Your College Experience 14th edition Gardner Test Bank

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Name:_____ Class:_____ Date:_____

Chapter 01

1. Which of the following is a sign that you are thriving in college and life?
   a. You reach only the goals that others have set for you.
   b. You meet the minimum requirements needed to achieve your goals.
   c. You discover talents you did not know you had.
   d. You are deriving a small amount of pleasure from your daily tasks.

ANSWER: c

2. Thriving in college and in life is about
   a. achieving your highest possible level of performance.
   b. learning to collaborate with others.
   c. reaching the goals that you set for yourself.
   d. deriving a small amount of self-satisfaction from your activities.

ANSWER: a

3. Citrine is a first-year college student. She is scheduled to be in a first-year seminar focused on student success. She is skeptical that she will receive much benefit from this course. Which is a benefit of this course that you would share with Citrine?
   a. This class will give her more autonomy in college.
   b. She will not need to participate in other activities if she finishes this course.
   c. She will not need as much help from professors or peers after taking this course.
   d. Completing this course will make it more likely that she will finish her degree.

ANSWER: d

4. A student who is around eighteen years old and has just graduated from high school is classified as which type of student?
   a. traditional
   b. veteran
   c. international
   d. nontraditional

ANSWER: a

5. Which of the following describes how college differs from high school?
   a. Tests are given more frequently.
   b. Instructors monitor your progress more closely.
   c. You will probably be part of a more diverse student body.
   d. You have fewer potential friends to choose from.

ANSWER: c

6. A student who is older, has experience in the job market, and is returning to college to retrain for a new career would be classified as which type of student?

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Your College Experience 14th edition Gardner Test Bank

Chapter 01

a. first-generation
b. nontraditional
c. peer leader
d. international

ANSWER: b

7. What challenge would nontraditional students face that traditional college students would not?
a. They may have trouble juggling responsibilities.
b. They will probably be less serious than other students.
c. They commonly have trouble staying motivated.
d. They lack a clear purpose for being in college.

ANSWER: a

8. Simon is signing up for his first college classes in many years. He took time off after his freshman year when he and his partner got married and adopted several children, whom he has stayed home with to raise. He is worried that he won't be able to keep up with the younger students in his classes. What advantage does Simon have over the other, more traditional students in his classes?
a. He has a very clear purpose for being in college, which instructors often appreciate.
b. He has less time to do homework because he has family responsibilities.
c. He may have to miss class on occasion to take care of his children.
d. He will have global worldviews that will enrich classroom discussion.

ANSWER: a

9. What is one benefit of attending office hours?
a. Your instructor will monitor your progress more carefully.
b. It shows your instructor you are serious about learning.
c. Instructors will give you more time to complete assignments.
d. Your instructor will help make difficult decisions for you.

ANSWER: b

10. College participation is about ensuring that more people have the opportunity to be evaluated on the basis of their
a. merit.
b. background.
c. family's status.
d. personal connections.

ANSWER: a

11. In 2014, four-year college graduates earned roughly how much more per year than high school graduates on average?

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Your College Experience 14th edition Gardner Test Bank

Chapter 01

a. half as much
b. almost twice as much
c. more than three times as much
d. the same amount

ANSWER: b

12. Today, most college graduates will be prepared for roles in
a. the medical field.
b. public relations.
c. the information economy.
d. education.

ANSWER: c

13. Students who become careful critical thinkers are more likely to
a. take risks.
b. look for evidence before forming a personal opinion.
c. believe everything they hear or read.
d. learn new things.

ANSWER: b

14. Which is TRUE about college graduates?
a. They tend to have more children.
b. They are more likely to use tobacco.
c. They tend to live longer.
d. They have less discretionary recreational time.

ANSWER: c

15. What is the number one issue college students grapple with?
a. loneliness
b. balance
c. purpose
d. preparedness

ANSWER: c

16. College students who have a strong sense of purpose will have
a. a weaker locus of control.
b. a higher level of motivation to achieve their goals.
c. trouble staying focused on daily class assignments.
d. less clarity about the direction they'd like to take in their careers.

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Chapter 01

ANSWER: b

17. Antwon is a first-year college student who is struggling with his purpose. What question can he ask himself to help him reflect on purpose?
    a. Do I like to stand up for myself and others?
    b. Have I performed well in science classes in the past?
    c. What tasks do I not enjoy doing?
    d. Is this college a good fit for me now at this time in my life?

ANSWER: d

18. The career center on your college campus can
    a. determine the major and career path you should take.
    b. define what is most important to you.
    c. describe what your short- and long-term goals should be.
    d. help you discover your strengths and weaknesses.

