapid changes can make you feel awkward and clumsy. Remember that everyone grows at his or her own rate. Your classmates are growing and changing, too. A positive self-concept can help you adjust to the changes that happen during adolescence.



Understand

Emotions Two people can have different emotions about the same news. *Why is it important to understand your emotions?*

Section

1.1

After You Read

Review What You Have Learned

1. **Name** two examples of inherited traits.
2. **Explain** how personality is shown.
3. **Describe** ways your emotions are affected during adolescence.
4. **Name** two physical changes that can happen during adolescence.

Practice Academic Skills



English Language Arts

5. Talk with your family about the traits that you and your family share. Write a list of traits, and next to each trait write whether it is inherited or cultural.

NCTE 4 Use written language to communicate effectively.



Social Studies

6. Imagine that you have a younger brother or sister. Write a paragraph to describe what you and your family can do to help the child develop a positive self-concept.

NCSS IV C Describe the ways family and other group and cultural influences contribute to the development of sense and self.



Check Your Answers Check your answers at this book's Online Learning Center at glencoe.com.

Reading Guide

Before You Read

Preview Look at the photos and figures in this section and read their captions. Write one or two sentences predicting what the section will be about.

Read to Learn

Key Concepts

- ✓ **Describe** the importance of personal grooming.
- ✓ **Explain** the significance of first impressions.

Main Idea

To look your best, it is important to practice good grooming skills and present a positive attitude.

Content Vocabulary

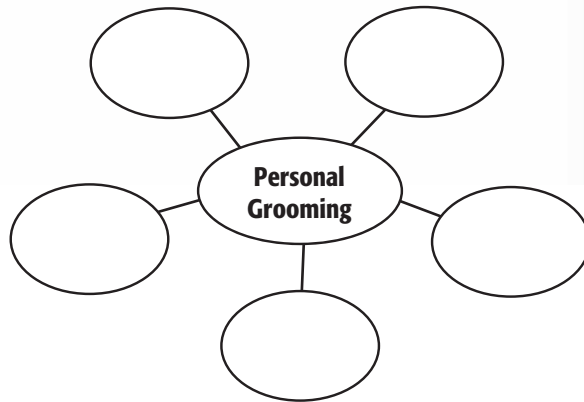
- grooming
- hygiene
- acne
- dermatologist
- cavity

Academic Vocabulary

- durability
- opinion

Graphic Organizer

As you read, list the five areas that you should care for when grooming. Use a graphic organizer like the one shown to help you organize your information.



Graphic Organizer Go to this book's Online Learning Center at glencoe.com to print this graphic organizer.

Academic Standards



English Language Arts

NCTE 3 Apply strategies to interpret texts.



Social Studies

NCSS 1 B Culture Predict how data and experiences may be interpreted by people from diverse cultural perspectives and frames of reference.

NCTE National Council of Teachers of English

NCTM National Council of Teachers of Mathematics

NSES National Science Education Standards

NCSS National Council for the Social Studies

Taking care of your physical appearance affects the way other people see you. It also affects the way you feel about yourself. When you look your best, you feel more self-confident and you are more likely to make a positive impression on people. Grooming and personal care includes caring for your skin, hair, hands, feet, and teeth. Being clean contributes to your health. You will learn how being well-groomed can help you make a good impression when you meet people.

Personal Grooming

How many ads have you seen about grooming aids for teens? **Grooming** includes the things you do to care for your physical appearance. Advertisements may lead you to believe that it takes time, money, and certain products to look good. The fact is that you can look your best by following a basic grooming and hygiene routine every day. **Hygiene** is keeping yourself clean. Take care of your skin, hair, hands, feet, nails, and teeth. Make sure your clothing is neat and clean. Although there are physical features that you cannot change, such as your height, you can still look your best.

