

Exploring Life and Career © 2012

Chapter 1: Learning About You—Glossary

accept. View as normal or proper.

active listening. Being focused on the communication process.

adolescence. The stage of growth between childhood and adulthood.

adoptive family. A couple, or a single person, chooses to raise another person's child as their own.

adulthood. The stage of growth following adolescence.

affection. A feeling of fondness.

body language. Nonverbal communication, such as facial expressions and gestures.

bully. A person who uses strength or power to persuade or pressure others (force or fear) to do something.

casual dating. Dating as part of a couple.

challenge. A demanding or difficult task or situation that can be a source of distress.

character. The traits that guide you in deciding right from wrong.

childhood. The stage of growth from birth to adolescence.

childless family. A couple without children.

communication. Sending or receiving information, signals, or messages.

compromise. An agreement in a conflict in which both sides are willing to give up a little of what they wanted.

conflict. A disagreement between two or more people.

conflict resolution. The process of finding a solution to a disagreement.

crisis. Affects the functioning of a family.

culture. The beliefs and customs of a certain racial, religious, or social group.

development. Age-related changes that are orderly and directional (moves toward greater complexity).

developmental tasks. Skills or behavior patterns people should accomplish at certain stages of their lives.

early adolescence. The ages between eleven and fourteen.

emotional growth and development. Recognizing and accepting your feelings.

environment. The conditions, objects, places, and people that are all around a person.

ethics. Your strong beliefs about right and wrong that guide your conduct.

family. A group of people related to one another by blood (birth), marriage, or adoption.

family council. An informal meeting called to talk over issues concerning family members.

family counseling agency. Group that works with family members to help them deal with changes and challenges.

family type. The makeup of a family.

feedback. A response that lets the speaker know you received and understood the message.

foster family. Family that cares for children who are not related to other family members.

friend. Someone you care about, trust, and respect.

generation. All people who are born and live in about the same time span.

group dating. When several people of both sexes meet for an activity.

growth. Specific body changes that can be measured.

guardian. Person chosen by a family to take responsibility for a child if the parents are no longer able to provide care.

heredity. The result of receiving traits from parents or ancestors.

hot line. A telephone service that offers immediate information to people who need help.

independence. The freedom to decide, act, and care for yourself.

inherited. Physical traits from your parents and grandparents.

intellectual growth and development. Learning.

mediator. A person not involved in the conflict, but helps settle the conflict.

negative peer pressure. When peers influence you to do something that is not right for you.

nonverbal communication. The sending and receiving of messages without the use of words.

nuclear family. A married man and woman and their biological children.

peer pressure. The influence people's peers have on them.

peers. People who belong to the same age group.

personality. The group of traits that makes each person a unique individual.

physical growth and development. Body changes.

physical traits. The distinguishing characteristics of your body.

positive peer pressure. When peers influence you to do something that is good for you.

relationship. A pattern of interaction with one or more persons over time.

reputation. What others think of a person.

respect. A high or special regard for someone.

responsibility. A task you are expected or trusted to do.

role. A person's place in a group.

self-concept. The way a person sees himself or herself.

self-confidence. The feeling of being sure of yourself and your abilities.

self-esteem. The way a person feels about his or her self-concept.

share. To experience or enjoy with others.

shelter. A place that offers housing and food to people who have nowhere else to go.

siblings. Brothers and sisters.

single-parent family. One adult who is raising one or more children.

social growth and development. Forming friendships and getting along well with others.

socialization. Teaching the ways and customs of a culture to others.

solution. An answer to a problem.

stepfamily. The husband, the wife, or both have children from other marriages. Also called *blended family*.

support group. A group of people with a similar challenge who provide support and help each other cope.

traits. Distinguishing characteristics of a person.

trust. To believe a person is honest and reliable.

trustworthy. A quality of being a friend.

unity. A state of being in agreement, not being divided.

verbal communication. The use of words to give or receive information.