ANSWER: d

19. What is an example of a short-term goal?
    a. I will read three books this semester.
    b. I will attain a job that allows me to travel after I graduate.
    c. I will pay off all my student loans.
    d. I will graduate from a four-year college with honors.

ANSWER: a

20. Which question can help you determine your personal strengths and weaknesses when you are determining your short- and long-term goals?
    a. Am I in college to discover who I am?
    b. Do I want to attend graduate school?
    c. Do I deal with conflict well?
    d. Am I in college to prepare for immediate employment?

ANSWER: c

21. Which is an example of a long-term goal?
    a. I will write three pages of my English paper each night before it is due.
    b. I will train for a marathon that I will run next year.
    c. I will study for two hours before my history midterm exam.
    d. I will pay my cell phone bill on time this month.

ANSWER: b

22. Marcus was anxious about starting college next semester, so he approached his adviser, who told him about

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the importance of setting SMART short-term goals as a way to ensure success. Which of Marcus's goals is SMART?

a. to become a veterinarian
b. to transfer to a four-year college after two years
c. to get into a good graduate school
d. to find a life partner

ANSWER: b

23. Creating a successful SMART goal involves

a. stating your goal in very general terms.
b. working toward goals that will be difficult to achieve.
c. selecting a goal that makes your parents and friends proud.
d. planning ways to overcome potential obstacles.

ANSWER: d

24. To do well in college, the most important goals you set will be

a. your short-term goals.
b. your long-term goals.
c. the goals that are hardest to achieve.
d. the goals you have not thought of yet.

ANSWER: a

25. An active approach to life where people accept responsibility for the choices they freely make is called

a. the key to success.
b. a high-impact practice.
c. a low level of motivation.
d. locus of control.

ANSWER: d

26. A guided pathway's primary function is to help you

a. be sure you take all required courses for your major.
b. identify your strengths and weaknesses.
c. develop an active view of your own life.
d. define what your purpose is in college and in life.

ANSWER: a

27. Which high-impact practice encourages you to practice multiple forms of communicating with different audiences and further hone your critical thinking skills?

a. a capstone course

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b. an internship
c. undergraduate research
d. a writing-intensive course

ANSWER: d

28. Which refers to participating in field-based, experiential learning that encourages students to reflect on what they know while giving back to their community?
a. undergraduate research
b. global learning
c. collaborative assignments
d. service learning

ANSWER: d

29. Horatio is a first-year college student who has declared a biology major. This semester, he is taking several required, linked classes with the same group of students. Horatio is MOST likely a part of which high-impact practice?
a. a diversity experience
b. a campuswide intellectual experience
c. undergraduate research
d. a learning community

ANSWER: d

30. Which high-impact practice is a digital collection of all the work you've completed during your learning journey?
a. an eportfolio
b. a capstone course
c. undergraduate research
d. a collaborative assignment

ANSWER: a

31. College is the primary way that people achieve a higher standard of living.
a. True
b. False

ANSWER: a

32. If you want to become a medical doctor, you can attend medical school in place of attaining a four-year college degree.
a. True
b. False

ANSWER: b

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Chapter 01

33. The main purpose of the college experience should be enjoying your newfound freedom.
    a. True
    b. False
ANSWER: b

34. Staying motivated in college involves understanding your purpose and the outcomes you hope to achieve.
    a. True
    b. False
ANSWER: a

35. College success is linked to having clear long- and short-term goals.
    a. True
    b. False
ANSWER: a

36. You should not set long-term goals for yourself until your final year of college.
    a. True
    b. False
ANSWER: b

37. A guided pathway can help you save money and make good choices in college.
    a. True
    b. False
ANSWER: a

38. High-impact practices are particular activities that research shows have significant positive impact on both your learning and your overall success.
    a. True
    b. False
ANSWER: a

39. Undergraduate research is a program where a few students work together with a team of faculty members on a single research project.
    a. True
    b. False
ANSWER: b

40. A capstone is a course you take in your second semester of college that requires you to reflect on everything that went well in your first year of college and areas where can improve.
    a. True

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Chapter 01

b. False

ANSWER: b

41. List three ways in which college success courses can be valuable to students.

ANSWER: Answers will vary, but responses should indicate three ways in which college success courses can be valuable to students. Some examples may be that they help students learn how to succeed in college; they help them learn how to avoid personal and academic pitfalls that many first-year students fall into; and they provide a supportive environment in which students can share their successes and frustrations, get to know others who are beginning college, develop lasting relationships with the instructor and other students, and begin to think about their plans for life after college. Other valid responses are also acceptable.

