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Solving Complex half life problems
 32g, has a half life of 15 yrs.
 How much remains after 37 yrs?

$$A_t = A_0 (0.5)^{\frac{t}{t_{1/2}}}$$

$$= 32 (0.5)^{\frac{37}{15}}$$

$$= 32 (0.1809)$$

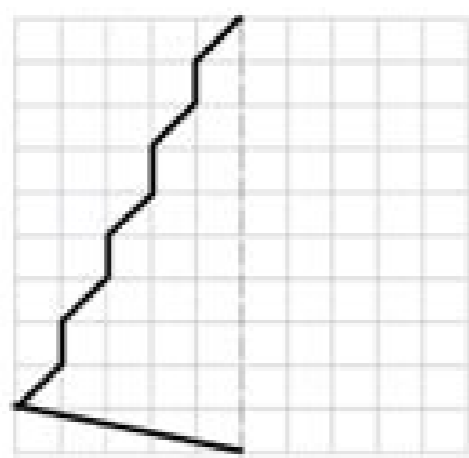
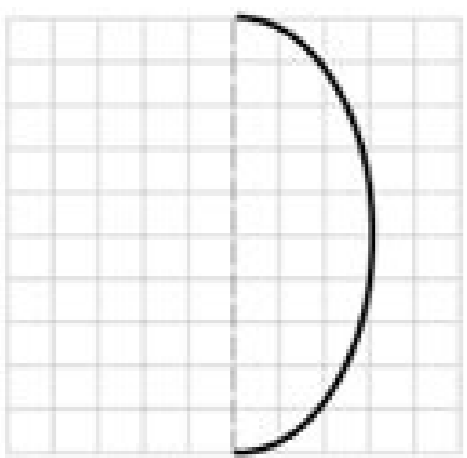
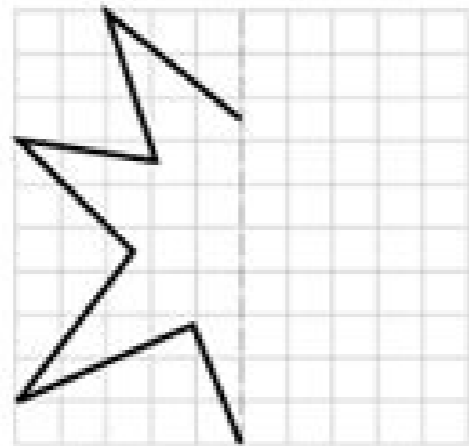
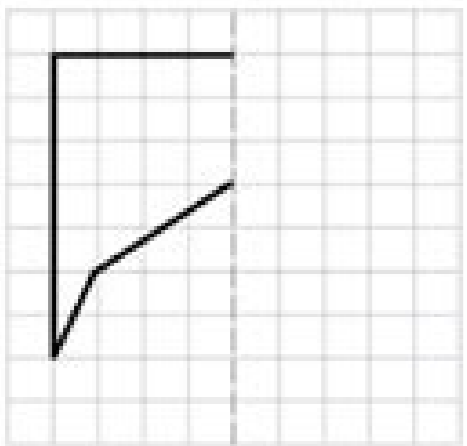
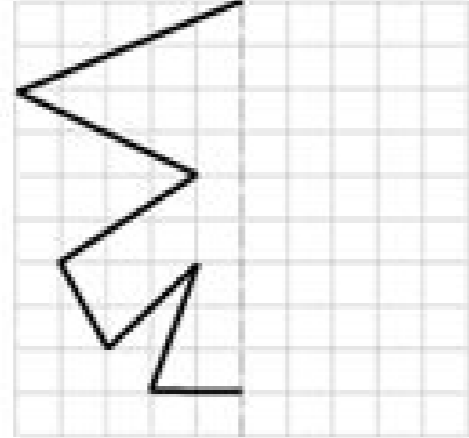
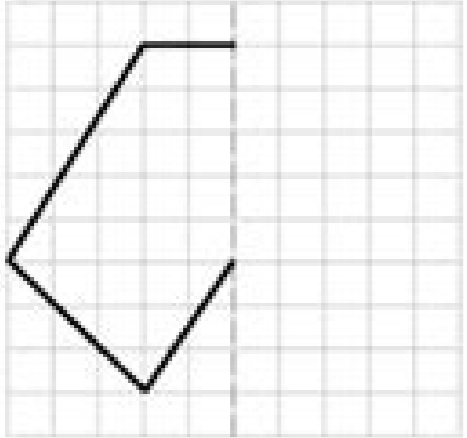
$$= 5.79 \text{ g}$$

2.467 half lives

Creating Symmetry

Name: _____ Class: _____

Each figure is half of a symmetric shape. Complete each figure by using the dotted line as the line of symmetry.



