Test Bank for Understanding Your College Experience 2nd Gardner

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Understanding Your College Experience, Second Edition: Chapter 2 Test Questions

Multiple Choice

Choose ONE answer per question.

1. _____ is your desire to make an effort.
   a. Mindset
   b. Resilience
   c. Optimism
   d. Motivation

2. _____ motivation comes from a desire inside yourself to make something happen.
   a. Extrinsic
   b. Intrinsic
   c. Fixed
   d. Growth

3. _____ motivation comes from the hope of an external reward or the fear of an undesirable outcome or a punishment.
   a. Fixed
   b. Growth
   c. Extrinsic
   d. Intrinsic

4. Jennifer is working on a research assignment for her anthropology class. She put a great deal of effort into her research, and has spent a lot of time preparing and revising her report.

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Jennifer is working hard on her paper for several reasons. Which of her reasons is an example of intrinsic motivation?

a. She is afraid that if she doesn't work hard, she will get a bad grade.

b. She knows that if she fails this class, she might lose some of her financial aid.

c. She feels proud of herself whenever she does well on her schoolwork.

d. She hopes that if she does well, her instructor will recommend her for an internship.

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

a. Attitude

b. Mindset

c. Resilience

d. Motivation

6. _____ refers to what you believe about yourself and about your most basic qualities, such as your personality, intelligence, or talents.

a. Resilience

b. Empathy

c. Impulse control

d. Mindset

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

a. Empathy

b. Resilience

c. Attitude

d. Self-regard

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8. Kenneth, a biology major, thought he did well on his Introductory Genetics test, but when he got the test back, he found that he had barely passed. If Kenneth is resilient, he will _____.

   a. drop out of the class to salvage his GPA

   b. blame the instructor for giving him a bad grade

   c. change his major to something less difficult

   d. devote more time and effort to studying

9. _____ is a combination of perseverance, passion, and resilience.

   a. Self-actualization

   b. Emotional intelligence

   c. Grit

   d. Empathy

10. Sisu does NOT involve _____.

    a. discarding goals when faced with repeated failures

    b. taking action even when things are difficult

    c. displaying courage when presented with challenges

    d. going beyond your mental or physical ability

11. When resilient students have negative experiences, they do NOT _____.

    a. look past them

    b. develop a fixed mindset

    c. try again

    d. learn from them

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

    a. Emotional intelligence

    b. Social responsibility

    c. Motivation

    d. Attitude

13. Kirana started college a few weeks ago, but she has yet to make any new friends. She hasn't attended any events on campus or taken part in any social activities in her dormitory because she doesn't think she'll fit in. What can Kirana do to improve her emotional intelligence?

    a. Ignore her feelings and focus on her studies

    b. Develop better strategies for avoiding social interactions

    c. Use logic to convince herself that she is better off spending time alone

    d. Acknowledge that she is experiencing a fear of social rejection

14. _____ involves standing up for yourself when you need to without being too aggressive.

    a. Stress tolerance

    b. Self-regard

    c. Assertiveness

    d. Flexibility

15. You exhibit _____ when you make important decisions on your own without having to get everyone's opinion.

    a. empathy

    b. independence

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c. impulse control

d. social responsibility

16. _____ refers to liking yourself in spite of your flaws.

a. Assertiveness

b. Empathy

c. Flexibility

d. Self-regard

17. Which is an example of an intrapersonal skill?

a. Resilience

b. Self-actualization

c. Happiness

d. Empathy

18. When you make an effort to understand another person's situation or point of view, you exhibit _____.

a. self-actualization

b. stress tolerance

c. empathy

d. assertiveness

19. Which competency is most closely associated with interpersonal skills?

a. Social responsibility

b. Problem solving

c. Emotional self-awareness

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d. Resilience

20. _____ refers to seeking out healthy and mutually beneficial friendships, connections, and partnerships, and making a persistent effort to maintain them.