Your Skin

During the teen years, the oil glands in your skin begin to work harder. The extra oil can clog your pores and cause skin problems such as acne. **Acne** is a common skin condition that occurs when pores are clogged with oil, dead skin cells, and bacteria. This can cause pimples on the face, back, and chest. Teens with severe acne may need to see a **dermatologist**, a doctor who treats skin disorders. To take good care of your skin, follow these tips:

- Get enough rest and exercise.
- Drink six to eight glasses of water each day.
- Bathe every day.
- Wash your face and neck with mild soap and water at least twice a day.
- Use deodorant or antiperspirant daily.
- Do not pick at or squeeze pimples.
- Choose grooming products that do not irritate your skin. Look for products that are labeled *mild* or *hypoallergenic*.
- Protect your skin from the sun. Use a sunscreen with a sun protection factor (SPF) of at least 15. Reapply the sunscreen after you swim or if you perspire, or sweat.

Your Hair

For many teens, hair is a way to express personality. Whatever hairstyle you prefer, your hair is most attractive when it is clean and healthy. Here are some ways to care for your hair:

- Wash and brush or comb your hair regularly.
- Choose a shampoo made for your type of hair. Is your hair curly, fine, or chemically-treated?
- Shampoo your hair gently. Use your fingertips to work the lather through your hair. Rinse thoroughly.
- When using a conditioner after shampooing, follow the directions on the bottle.

As You Read

Connect How can taking care of yourself now be important to your future?

Vocabulary

You can find definitions in the glossary at the back of this book.

Safety Check

Sunscreen

Being outdoors without sunscreen can cause painful sunburn and can lead to skin cancer with continued exposure. Use these tips for applying sunscreen:

- Always use a sun protection factor (SPF) of at least 15.
- Reapply after swimming or other physical activity.



Positive Focus

Develop

Friendships There are many people in your life who want you to succeed. Support from others can help you keep a positive outlook. People in your support system can offer encouragement every day.



Your Hands and Feet

Good grooming includes taking care of your hands and feet. Keep your nails clean and shaped to help prevent injuries and disease. To care for feet and hands:

- Wash your hands, feet, and nails with soap and water to remove dirt, dead skin, and germs.
- After washing, be sure to dry your feet thoroughly.
- Do not wear wet socks or shoes. This can cause bacteria to grow.
- Moisturize your hands and feet with lotion. Powder your feet to control odor.
- Trim and file your fingernails to shape them. Trim your toenails straight across to keep nails from growing into your skin.

Your Teeth

Your teeth affect not only your appearance but also your health. Your teeth help you chew food. Teeth shape your mouth and your smile. Taking care of your teeth can help prevent cavities and gum disease. A **cavity** is an area of decay in a tooth. The best way to avoid these problems is to keep your teeth clean. Follow these tips for healthy teeth:

- Choose a brush with soft bristles, and use a toothpaste that contains fluoride.
- To brush, use gentle up-and-down strokes to clean between the teeth and massage your gums.
- Floss your teeth once a day. Ask your dentist to show you the proper technique.
- Keep sweets to a minimum, especially between meals.
- Eat a balanced diet with nutritious foods.
- Get regular dental checkups.

Your Clothing

Clothing is form of self-expression. Clothing choices should be based on function, style, and **durability**, or how long it will last. You will learn more about clothing in Chapter 16. Here are some basics:

- Clothing should be clean and changed daily.
- Treat stains as soon as possible.
- Fix any rips or tears before they can get worse.
- Choose the appropriate clothing for each occasion.
- Mix and match separate pieces for new combinations.



Examine What should you do in your daily grooming routine to look your best?

Take Care of Your Nails

In this activity you will work with a partner to give each other a manicure. Before you begin, read through the entire Hands-On Lab assignment. Write down any questions you may have about the activity. Reread the text or ask your teacher for help if you need it.



