

GLOSSARY

affect: to have an influence on or cause a change in.

anxious: uneasy about an event or matter; worried.

concept: an abstract idea; a thought, notion, or plan.

effect: to bring about.

effective: 1. having an intended result or accomplishment. 2. producing a strong impression or response.

expertise: 1. skill or knowledge in a particular area. 2. expert advice or opinion.

foster: to promote the growth and development of; nurture; cultivate.

nutrient: a source of nourishment, especially a nourishing ingredient in a food.

objectivity: 1. being uninfluenced by emotions or personal prejudices. 2. basing opinions on observed facts.

perseverance: condition or state of staying with a course of action, belief, or purpose; steadfastness.

personal values: principles, standards, or qualities that a person considers worthwhile or desirable.

respect: 1. to feel or show regard, honor, or esteem. 2. to value.

self-esteem: 1. pride in oneself; self-respect. 2. a good opinion of oneself.

stress: a state of extreme difficulty, pressure, or strain capable of affecting physical health.