

## Preparing for Life and Career © 2013

### Chapter 1: Personal Development—Glossary

**acquired traits.** Traits that develop as a part of the environment.

**adolescence.** The stage between childhood and adulthood.

**attitudes.** Feelings and opinions about someone or something.

**authority figures.** People who help guide the behaviors of others in the community by creating and enforcing rules designed to help and protect you and all other citizens in the community.

**birth order.** The order of birth that indicates whether you are the first, middle, or youngest child in your family.

**citizen.** A member of the community.

**citizenship.** Your status as a citizen with rights and responsibilities.

**developmental tasks.** Certain skills and behavior patterns that should be achieved within each stage of life.

**emotional changes.** Changes that affect how you feel about situations and how you express those feelings.

**emotions.** Feelings about people and events in your life.

**environment.** Everything and everyone around you, including family, home, friends, school, classmates, teachers, coaches, and community.

**genes.** Sections of the DNA molecule found in a person's cells that determine the characteristics that will appear as a person grows and develops.

**growth spurts.** Rapid periods of growth.

**heredity.** The passing of traits from one generation of family to the next.

**hormones.** Chemicals produced in the body that influence the way you grow and develop.

**independence.** A state of being in which people are responsible for their own actions and provide for their own needs and wants.

**inherited traits.** Traits you receive from your parents and ancestors.

**intellectual changes.** Changes that take place as you learn more about the world around you.

**optimists.** People who have positive attitudes.

**personality.** Combination of traits that makes you the person you are, including habits and feelings.

**pessimists.** People who have negative attitudes.

**physical changes.** Changes that occur as your body grows and matures.

**puberty.** The time when the body begins to mature sexually.

**responsibilities.** Duties or jobs you must carry through.

**role.** A pattern of expected behavior.

**self-concept.** The mental image you have of yourself.

**self-confidence.** Assurance you have in yourself and your abilities.

**self-esteem.** How you feel about yourself; how you view your worth as a person.

**social changes.** Changes that occur as you meet more people and learn how to get along with them.

**traits.** Qualities that make you different from everyone else.