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Challenging Anxious Thoughts

Anxiety can be a healthy emotion that helps us to focus on our problems, and work hard to solve them. But sometimes, anxiety gets out of control and does not let us focus. It might be able to solve problems. When this happens, irrational thoughts often play a role.

In this worksheet, we will practice catching our irrational thoughts and replacing them with rational alternatives. With enough practice, this will become a natural process that can help you manage anxiety.

Describe a common situation that triggers your anxiety.
 example: "Being a speaker in front of a group of people at a conference."

Anxiety distorts our thinking by causing us to overestimate the likelihood of something going wrong, and heighten the potential consequences as worse than they really are. Sometimes, just taking a moment to think about these facts can help us recognize our irrational thoughts.

Imagine you are faced with the anxiety-producing situation from above. Describe the:

Event outcome: _____
 Best outcome: _____
 Likely outcome: _____

Imagine the worst outcome comes true. Would it still matter?

1 week from now: _____
 1 month from now: _____
 1 year from now: _____

Usually, anxious thoughts focus on the worst possible outcomes, even when they aren't likely. For example, a person who is nervous about giving a speech might think, "I am going to forget everything and embarrass myself and I'll never live again!"

As an anxious observer, we know that an observer, more rational thought might be, "My speech might only be 10% but I'll think up, everyone will forget about it soon enough!"

Using your own "best outcome" and "likely outcome" from above, describe your:

1 week from now: _____
 1 month from now: _____
 1 year from now: _____

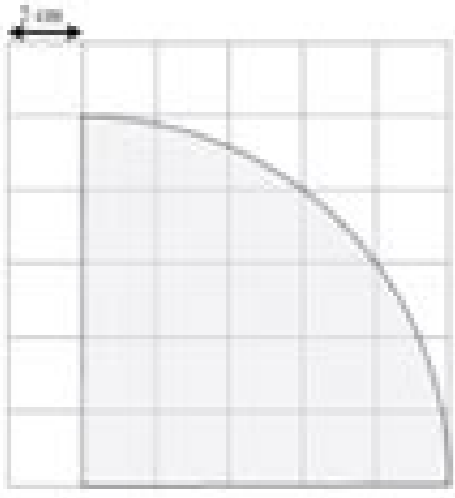
Preview

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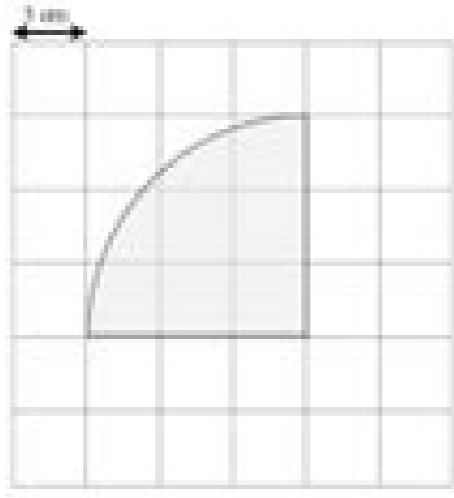
Perimeter of Circular Shapes

Name: _____ Class: _____

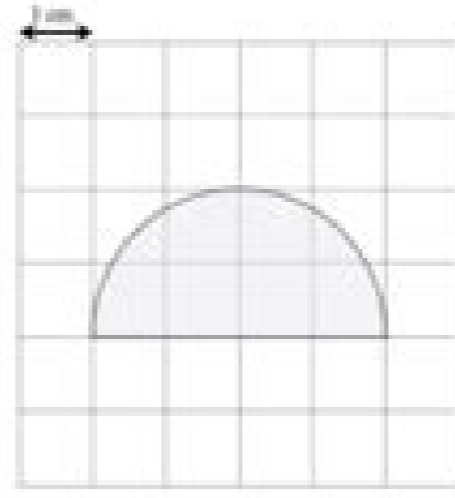
Calculate the perimeter of the following shapes. Take $\pi = 3.14$ and round off to 2 decimal places. The grids are made up of square blocks.



