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Step by Step 7e: Chapter 2 Test Questions

Multiple Choice

Choose ONE answer per question.

1. Your _____ is your desire to do well.

   a. motivation

   b. attitude

   c. mindset

   d. resilience

2. Tanya has an exam next week in her Chemistry class. She is studying hard because she wants to earn a good grade. Which type of motivation does Tanya have?

   a. Fixed

   b. Growth

   c. Extrinsic

   d. Intrinsic

3. If you are motivated by an internal desire to learn, you have _____ motivation.

   a. extrinsic

   b. intrinsic

   c. fixed

   d. growth

4. Your _____ is the way you are thinking and feeling in relation to the events around you.

   a. attitude

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b. motivation

c. resilience

d. mindset

5. Attitude is an important part of staying motivated because your attitude _____.

   a. makes you empathetic

   b. is your ability to understand and use your emotions

   c. limits your impulse control

   d. shapes your behavior

6. To develop a more positive attitude, you should _____.

   a. assume that the worst possible outcomes are those most likely to occur

   b. spend more time with people who are pessimistic and mirror their behavior

   c. think honestly about the attitude you're likely to have in stressful situations

   d. allow yourself to feel frustrated and, if necessary, take it out on those around you

7. Your _____ is what you believe about yourself and about your most basic qualities, such as your personality, intelligence, or talents.

   a. resilience

   b. mindset

   c. motivation

   d. attitude

8. People with a fixed mindset are MOST likely to _____.

   a. think the effort they make is what makes them smart or talented

   b. believe that their abilities can be improved

   c. stay motivated when faced with challenges

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d. be very sensitive about being wrong or making mistakes

9. Duy's primary interests have always been math and science. Although he is majoring in Physics, he likes to take electives in fields that are totally new to him, such as art, literature, and physical education. Even though he doesn't always do well in these courses, he likes to stretch the limits of what he can do and tries to view his failures as opportunities to learn. It is MOST accurate to say that Duy has a(n) _____ mindset.

   a. fixed

   b. growth

   c. intrinsic

   d. extrinsic

10. _____ refers to not giving up or quitting when faced with difficulties and challenges.

    a. Resilience

    b. Mindset

    c. Motivation

    d. Attitude

11. Which is NOT a component of grit?

    a. Perseverance

    b. Resilience

    c. Empathy

    d. Passion

12. A person with *sisu* does NOT _____.

    a. take action even when things are difficult

    b. display courage in the face of challenges

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c. go beyond their mental or physical ability

d. give up on a task after repeated failures

13. _____ is the ability to recognize, understand, use, and manage your emotions.

a. Optimism

b. Emotional intelligence

c. Mindset

d. Empathy

14. Which statement about emotions is false?

a. It is possible to change your emotions for the better.

b. Emotions are real.

c. Managing emotions means ignoring what you are feeling.

d. Emotions significantly affect whether a person is successful.

15. Which is an example of an intrapersonal competency?

a. Independence

b. Impulse control

c. Optimism

d. Social responsibility

16. _____ is knowing how and why you feel the way you do.

a. Emotional self-awareness

b. Reality testing

c. Empathy

d. Stress tolerance

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17. _____ is standing up for yourself when you need to without being too aggressive.

    a. Self-actualization

    b. Assertiveness

    c. Stress tolerance

    d. Reality testing

18. Which competency involves making important decisions on your own without having to get everyone's opinion?

    a. Self-actualization

    b. Independence

    c. Impulse control

    d. Resilience

19. Brooke knows that she isn't the smartest, most athletic, or most skilled student, but she is satisfied with who she is, and she likes the person she has become. It is MOST accurate to say that Brooke has mastered which competency?

    a. Stress tolerance

    b. Flexibility

    c. Social responsibility

    d. Self-regard

20. _____ is being satisfied and comfortable with what you have achieved in school, work, and your personal life.