Supplies

- ✓ Nail polish remover (optional)
- ✓ Cotton balls
- ✓ Hand or cuticle cream
- ✓ Cuticle stick
- ✓ Nail clippers
- ✓ Nail file
- ✓ Nail buffer
- ✓ Nail brush

Develop Your Plan

- Gather your supplies and clean them according to your teacher's instructions.
- Partner with someone to give and receive a manicure.
- Review and discuss the steps below to give a manicure.
- Discuss what you and your partner will include in the manicure.


Implement Your Plan

- Remove any nail polish with the nail polish remover and cotton balls.
- Wash hands with a mild hand soap and warm water.

- Gently push back cuticles with a cuticle stick. If the cuticle does not move, soften it with cuticle or hand cream.
- Clip nails if necessary.
- Shape and file nails. File in one direction. Going back and forth can create small tears in the nail that may split.
- Use the nail buffer to buff and shine the nails. Gently rub the buffer back and forth across the top of each nail.
- Wash hands and nails again.

Evaluate Your Results

Describe your manicure experience. How do your nails look? What would you change if you were to do the manicure again? Write a paragraph to explain your answer.

 **Projects and Activities** Go to this book's Online Learning Center at glencoe.com for more projects and activities.

First Impressions

All people show certain personality traits, such as polite or rude, accepting or judgmental. Most people show a little bit of all of these traits at one time or another. It is natural to express different traits in different settings. For example, strangers may be more likely to judge each other than they judge friends. How do you want new people to see you?

Figure 1.3 offers tips for how to make a good first impression with a positive attitude.

People form an **opinion**, or judgment, about you the first time they meet you. This instant opinion is called a first impression. It is based on the way you look, dress, talk, and behave. First impressions are important because they help people decide whether they want to know you better. What type of first impression do you make when you are considerate of others? In contrast, what do people think if you use poor table manners?

Figure 1.3 Make an Impression with Your Attitude

Build a Positive Attitude It is not always easy to think positively, but when you make the effort, the results can be worthwhile. *What can you do to turn your attitude around when you are feeling negative?*

- **Take positive action.** Just taking the first steps toward improving your attitude can make you feel better.
- **Talk positively.** If things do not go as planned, remind yourself that you can learn from the experience. Say to yourself, "What can I do better next time?"
- **Accept yourself.** You have weaknesses as well as strengths. Forgive yourself for mistakes and learn from them. Reward yourself for the things you do well.
- **Stay open to learning.** Learning new skills and knowledge increases your self-esteem.
- **Reach out to others.** Develop good relationships with lots of different people. Seek role models who are positive thinkers. Do not try to be exactly like other people. Instead, adjust your attitude to match their positive qualities.
- **Assert yourself.** You have a right to speak up and act on your beliefs. Maintain a positive environment by saying what you think and feel in ways that are not offensive or hurtful.
- **Accept and respect others as they are.** By treating people with respect, you show that you think of them as worthwhile individuals.




First impressions are not always accurate. When people have a chance to get to know you better, they may change their opinion. Sometimes, however, the first impression is the only chance you have to make a good impression.

Attitude and Your Appearance

Have you ever met an attractive person who became unattractive to you because he or she was mean, had bad manners, or did not treat you well? Perhaps you have met a person you first thought was unattractive, but he or she started to look better to you because of a great personality. This is because your attitude can affect the way you look. If you are often unhappy, angry, or bitter, it can show on your face and in the way you carry yourself. People are not attracted to negativity. On the other hand, if you smile, feel happy, and have a positive self-concept, you will probably find that people are drawn to you because you have traits they admire.



 **Looking Your Best** Practice good grooming to help you make a positive first impression. *What other habits can help you make a good first impression?*

Section 1.2 After You Read

Review What You Have Learned

1. **List** five things about your personal appearance that require daily care.
2. **Describe** what may be noticed when someone makes a first impression.

Practice Academic Skills

English Language Arts


3. Create a poster that shows how to care for your skin, hair, hands and feet, or teeth. Use information from your text and pictures clipped from magazines.

NCTE 3 Apply strategies to interpret texts.