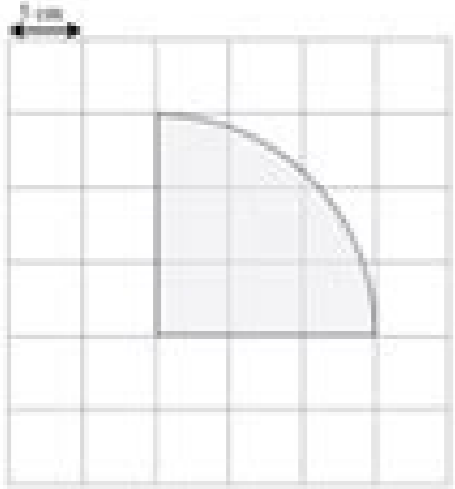
Perimeter: _____



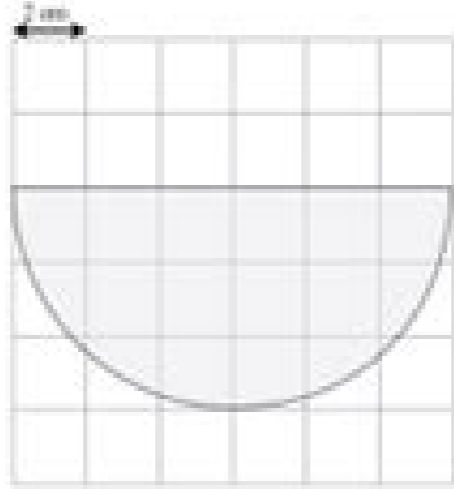
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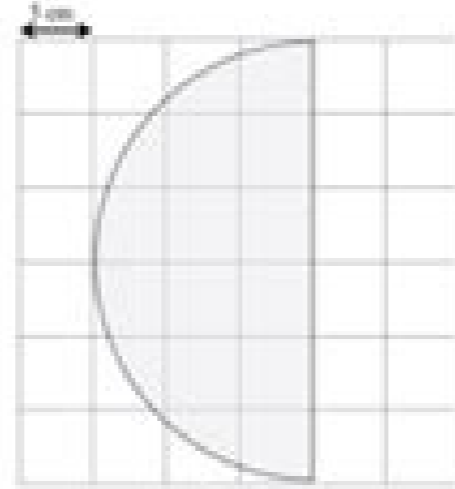
Perimeter: _____