a. Self-actualization

b. Reality testing

c. Emotional self-awareness

d. Interpersonal relationships

21. When you exhibit stress tolerance, you _____.

a. stop being affected by stress in any way

b. respond appropriately to the cause of your stress

c. bottle up your emotions and pretend you are not experiencing stress

d. succumb to stress and react emotionally rather than logically

22. On Saturday night, Nasir's friends invited him to go see the movie that he had been talking about for the last few weeks. Unfortunately, he had to work all day Sunday, and he had a test on Monday that he needed to study for. Although Nasir really wanted to go with them, he politely declined and instead stayed in to study. In doing so, Nasir demonstrated _____.

a. impulse control

b. self-regard

c. resilience

d. social responsibility

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23. _____ refers to ensuring that your feelings are appropriate by checking them against external, objective criteria.

    a. Self-actualization

    b. Social responsibility

    c. Reality testing

    d. Optimism

24. The ability to adapt and adjust your emotions, viewpoints, and actions as situations change is called _____.

    a. empathy

    b. self-regard

    c. assertiveness

    d. flexibility

25. _____ is an example of an adaptability skill.

    a. Problem solving

    b. Social responsibility

    c. Self-regard

    d. Happiness

26. When you exhibit _____, you look for the bright side of any problem or difficulty and remain confident that things will work out for the best.

    a. assertiveness

    b. optimism

    c. social responsibility

    d. impulse control

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27. Studies indicate that the best athletes succeed in part because they are extremely _____.

    a. empathetic

    b. socially responsible

    c. optimistic

    d. susceptible to stress

28. By the time she completed her college success course, Holly had developed strong emotional intelligence and a positive outlook about her academic future. In her next term, she enrolled in several courses that turned out to be more difficult than she expected, requiring her to spend much more time studying. If Holly's emotional intelligence remains strong, she will MOST likely _____.

    a. persist in her studies, even if her progress is slow

    b. stop making an effort to spend any amount of time with her friends

    c. drop one of her courses to improve her chances of success

    d. change her major to a field that is less difficult for her

29. What should you do if you find yourself tagged in a picture on Facebook that makes you look irresponsible?

    a. Add a comment that explains your behavior in the photo.

    b. Laugh it off because only your friends will see it.

    c. Delete your Facebook account.

    d. Ask that the photo be removed immediately.

30. If you have an old social media account (such as a MySpace page) that is still open to the public, but which you no longer maintain or update, you should _____.

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a. post a link directing visitors to a current account, such as a Facebook page

b. check in once a year to see if you have had any visitors

c. delete the account altogether

d. leave the account intact, but unchanged, for posterity

True/False

31. Different people are motivated in different ways.

32. Your motivation to reach a goal can be intrinsic or extrinsic, but not both.

33. People with a growth mindset are often trying to prove themselves.

34. A resilient person maintains a positive attitude even when faced with difficult situations.

35. People who are "gritty" are more likely to be both academically and personally successful.

36. Developing an awareness of emotions allows you to use your feelings to improve your thinking.

37. Being optimistic means ignoring your problems and pretending that they will go away.

38. Emotions cannot be changed.

39. In some situations, anger can lead to positive results.

40. Students with strong emotional intelligence tend to do better academically than those who lack these skills.

Short Answer

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

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

43. List four strategies for building resilience.

44. How does perceiving emotions differ from managing emotions?

45. Why is it important to manage your priorities?

Essay

46. Identify three of your goals (short-term and/or long-term) and describe your motivation for each. Explain how your attitude and mindset will impact your ability to achieve your goals.

47. Describe a time in the past when you faced a significant setback or obstacle when attempting to achieve a goal. Did you have sufficient resilience to overcome the problem and persevere? Why or why not? How might the situation be different if you were working toward that goal today and faced the same setback or obstacle? Has your level of resilience changed, and if so, why?

48. Do you consider yourself emotionally intelligent? Why or why not? Discuss at least three of the competencies from Table 2.2 on page 41 in your response.