Social Studies

4. Write a paragraph about the first impression you had of someone. What did you notice about his or her appearance and personality? What could you tell about his or her culture? What opinions did you form about him or her based on your first impression? Did your opinions change later? If so, why?

NCSS 1B Predict how data and experiences may be interpreted by people from diverse cultural perspectives and frames of reference.

 **Check Your Answers** Check your answers at this book's Online Learning Center at glencoe.com.

Discovering Careers

Focus on Personal Health and Hygiene ▼



Would you like to help people look and feel their best? Are you comfortable talking with people about medical or psychological issues? If you answered yes to either question, you might want to consider a career in personal health and hygiene. The following chart explores several careers in the personal health and hygiene industry.

Career Activities ▼

At School

1 Select three of the careers listed. Research the education, training, and work experience required for each career. Write a summary of your results.

At Home

2 Prepare a pamphlet for your family that explains the importance of properly caring for teeth and gums. Use images from magazines as illustrations. Share the pamphlet with your classmates.

At Work

3 A positive self-concept can help you perform well on the job. How can honesty, thoughtfulness, cheerfulness, responsibility, and self-control benefit you at work? Write one sentence for each quality and discuss them with your classmates.

In the Community

4 Contact and interview someone in your community who works in the personal care industry. Ask this person to describe what his or her typical work day is like. Share what you learned with your class.

Job Title	Job Description
Psychologist	Provides counseling. Assists individuals in achieving personal, social, educational, and vocational adjustments. Collects data through interviews and observation.
Dermatologist	Diagnoses and treats diseases of the skin, hair, and nails. Requires medical degree with specialization.
Dentist	Diagnoses and treats diseases, injuries, and malformations of teeth, gums, and related oral structures. Provides education in oral and dental hygiene.
Theatrical Makeup Artist	Applies makeup to performers to enhance appearance. Consults with photographers and stage and motion picture supervisors.
Cosmetologist	Provides beauty services for customers. Styles hair by cutting, trimming, and tapering. Suggests current styles or listens to customer's instructions.

Learn More Online  glencoe.com

Career Investigations Go to this book's Online Learning Center for activities and worksheets to help you explore careers.



Chapter Summary

Section 1.1 You Are Unique

During your teen years you start to become your own person. You experience emotional and physical changes, and you develop your own values. Family, friends, and culture influence who you are. Your personality shows in your appearance and your actions. A positive self-concept helps you cope with life. You are responsible for your own behavior and actions.

Section 1.2 Grooming and Personal Care

Taking care of your physical appearance contributes to the way other people see you. Grooming and personal care includes caring for your skin, hair, hands, feet, and teeth. When you are clean, you are more likely to be healthy. Being well-groomed can help you make a good impression when you meet people for the first time. A good attitude can affect the impression you make.

Words You Learned

- Use each of these content vocabulary words and academic vocabulary words in a sentence.

Content Vocabulary

- heredity (p. 8)
- culture (p. 8)
- self-concept (p. 10)
- self-esteem (p. 11)
- constructive criticism (p. 11)
- self-actualization (p. 14)
- adolescence (p. 16)
- grooming (p. 19)
- hygiene (p. 19)
- acne (p. 19)
- dermatologist (p. 19)
- cavity (p. 20)

Academic Vocabulary

- respect (p. 11)
- potential (p. 14)
- durability (p. 20)
- opinion (p. 22)

Review Key Concepts

- List** factors that influence who you are.
- Name** the qualities that make people unique individuals.
- Analyze** why it is important to understand emotions.
- Describe** the physical changes that happen during adolescence.
- Describe** the importance of personal grooming.
- Explain** the significance of first impressions.

Critical Thinking

- Describe** how your actions reveal which values are most important to you.
- Compare and contrast** needs and wants.

Real-World Skills and Applications

Problem-Solving

10. Choose Hair Care Products Sarah needs to buy products for her hair. She likes the way her friends do their hair, so she asked them what products they like to use. One friend has thick, curly hair, and her other friend's hair is fine and straight. Sarah has curly hair, but she uses a straightener at least once a week. How should Sarah decide what products she should buy for her hair?

