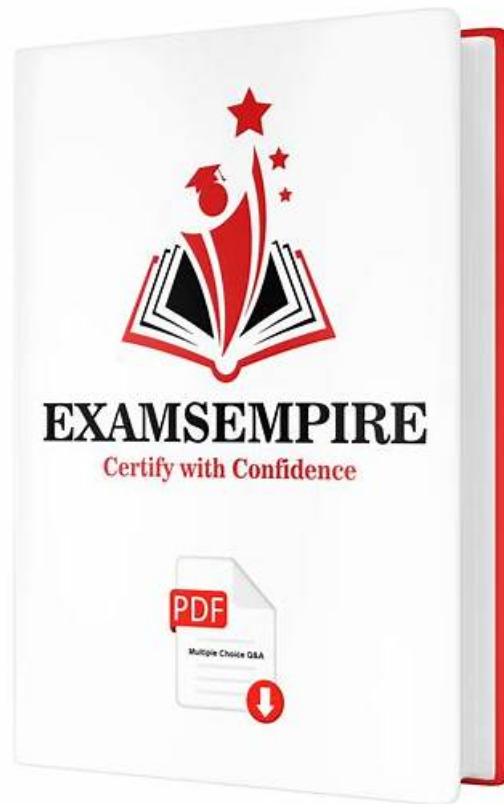


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WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q26-Q31):

NEW QUESTION # 26

What is a dimension of social health?

- **A. Developing interpersonal relationships**
- B. Focusing efforts on workplace success
- C. Completing an undergraduate degree
- D. Seeking physical wellness

Answer: A

Explanation:

A core dimension of social health is developing interpersonal relationships. Social health refers to how well a person connects with others, communicates, builds trust, resolves conflict, and maintains supportive networks. Healthy interpersonal relationships can include friendships, family connections, teammates, classmates, mentors, and community groups. Strong social ties are linked with better coping during stress, greater belonging, and improved overall well-being.

In Social and Emotional Learning (SEL), developing interpersonal relationships involves skills such as empathy, active listening, respectful communication, cooperation, and setting healthy boundaries. It also includes the ability to seek help when needed and to offer support to others appropriately. Social health is not simply "being popular"; it is about building relationships that are respectful, safe, and mutually supportive.

The other options are not direct dimensions of social health. Seeking physical wellness relates primarily to physical health behaviors (activity, sleep, hygiene, medical care). Completing an undergraduate degree is an educational achievement, which may influence social opportunities but is not itself a dimension of social health. Focusing efforts on workplace success relates to career development and achievement; it can involve social skills, but it is not the definition of social health.

Social health matters in daily life because relationships influence choices and habits: friends and family can encourage healthy behaviors, provide emotional support, and help a person feel connected. In wellness education, students are often encouraged to practice communication skills, conflict resolution, and community involvement because these strengthen social health and contribute to healthier emotional functioning.

NEW QUESTION # 27

Contacting the Writing Center for help after reviewing comments on a failed writing assessment is an example of which SEL competency?

- A. Communication and leadership
- B. Social awareness
- C. Self-management
- **D. Executive function**

Answer: D

Explanation:

This scenario best fits executive function (C) because it shows a structured, problem-solving response to feedback. Executive function includes planning, organizing, evaluating results, and choosing effective strategies to improve performance. Here, the individual first reviews comments (analyzes information), identifies the gap (why the assessment was unsuccessful), then selects an appropriate support resource (the Writing Center) and takes action. That sequence—reflect, plan, and act—represents executive functioning in a practical academic setting.

Executive function also includes persistence and flexible thinking. Instead of giving up or blaming external factors, the person uses feedback to guide a new approach. Contacting the Writing Center indicates the person is willing to adapt strategies, practice skills, and seek guidance. These behaviors increase the chance of improvement on future assignments because the individual is engaging in targeted learning rather than repeating the same approach.

The other options are less precise. Social awareness focuses on understanding others' emotions and perspectives; this scenario centers on improving one's own performance. Communication and leadership can be involved because the person will communicate with tutors or staff, but the key competency is the planning and decision-making behind seeking help. Self-management includes emotional control and motivation; it may play a supporting role (handling disappointment), but the central skill demonstrated is choosing an effective next step based on evaluation and planning—executive function.

In SEL-based wellness learning, executive function supports healthy coping with failure: using setbacks as information, adjusting study methods, and accessing resources. This approach strengthens confidence, reduces stress over time, and builds long-term

academic resilience.