    a. Assertiveness

    b. Stress tolerance

    c. Self-actualization

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d. Independence

21. Which is an example of an interpersonal competency?

    a. Social responsibility

    b. Emotional self-awareness

    c. Problem solving

    d. Happiness

22. If you have empathy, you _____.

    a. make important decisions on your own without having to get everyone's opinion

    b. have the ability to bounce back after a setback

    c. make an effort to understand another person's situation or point of view

    d. know how and why you feel the way you do

23. When you establish a personal link with a group or community and cooperate with other members in working toward shared goals, you exhibit _____.

    a. impulse control

    b. reality testing

    c. social responsibility

    d. self-actualization

24. Sebastian was having difficulty in his American History class, so he met with his instructor during office hours to review the material. During their meeting, the instructor had to step away for a few moments. While she was gone, Sebastian noticed a copy of the exam on her desk. His initial reaction was to take a quick look so that he could look up the answers later, but then he quickly changed his mind. He knew that peeking at the test might help him pass it, but it wouldn't mean that he had learned the material. He also realized that looking at the

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test might constitute cheating, which could get him a failing grade for the course and possibly even thrown out of school. He decided to ignore the test and focus on studying. It would be MOST accurate to say that Sebastian exhibited _____.

a. empathy

b. impulse control

c. assertiveness

d. stress tolerance

25. Which is an example of an adaptability competency?

a. Self-actualization

b. Stress tolerance

c. Optimism

d. Resilience

26. Connie had planned to spend the afternoon hiking with her boyfriend, but just before they left, he fell and hurt his ankle. It was a minor injury, but it was painful for him to walk more than a few feet at a time. Rather than get upset, Connie suggested that they order a pizza and watch a movie instead. Although the day didn't go as she had planned, Connie still had a good time. It is MOST accurate to say that Connie is _____.

a. flexible

b. assertive

c. independent

d. socially responsible

27. Which competency involves approaching challenges step by step and not giving up in the face of obstacles?

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a. Interpersonal relationships

b. Problem solving

c. Emotional self-awareness

d. Self-regard

28. Which is an example of a general mood competency?

a. Flexibility

b. Independence

c. Stress tolerance

d. Optimism

29. Which statement about emotional intelligence is true?

a. Emotional intelligence does not seem to affect students' grades.

b. Emotionally intelligent students have greater difficulty in delaying gratification.

c. Emotional intelligence skills can be enhanced in a college success course.

d. Emotionally intelligent students are more likely to experience panic attacks before tests.

30. Compared to emotionally intelligent students, students with unhealthy emotional intelligence are more likely to _____.

a. ask instructors for feedback on projects, papers, and tests

b. participate in classroom discussions

c. join study groups

d. engage in risky behaviors

True/False

31. All people have the same motivations.

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32. Attitudes often come from our previous environments and experiences with others.

33. It is possible to have a different mindset for different tasks.

34. Students who are resilient tend to be more successful in college and in life.

35. People who are resilient often blame others when they fail.

36. When you accept help and support from those who care about you and will listen to you, it makes it harder for you to develop resilience.

37. Being optimistic means that you stick your head in the sand and pretend that your problems will go away.

38. The better the emotional awareness you have about a situation, the more appropriately you can respond to it.

39. If you understand and manage your emotions, you can monitor and identify your feelings correctly.

40. Using healthy emotional intelligence to prioritize involves deciding what's most important to you and then allocating your time and energy according to these priorities.

Short Answer

41. List three strategies for developing a more positive attitude.

42. Explain the difference between a fixed mindset and a growth mindset.

43. Identify four ways to build resilience.

44. Under what circumstances can anger be beneficial?

45. Explain the difference between optimism and happiness.

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Essay

46. What motivated you to go to college? What motivates you to study and get good grades? Discuss your academic motivations and describe the ways in which you are both intrinsically and extrinsically motivated.

47. Explain whether your attitude is positive or negative and why, and discuss what you can do to either maintain your positive attitude or develop a more positive attitude.