Interpersonal and Collaborative

11. Research Adolescence Follow your teacher's instructions to form into teams. Work together to research the physical changes teens experience during adolescence. How do these changes affect relationships with family and friends? How can teens cope with these changes? Present your findings to your class.

Financial Literacy

12. Comparison Shopping There is an almost endless supply of personal care products available. Some are necessary, such as shampoo and toothpaste, and others may not be necessary. Think before you buy. Ask yourself if you really need the product. Maybe you want it because your friends use it or the advertising looks good. Also think about prices and your budget. Visit the hair care section of a supermarket or drugstore. Pick three different shampoos that you would consider using for your hair. Calculate and compare the price per ounce of each product. Which product is the best buy? Why? Share the information with your class.



13. Positive Self-Concept Much of your success depends on developing a positive self-concept. Cut out images from magazines and create a collage that represents the way you see yourself. Include images that show influences on your personality, such as heredity, environment, your experiences, and your culture. Share your collage with your class.

14. Stain Removal To care for your clothing, you may need to treat stains. Think about your daily activities. What kinds of stains might cause problems for you? Pen ink, grass, mud, or salad oil? Make a list of common stains. Then conduct research to find ways to remove stains from clothing. Write a one- or two-page guide that explains how to remove stains. Use graphics or drawings to illustrate your guide.

15. International Cultures Sometimes people do not think about their own culture until they experience other cultures. For example, you may not have tried *kielbasa* (sausage) or *pierogis* (dumplings) unless you have been to a traditional Polish wedding. Conduct research to become familiar with another culture of your choice. Write two or more paragraphs to describe what you learned about the other culture. Include information about traditions, foods, and beliefs.



Academic Skills



English Language Arts

16. Constructive Criticism Role-Play

Follow your teacher's instructions to form small groups. Work with your group to develop situations in which constructive criticism would be helpful. The situation might be helping a sibling develop a new skill, or helping a friend practice an oral presentation. Each group member should play a part. Write a script and act out the role-play for the rest of the class.

NCTE 12 Use language to accomplish individual purposes.



Science

17. Examine a Problem

Taking care of your teeth can help prevent cavities and gum disease.

Procedure Conduct research on the results of poor dental hygiene. Find out about ways to maintain the health of your teeth.

Analysis Make a chart to show what can happen if you do not take proper care of your teeth and gums. Write a list of tips to keep your teeth healthy.

NSES A Develop understandings about scientific inquiry.



Mathematics

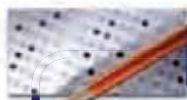
18. Calculate a Budget

People who maintain budgets can often avoid money troubles. Imagine that you are living on your own and need to make a personal budget that includes your needs and wants. After making a list of the things you need and the things you want, you determine that your basic needs require 75 percent of your monthly income. Your wants cost 15 percent. If your monthly income is \$2,000, how much are you spending on wants?

Math Concept **Multiply Dollars by Percents** A percent is a ratio that compares a number to 100.

Starting Hint To multiply percentages, first rewrite the percent (15%) as a fraction. The numerator is 15 and the denominator is 100. Convert the fraction to a decimal. Multiply this decimal by the number (\$2,000). Remember to put the decimal point in the correct place in your answer.

NCTM Number and Operations Understand numbers, ways of representing numbers, relationships among numbers, and number systems.



Standardized Test Practice

Timed Writing

Read and answer the question in five minutes. Use a separate sheet of paper for your answer.

Test-Taking Tip When taking a timed writing, first read the question carefully to see what needs to be included in your response. Then write a quick plan or outline to follow as you write.

19. A person's self-concept includes many qualities. Choose a quality from this chapter that you think is the most important for your own self-concept. Explain why the quality is important to you and give examples of how you show that quality in your own life.