Perimeter: _____

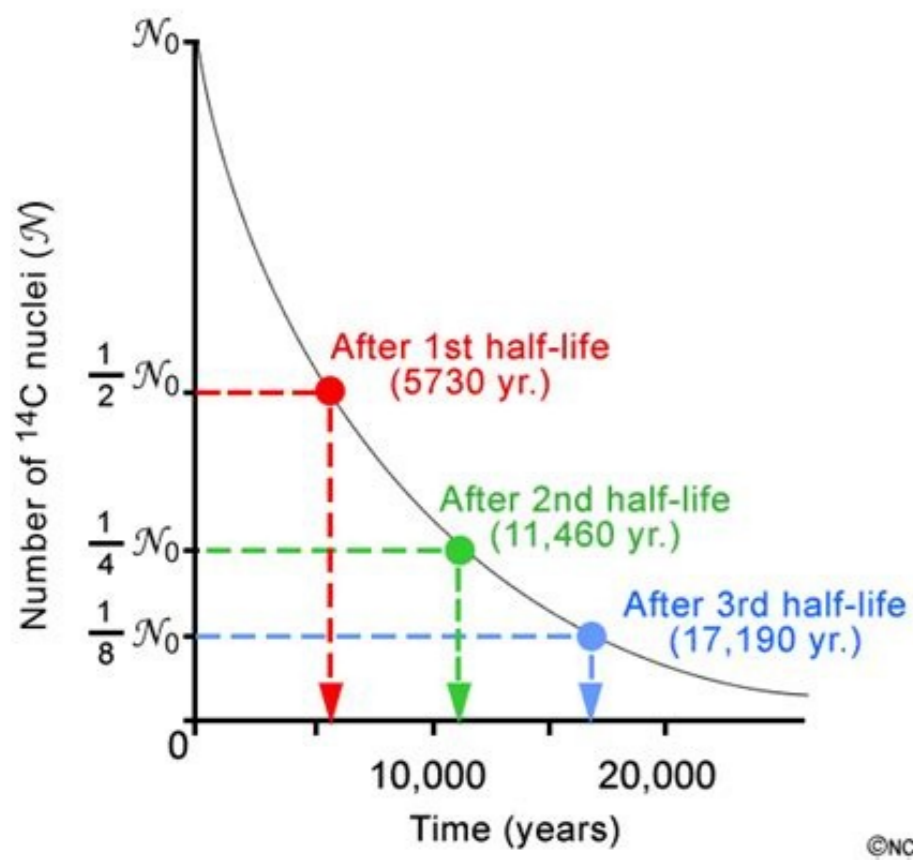


Perimeter: _____



Perimeter: _____

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If the insured individual dies while the policy is in effect, the beneficiary receives a payment from the insurance company. The right time for you to buy one will ultimately depend on your personal financial and health situation. At the very least, a life insurance policy can cover the costs of your final expenses, such as the cost of a burial or cremation, funeral and outstanding debts, which in turn keeps those things from burdening your family. Photo Courtesy: Chris Hondros/Getty Images With a better policy, you can also provide money to cover a mortgage, education, or other large expenses that could be too much to manage with the loss of your income otherwise. Part of the premium covers the cost of the insurance, while the rest is set aside and earns interest. This type of policy ensures they will always have coverage as long as they pay the premiums on time. Either way, buying one when you're younger and healthier is usually cheaper than waiting until you're closer to needing one, even if you end up spending money on a policy you likely won't need. CC0/rawpixel/Pixabay Life insurance is something most people have at least heard of, but not everyone understands who should get it and what it's actually for. Contrary to what you might expect, life insurance isn't just for the elderly. With a bit of basic information, you'll be prepared to decide for yourself if life insurance is right for you and your family. Life insurance plans in the United States are usually divided into term and permanent policies. Some are run by individual insurance companies, such as this one from Guardian Life, while others are maintained by independent sources. Photo Courtesy: Tim Boyle/Getty Images Alternatively, you can also seek out an expert who understands the industry and available products to help you make an informed decision. Term insurance has the benefit of usually being cheaper than permanent insurance with equivalent benefits. Photo Courtesy: Don Bartlett/Getty Images Permanent insurance — which also includes whole life, variable life and universal life insurance — combines a death benefit with some form of cash savings. When you're young and have no spouse or children, you may not need a policy because no one is counting on your income. They can explain the pros and cons of life insurance and help you find the perfect policy for your situation. If used wisely, life insurance is the final way of providing for those you care about. Determining Your Life Insurance Needs Some people shy away from life insurance policies because they think they can't afford them. How to Find a Policy There are plenty of online tools that can evaluate your insurance needs and help you choose a policy that works for you. Others purchase a guaranteed renewable policy before they have dependents. A term policy lasts for a set period of time, such as 10 or 20 years. While the specifics can vary from plan to plan, you're paying to ensure the well-being of the people you leave behind, whether that happens today or decades from now. From Lincoln Heritage to MetLife to Erie Insurance, there are many life insurance providers to choose from, each with their own range of plans and options to choose from. Some people wait until they marry or have children. You may also be able to borrow money against the policy or use it to pay for future premiums. If You Have Dependents, You Need Life Insurance The most common reason for needing life insurance is if you have dependents: people who depend on you financially, such as children, a spouse that doesn't work or a parent who you support. In fact, the premium for a plan that has coverage of \$250,000 can cost less than \$200 per year depending on your demographic and the plan you select. Finding Affordable Life Insurance The level of life insurance coverage you need changes over time. MORE FROM ASK MONEY.COM While the best plans can definitely be expensive, cheaper plans are available, especially if you're comfortable with a term policy. Photo Courtesy: Sean Gallup/Getty Images Other factors also affect how much life insurance will cost. Instead, it's a guarantee for your loved ones that they'll have the financial resources they need in the event of your death. The same is true for individuals with adult children and those who have enough money in savings to cover their loved ones' expenses. Photo Courtesy: Lars Baron/Getty Images Another consideration is when to buy a life insurance policy. Between the range of choices and the prospect of dealing with your own mortality, making sense of life insurance can seem like a daunting task. However, it doesn't have to be. Smokers and individuals with serious health conditions can expect to pay more for their policies, while younger people and women tend to have lower premiums than older adults and men. Insurance agents, estate planning lawyers and tax professionals can help you navigate the many life insurance policies and providers out there. Generally speaking, you can withdraw that amount early or let it ride for a much larger sum upon your death.

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