

# End of unit quiz

1. Which sentence best describes behaviour change?

When a person continues to do something in the same way

When a person does something different from how they used to do it

2. Write a sentence that describes each of these two environments.

The natural environment

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.....

The social environment

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.....

**4. What do each of the letters of SMART stand for?**

S: .....

M: .....

A: .....

R: .....

T: .....

**5. Answer true or false to the following statements.**

The stages of change model explains the different stages a person goes through when making a change.

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A motivational interview should allow a person to identify their own goals.

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Self-advocacy is when a person needs someone to talk for them.

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An empowered patient has control over their own health.

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An empowered community benefits one person.

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