NEW QUESTION # 28

Which of the following have a positive impact on emotional health and wellness? Choose 3 answers.

- A. Supportive emotional environment
- B. Feelings of acceptance
- C. Dependable work schedule
- D. Treating self to shopping spree
- E. Realistic perceptions of success

Answer: A,B,E

Explanation:

Emotional health and wellness are strengthened by conditions that support stability, belonging, and balanced thinking. The three best choices are B (supportive emotional environment), D (feelings of acceptance), and E (realistic perceptions of success).

A supportive emotional environment includes safe relationships, respectful communication, and encouragement from family, friends, teachers, or teammates. Support helps people manage stress, recover from setbacks, and feel comfortable expressing emotions in healthy ways. Feelings of acceptance—being valued and included—reduce isolation and can improve self-esteem. Acceptance supports resilience because people are more likely to seek help, participate in activities, and maintain healthy relationships when they feel they belong.

Realistic perceptions of success are also key. Emotional wellness improves when goals and expectations are achievable and flexible. Realistic thinking helps prevent chronic disappointment, perfectionism, and harsh self-judgment. It encourages learning from mistakes and celebrating progress, which promotes motivation and healthier self-talk.

The other options are less reliable as "positive impact" factors. A dependable work schedule can help by providing structure, but it is not universally applicable (and for some people, work demands can increase stress). Treating yourself to a shopping spree may feel good briefly, but it is not a consistent wellness strategy and can sometimes create additional stress (financial pressure or guilt).

Wellness education emphasizes coping skills that build long-term stability—support networks, belonging, and realistic goal-setting—rather than short-term mood boosts.

NEW QUESTION # 29

Working to develop one's ability to understand others' emotions is an example of which SEL competency?

- A. Communication and leadership
- B. Self-awareness
- C. Executive function
- D. Self-management

Answer: A

Explanation:

Developing the ability to understand others' emotions is closely linked to empathy, which is a core part of SEL relationship skills and strong interpersonal communication. Among the provided options, the best match is communication and leadership (A) because effective communication and leadership depend on accurately reading others' emotions, responding respectfully, and adapting communication style to the needs of the situation. Leaders who understand emotions can motivate teams, resolve conflicts, and build trust—skills that are directly supported by empathy.

While self-awareness focuses on recognizing one's own emotions and patterns, the question specifically emphasizes understanding others' emotions, which goes beyond self-awareness. Self-management is about regulating one's own emotions and behavior, not interpreting others. Executive function relates to planning, attention, and impulse control; it supports good choices but is not the main competency for emotional understanding.

In practical terms, building this competency might include observing body language and tone, asking open-ended questions, listening without interrupting, and reflecting back what the other person seems to feel ("It sounds like you're frustrated"). This reduces misunderstandings and strengthens relationships. In school and work, it can improve teamwork, customer/patient interactions, and conflict resolution.

So, the most accurate answer from the given choices is communication and leadership, because understanding others' emotions is central to effective human interaction and leading others in supportive, respectful ways.

NEW QUESTION # 30

Rewarding oneself for successful, on-time progress is an example of which SEL competency?

- A. Communication and leadership
- **B. Self-management**
- C. Executive function
- D. Social awareness

Answer: B

Explanation:

Rewarding oneself for successful, on-time progress is a clear example of self-management. Self-management includes self-discipline, motivation, goal-directed behavior, and using strategies that help sustain effort over time. Rewarding yourself is a form of positive reinforcement—it strengthens habits by linking consistent effort with a meaningful benefit. For example, if a student meets weekly deadlines, they might reward themselves with a relaxing activity, extra leisure time, or a small treat. This reinforces consistency and helps maintain motivation when tasks feel demanding.

This behavior also reflects the ability to monitor progress and regulate behavior accordingly—key parts of self-management. The person recognizes achievement, chooses a healthy reward, and uses it to support continued commitment. It can also reduce burnout by balancing effort with recovery and enjoyment.

The other options do not fit as well. Communication and leadership involve working with and guiding others; rewarding oneself is internal. Social awareness focuses on understanding others' emotions and perspectives, not personal habit-building. Executive function is related to planning and organization, which helps a person complete tasks on time, but the act of rewarding oneself to maintain motivation is more directly a self-management tool.

In wellness contexts, self-management strategies like rewards work best when they are realistic and healthy—such as taking a walk, enjoying a hobby, or spending time with supportive people—rather than rewards that undermine goals. Used thoughtfully, self-reward supports persistence, confidence, and a positive relationship with personal growth.

NEW QUESTION # 31

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