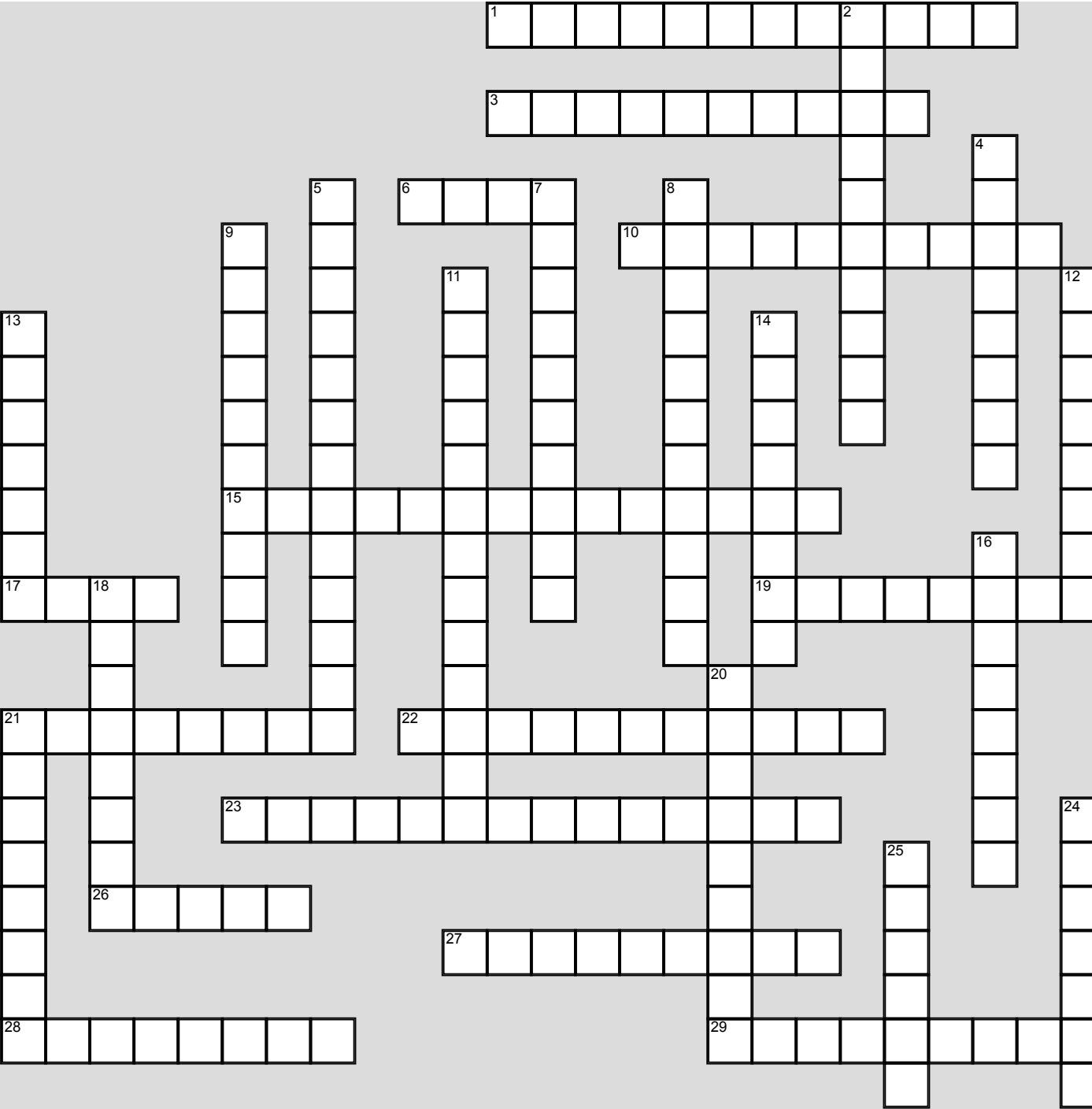


Know Before You Go Crossword



Across

- 1 A sense of connection to something bigger than oneself. (page 11)
- 3 One way of developing positive mental health. (page 44)
- 6 When selecting courses, you should consider the class _____. (page 31)
- 10 To be able to adapt to the inevitable stresses of everyday life. (page 15)
- 15 As you become more independent, you have an increase of _____. (page 14)
- 17 A kind of list to help you stay organized (two words - page 36)
- 19 One way of developing positive mental health. (page 44)
- 21 One way to stay organized (two words - page 36)
- 22 Those who learn best through doing. (page 32)
- 23 The last learning style not yet mentioned in this crossword. (page 32)
- 26 The feeling of stress is there to encourage you to _____. (page 35)
- 27 Schizophrenia includes this symptom. (page 63)
- 28 The _____ process may last a few weeks or months until a person has time to adjust. (page 66)
- 29 Being _____ can help you through many challenging times in your life. (page 22)

Down

- 2 _____ is not the same as solitude. (page 21)
- 4 Having time alone can help us to _____. (page 22)
- 5 What avoiding stress can lead to. (page 17)
- 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)
- 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)
- 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)
- 18 Disappointment or sadness after a break up would be an example of mental _____. (page 42)
- 20 Becoming independent involves making what? (page 18)
- 21 One way of developing positive mental health. (page 44)
- 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)