48. Identify three different types of tasks and describe your mindset about each. Explain how your mindset about each task affects your ability to complete them.

49. Do you consider yourself to be resilient? Why or why not? Include at least three examples in your response.

50. How would you rate your emotional intelligence? Identify your two strongest emotional competencies and describe how they help you succeed. Then identify your two weakest emotional competencies and describe what you can do to make them stronger.

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Chapter 2 Answer Key

1. a, see *Motivation, Attitude, and Mindset*

2. c, see *Motivation, Attitude, and Mindset*

3. b, see *Motivation, Attitude, and Mindset*

4. a, see *Motivation, Attitude, and Mindset*

5. d, see *Motivation, Attitude, and Mindset*

6. c, see *Motivation, Attitude, and Mindset*

7. b, see *Motivation, Attitude, and Mindset*

8. d, see *Motivation, Attitude, and Mindset*

9. b, see *Motivation, Attitude, and Mindset*

10. a, see *Resilience*

11. c, see *Resilience*

12. d, see *Resilience*

13. b, see *Understanding Emotional Intelligence*

14. c, see *Understanding Emotional Intelligence*

15. a, see *Understanding Emotional Intelligence*

16. a, see *Understanding Emotional Intelligence*

17. b, see *Understanding Emotional Intelligence*

18. b, see *Understanding Emotional Intelligence*

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19. d, see *Understanding Emotional Intelligence*

20. c, see *Understanding Emotional Intelligence*

21. a, see *Understanding Emotional Intelligence*

22. c, see *Understanding Emotional Intelligence*

23. c, see *Understanding Emotional Intelligence*

24. b, see *Understanding Emotional Intelligence*

25. d, see *Understanding Emotional Intelligence*

26. a, see *Understanding Emotional Intelligence*

27. b, see *Understanding Emotional Intelligence*

28. d, see *Understanding Emotional Intelligence*

29. c, see *Understanding Emotional Intelligence*

30. d, see *Understanding Emotional Intelligence*

31. False, see *Motivation, Attitude, and Mindset*

32. True, see *Motivation, Attitude, and Mindset*

33. True, see *Motivation, Attitude, and Mindset*

34. True, see *Resilience*

35. False, see *Resilience*

36. False, see *Resilience*

37. False, see *Understanding Emotional Intelligence*

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38. True, see *Understanding Emotional Intelligence*

39. True, see *Understanding Emotional Intelligence*

40. True, see *Understanding Emotional Intelligence*

41. Answers will vary but should include three of the following: Spend time thinking about what you can learn from difficult situations you faced and overcame; give yourself credit for good choices that you have made in the past; seek out individuals, both on and off campus, who are positive, and ask them where their optimism comes from; take advantage of the opportunities you will get in your college success course to explore the effect your attitude has on the outcomes you want; and be mindful of your attitude as you move through the weeks of this term. Other valid responses are also acceptable. See *Motivation, Attitude, and Mindset.*

42. A fixed mindset is the belief that your characteristics and abilities (either positive or negative) are not going to change through any adjustments to your behavior or effort. A growth mindset means that you are willing to try new approaches and that you believe you can change. See *Motivation, Attitude, and Mindset.*

43. Answers will vary but should include four of the following: make connections; avoid seeing crises as problems that can't be overcome; accept that change is a part of living; move toward your goals; take decisive actions; look for opportunities for self-discovery; develop a positive view of yourself; keep things in perspective; maintain a hopeful outlook; and take care of yourself. Other valid responses are also acceptable. See *Resilience.*

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44. If you have a good reason to be angry, your anger can help you take a stand against bias or injustice. Other valid responses are also acceptable. See *Understanding Emotional Intelligence.*

45. Optimism refers to looking for the bright side of any problem or difficulty and being confident that things will work out for the best. Happiness is being satisfied with yourself, with others, and with your situation in general. See *Understanding Emotional Intelligence.*

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