49. Identify a career you are or might consider working toward and describe three emotional skills that would be especially important to be successful in your chosen profession. Explain how each relates to the career and why you feel you are skilled in each.

50. Describe two examples of times in the past when strong emotions influenced your success. In the first example, explain how your emotions helped you to succeed. In the second,

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explain how your emotions inhibited your success and what you would have done differently if you had a better understanding of and control over your emotions at the time.

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Chapter 2 Answer Key

1. d, see *The Importance of Motivation, Attitude, and Mindset*
2. b, see *The Importance of Motivation, Attitude, and Mindset*
3. c, see *The Importance of Motivation, Attitude, and Mindset*
4. c, see *The Importance of Motivation, Attitude, and Mindset*
5. a, see *The Importance of Motivation, Attitude, and Mindset*
6. d, see *The Importance of Motivation, Attitude, and Mindset*
7. b, see *Resilience*
8. d, see *Resilience*
9. c, see *Resilience*
10. a, see *Resilience*
11. b, see *Resilience*
12. a, see *Understanding Emotional Intelligence*
13. d, see *Understanding Emotional Intelligence*
14. c, see *Understanding Emotional Intelligence*
15. b, see *Understanding Emotional Intelligence*
16. d, see *Understanding Emotional Intelligence*
17. b, see *Understanding Emotional Intelligence*
18. c, see *Understanding Emotional Intelligence*
19. a, see *Understanding Emotional Intelligence*
20. d, see *Understanding Emotional Intelligence*
21. b, see *Understanding Emotional Intelligence*
22. a, see *Understanding Emotional Intelligence*

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23. c, see *Understanding Emotional Intelligence*

24. d, see *Understanding Emotional Intelligence*

25. a, see *Understanding Emotional Intelligence*

26. b, see *Understanding Emotional Intelligence*

27. c, see *How Emotions Influence Success and Well-Being*

28. a, see *How Emotions Influence Success and Well-Being*

29. d, see *Tech Tip: Building a Digital Persona*

30. c, see *Tech Tip: Building a Digital Persona*

31. True, see *The Importance of Motivation, Attitude, and Mindset*

32. False, see *The Importance of Motivation, Attitude, and Mindset*

33. False, see *The Importance of Motivation, Attitude, and Mindset*

34. True, see *Resilience*

35. True, see *Resilience*

36. True, see *Understanding Emotional Intelligence*

37. False, see *Understanding Emotional Intelligence*

38. False, see *Understanding Emotional Intelligence*

39. True, see *Understanding Emotional Intelligence*

40. True, see *How Emotions Influence Success and Well-Being*

41. Answers will vary but should include four of the following strategies: spend time thinking about what you can learn from difficult situations you faced and overcame; give yourself credit for good choices that you made, and think about how you can build upon these successes; recall experiences when things did not work out, and try and think through the mistakes that you made and how you could have done better; seek out individuals, both on

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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 the term. See *The Importance of Motivation, Attitude, and Mindset.*

42. A growth mindset means that you are willing to try new approaches and that you believe you can change. A fixed mindset means that you believe your characteristics and abilities, either positive or negative, are not going to change through any adjustments to your behavior or effort. See *The Importance of Motivation, Attitude, and Mindset.*
43. Answers will vary but should include four of the following strategies: 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. See *Resilience.*
44. Perceiving emotions involves the ability to monitor and identify feelings correctly and to determine why you feel the way you do. Managing emotions is based on the belief that feelings can be modified, and involves putting yourself in the right mood to handle a specific situation. See *Understanding Emotional Intelligence.*
45. Managing priorities is important because when you successfully make time in your days and weeks for what is most important to you, your emotional health benefits. You feel more confident, more in control, and more capable of handling your life with a positive attitude and others with patience. If you cannot keep what is most important to you at the top of your

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list of priorities, your attitude becomes more negative, you feel stressed out, and you have less patience for other people. See *Understanding Emotional Intelligence.*

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