Know Before You Go Crossword
**Across**

1. A sense of connection to something bigger than oneself. (page 11)
2. ______ is not the same as solitude. (page 21)
3. One way of developing positive mental health. (page 44)
4. Having time alone can help us to _______. (page 22)
5. What avoiding stress can lead to. (page 17)
6. When selecting courses, you should consider the class _______. (page 31)
7. The way in which we present or show our gender to the world is called gender _______. (page 13)
8. There are five main _______ dimensions. (page 6)
9. In approaching a relationship, it is important to communicate your _______ with your partners. (page 29)
10. To be able to adapt to the inevitable stresses of everyday life. (page 15)
11. Another important aspect for making a living arrangement work. (page 17)
12. This is not an effective way to study. (page 35)
13. One important aspect of making a living arrangement work is _______ for others. (page 17)
14. Those who learn best through listening. (page 32)
15. As you become more independent, you have an increase of _______. (page 14)
16. Those who learn best through doing. (page 32)
17. A kind of list to help you stay organized (two words - page 36)
18. This is not an effective way to study. (page 35)
19. One way of developing positive mental health. (page 44)
20. Becoming independent involves making what? (page 18)
21. One way of developing positive mental health. (page 44)
22. Those who learn best through doing. (page 32)
23. The last learning style not yet mentioned in this crossword. (page 32)
24. The experience of grief after death of someone close to you is an example of a mental health _______. (page 42)
25. Those who learn best through seeing representations. (page 32)

**Down**

1. ______ is not the same as solitude. (page 21)
2. Having time alone can help us to _______. (page 22)
3. What avoiding stress can lead to. (page 17)
4. The way in which we present or show our gender to the world is called gender _______. (page 13)
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9. One important aspect of making a living arrangement work is _______ for others. (page 17)
10. Those who learn best through listening. (page 32)
11. As you become more independent, you have an increase of _______. (page 14)
12. Those who learn best through doing. (page 32)
13. The feeling of stress is there to encourage you to _______. (page 35)
14. The _______ process may last a few weeks or months until a person has time to adjust. (page 66)
15. Schizophrenia includes this symptom. (page 63)
16. Intense sadness with negative thoughts, fatigue, or sleep problems which interfere with the ability to live your life is an example of a mental _______. (page 42)
17. Disappointment or sadness after a break up would be an example of mental _______. (page 42)
18. Becoming independent involves making what? (page 18)
19. One way of developing positive mental health. (page 44)
20. The experience of grief after death of someone close to you is an example of a mental health _______. (page 42)
21. Those who learn best through seeing representations. (page 32)