42. You are going to take an online class. What advantages and disadvantages might you face with online learning?

ANSWER: Answers should indicate what advantages and disadvantages students will face with online learning. Advantages include not having to travel to and from campus, possibly better concentration without being distracted by other students, and more time to construct answers to class discussions with easier participation. Disadvantages may include a need to be a better time manager, a need for high motivation to work independently, and a possibility that it may be more challenging to connect with other students without face-to-face contact.

43. Identify and describe the type of student you would be considered. Discuss whether you related to the typical strengths and challenges this type of student typically faces in college.

ANSWER: Answers will vary. Answers should identify what type of student they would be classified as and whether they feel they have the same strengths and challenges outlined in the text. For example, nontraditional students typically have a lot of determination and a set of real-life experiences that relate to what they're learning, while traditional eighteen- and nineteen-year-olds are usually more comfortable with technology and social media. Veterans have a unique set of life experiences to share, and international students bring an important view of the world to any U.S. campus. Part-time students are exemplars of time management, often juggling work, education, and home responsibilities.

44. Consider the type of student you would be considered and the challenges this type of student typically faces. Describe a plan of action for staying motivated and committed to your studies this coming term, discussing any obstacles to completing college that you face and how you plan to address them.

ANSWER: Answers will vary, but students should describe a plan of action for staying motivated and committed to their studies this coming term, discussing any obstacles to completing college that they face and the ways they plan to address them. Examples include traditional students feeling like a "number" and not as special as they felt in high school or nontraditional students trying to relate to younger students and finding time to juggle the responsibilities or work, caring for a family and being in college. Other valid responses are also acceptable.

45. Identify one staff member or faculty person who cares about your well-being, and describe how this person might help you succeed in college.

ANSWER: Answers will vary, but students should identify one staff member or faculty person who cares about

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their well-being and then describe how that person might help them succeed in college. Examples include an instructor who influences the student's thinking and understanding or an adviser who keeps the student on track. Other valid responses are also acceptable.

46. List three reasons that people go to college.

ANSWER: Answers will vary, but students should list three reasons that people go to college. Examples include attaining a higher standard of living, getting a good job, furthering their education, and training or retraining for a job. Other valid responses are also acceptable.

47. Describe how college differs from high school.

ANSWER: Answers will vary, but students should describe how college differs from high school. Responses may indicate that college offers a more diverse student body, makes students feel more like a number or less special, makes time management more complex, offers more potential friends to choose from, and challenges students' assumptions about people. Answers may also indicate that unlike high school, college typically has larger classes, requires more writing, involves less monitoring and less frequent tests, offers more freedom, and requires more work to be completed outside of class. Other valid responses are also acceptable.

48. Define what college means to you, and describe what you want to get out of the college experience.

ANSWER: Answers will vary, but students should define what college means to them and describe what they want to get out of the college experience. Examples include accessing better jobs, higher salaries, and a better life; preparing for graduate or professional education; developing lifelong friendships and professional networks; building academic skills; and considering other outcomes. Other valid responses are also acceptable.

49. What does the goal-setting acronym SMART stand for? Create an example of a SMART goal, and explain why it is considered SMART.

ANSWER: SMART stands for goals that are Specific, Measurable, Attainable, Relevant, and achievable within a given Time. Exact examples may vary but should reflect the attributes of a SMART goal and include the student identifying a goal that is SMART. One example might be to read two chapters of a textbook every other night to prepare for the midterm exam in a class. This is specific because it lists the exact number of chapters in a particular book. It is measurable because students will be able to note clearly whether or not they have read the two chapters. It is attainable because this is within the normal expectation for a college student. It is relevant to their success in their class, and it is achievable within the timeline they set for themselves (every two days).

50. Describe two high-impact practices and their benefits.

ANSWER: Answers will vary. The high-impact practices include first-year seminars, writing-intensive courses, collaborative assignments, global learning or diversity experiences, service learning, learning communities, campuswide common intellectual experiences, undergraduate research, internships, capstone projects and courses, and portfolios. First-year seminars are the most common high-impact practice. These courses benefit students with many strategies such as choices, setting goals, and many others. Writing-intensive courses are another high-impact practice. They include strategies and engagement with multiple forms of writing for different audiences, which aid students in becoming clearer thinkers and communicators. Other valid responses are also acceptable.

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Your College Experience 14th edition Gardner Test Bank

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Chapter 01

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