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WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q18-Q23):

NEW QUESTION # 18

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

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

Answer: A,C,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 # 19

Which vitamin supplement should a vegan take on a daily basis?

- A. Vitamin A
- B. Vitamin C
- C. Vitamin B12
- D. Vitamin E

Answer: C

Explanation:

Vegans are commonly advised to supplement vitamin B12 because reliable natural dietary sources of B12 are primarily found in animal-derived foods (meat, fish, eggs, and dairy). Vitamin B12 is essential for red blood cell formation, DNA synthesis, and normal nerve function. Without adequate B12, a person can develop megaloblastic anemia (fatigue, weakness, pale skin) and potentially serious neurological issues (numbness, tingling, balance problems, memory changes). Because B12 deficiency can develop gradually and symptoms may appear late, consistent intake is emphasized.

While some plant foods are fortified (such as certain plant milks, breakfast cereals, and nutritional yeast), a daily B12 supplement is often recommended to ensure dependable intake, especially if fortified foods are not consumed regularly. The "daily basis" language in the question points strongly to B12 because it is the nutrient most consistently highlighted in vegan nutrition education as requiring intentional planning.

The other options are less appropriate. Vitamin C is abundant in fruits and vegetables, which are typically plentiful in vegan diets. Vitamin E is present in nuts, seeds, and vegetable oils. Vitamin A can be obtained as beta-carotene from orange and dark-green vegetables (the body converts it as needed). Although all nutrients require attention in a well-planned vegan diet (including vitamin D, iodine, iron, calcium, zinc, and omega-3 fats), B12 is the standout nutrient that usually requires supplementation or consistent fortified-food intake to avoid deficiency.

NEW QUESTION # 20

Which scenario is an example of self-awareness?

- A. Thinking an evaluator's feedback is an opportunity to improve instead of personal criticism
- B. Creating a system for organizing notes to make studying for assessments effective
- C. Being mindful of one's word choice when communicating with a group
- D. Joining a study group to help fellow students by discussing one's work experiences

Answer: A

Explanation:

Self-awareness involves recognizing one's own emotions, thoughts, strengths, limitations, and how these influence behavior. Option C—viewing an evaluator's feedback as an opportunity to improve rather than personal criticism—shows self-awareness because it reflects insight into how feedback can trigger emotional reactions and how reframing thoughts can change the response. This demonstrates awareness of inner dialogue and emotional interpretation, which are central to self-awareness.

In this scenario, the person recognizes that feedback might initially feel uncomfortable or threatening, but they choose a healthier interpretation: "This is useful information for growth." That mental reframing requires awareness of personal feelings (such as defensiveness or embarrassment) and an understanding that those feelings do not have to control the outcome. It also supports

confidence and learning, which are key benefits of SEL.

The other options align more strongly with different SEL skills. A (being mindful of word choice in a group) is closely related to relationship skills and self-management-controlling communication to be respectful. B (joining a study group to help others) reflects relationship skills and social awareness-cooperation and support. D (creating an organization system for notes) is primarily executive function-planning and organization.

Self-awareness helps people identify triggers, understand what motivates them, and choose responses that match their goals and values. In health and wellness contexts, it supports recognizing stress signals, noticing negative self-talk, and adjusting behaviors early-before problems escalate.

NEW QUESTION # 21

Scheduling a team dinner far after sunset to accommodate several team members who are fasting during daylight hours is an example of which SEL competency?

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

Answer: C

Explanation:

This scenario is a strong example of social awareness (C). Social awareness involves recognizing and respecting the needs, values, and lived experiences of others, including cultural and religious practices. By scheduling a team dinner after sunset to support team members who are fasting during daylight hours, the organizer demonstrates empathy, inclusivity, and consideration of others' circumstances. This helps everyone feel respected and included, which supports a healthier team environment and stronger relationships.

Social awareness is more than simply knowing that people are fasting-it includes acting on that understanding in a practical way.

Adjusting the schedule shows perspective-taking: "How will this plan affect others, and how can we make it accessible?" This is an important SEL skill for reducing unintentional exclusion and building trust within groups. Inclusive planning can improve morale, cooperation, and psychological safety, leading to better communication and teamwork.

The other competencies are not as direct. Self-management relates to controlling one's own emotions and behaviors; it doesn't focus on others' needs. Self-awareness refers to understanding one's own feelings, beliefs, and triggers. Communication and leadership may be involved in organizing an event, but the key element highlighted here is awareness of and respect for others' needs-social awareness.

From a wellness perspective, inclusive practices also reduce stress for fasting individuals by removing social pressure to eat or attend during difficult times. It communicates belonging and respect, both of which positively influence emotional well-being and group cohesion.

NEW QUESTION # 22

What is a dimension of social health?

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

Answer: B

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 # 23

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