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Name:_____ Class:_____ Date:_____

Chapter 02, Cultivating Motivation, Resilience, and Emotional Intelligence

1. Which of the following describes the ability to consistently and steadily pursue a goal through your own freely chosen course of action?
   a. motivation
   b. attitude
   c. mindset
   d. emotional Intelligence

ANSWER: a

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

ANSWER: c

3. If you are motivated by an internal desire to learn, what kind of motivation do you have?
   a. extrinsic
   b. intrinsic
   c. fixed
   d. growth

ANSWER: b

4. Which is defined as the way you think and feel in relation to the events around you?
   a. attitude
   b. motivation
   c. resilience
   d. mindset

ANSWER: a

5. Why is attitude an important part of staying motivated?
   a. Attitude makes you empathetic.
   b. Attitude is your ability to understand and use your emotions.
   c. Attitude limits your impulse control.
   d. Attitude shapes your behavior and choices.

ANSWER: d

6. How should you develop a more positive attitude?
   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 certain situations

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d. allow yourself to feel frustrated when things are not going your way

ANSWER: c

7. Which is defined as 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

ANSWER: b

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.
d. be very sensitive about being wrong or making mistakes.

ANSWER: d

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. What type of mindset does Duy have?

a. fixed
b. growth
c. intrinsic
d. extrinsic

ANSWER: b

10. What term refers to not giving up or quitting when faced with difficulties and challenges?

a. resilience
b. mindset
c. motivation
d. attitude

ANSWER: a

11. Which is NOT a component of grit?

a. perseverance
b. resilience
c. empathy
d. passion

ANSWER: c

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12. Which of the following does NOT describe a quality of *sisu*?
    a. take action even when things are difficult
    b. display courage in the face of challenges
    c. go beyond one's mental or physical ability
    d. give up on a task after repeated failures

ANSWER: d

13. The ability to recognize, understand, use, and manage your emotions is known as
    a. optimism.
    b. emotional intelligence.
    c. mindset.
    d. empathy.

ANSWER: b

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.

ANSWER: c

15. Which is an example of an intrapersonal competency?
    a. independence
    b. impulse control
    c. optimism
    d. social responsibility

ANSWER: a

16. Knowing how and why you feel the way you do is known as
    a. emotional self-awareness.
    b. reality testing.
    c. empathy.
    d. stress tolerance.

ANSWER: a

17. Standing up for yourself when you need to without being too aggressive is called
    a. self-actualization.
    b. assertiveness.
    c. stress tolerance.
    d. reality testing.

ANSWER: b

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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

ANSWER: b

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

ANSWER: d

20. Which term describes being satisfied and comfortable with what you have achieved in school, work, and your personal life?
    a. assertiveness
    b. stress tolerance
    c. self-actualization
    d. independence

ANSWER: c

21. Which is an example of an interpersonal competency?
    a. social responsibility
    b. emotional self-awareness
    c. problem solving
    d. happiness

ANSWER: a

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.

ANSWER: c

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

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a. impulse control.
b. reality testing.
c. social responsibility.
d. self-actualization.

ANSWER: c

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 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.

ANSWER: b

25. Which is an example of an adaptability competency?

a. self-actualization
b. stress tolerance
c. optimism
d. resilience

ANSWER: d

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.

ANSWER: a

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

a. interpersonal relationships
b. problem solving
c. emotional self-awareness
d. self-regard

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ANSWER: b

28. Which is an example of a general mood competency?
    a. flexibility
    b. independence
    c. stress tolerance
    d. optimism

ANSWER: d

29. Compared to students with strong emotional intelligence skills, students with weak emotional intelligence skills 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.

ANSWER: d

30. 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.

ANSWER: c

31. All people have the same motivations.
    a. True
    b. False

ANSWER: b

32. Attitudes often come from our previous environments and experiences with others.
    a. True
    b. False

ANSWER: a

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

ANSWER: a

34. Students who are resilient tend to be more successful in college and in life.
    a. True
    b. False

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ANSWER: a

35. 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.

a. True

b. False

ANSWER: b

36. People who are resilient often give up if a task is too difficult.

a. True

b. False

ANSWER: b

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

a. True

b. False

ANSWER: a

38. Perceiving emotions involves the ability to monitor and identify feelings correctly.

a. True

b. False

ANSWER: a

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

a. True

b. False

ANSWER: b

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

a. True

b. False

ANSWER: a

41. 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.

ANSWER: Answers will vary but should include both intrinsic and extrinsic motivations for going to college, studying, and getting good grades, such as achieving a sense of accomplishment (intrinsic motivation) or not wanting to disappoint parents (extrinsic motivation).

42. 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.

ANSWER: Answers will vary but should include personal attitudes and why they are positive or negative.

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Answers also should include methods of maintaining and improving positive attitude.

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

ANSWER: Answers will vary but may include spending time thinking about what you can learn from difficult situations you faced and overcame and about the attitude you're likely to have in certain situations; giving yourself credit for good choices that you have made in the past; seeking out individuals, both on and off campus, who are positive, and asking them where their optimism comes from; taking 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 being mindful of your attitude as you move through the weeks of this term. Other valid responses are also acceptable.

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

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

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

ANSWER: Answers will vary but should include three types of tasks and personal mindsets about each. Answers also should discuss how their personal mindset about each task affects the student's ability to complete them.

46. Identify four ways to build resilience.

ANSWER: Answers will vary but may include making connections; avoiding seeing crises as problems that can't be overcome; accepting that change is a part of living; moving toward your goals; taking decisive actions; looking for opportunities for self-discovery; developing a positive view of yourself; keeping things in perspective; maintaining a hopeful outlook; and taking care of yourself. Other valid responses are also acceptable.

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

ANSWER: Answers will vary but should include three examples of why the student is or is not resilient, such as giving up when homework is too difficult or refusing to quit on a complex project.

48. Under what circumstances can anger be beneficial?

ANSWER: 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.

49. Explain the difference between optimism and happiness.

ANSWER: 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.

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.

ANSWER: Answers will vary but should include a personal assessment of the student's emotional intelligence,

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identifying two strong emotional competencies and two weak emotional competencies. Answers should also describe how the student's strongest emotional competencies help the student to succeed and what the student can do to make his or her weakest emotional competencies stronger.

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