Understanding Your College Experience 4th edition Gardner Test Bank

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Name:_____ Class:_____ Date:_____

Chapter 1 Free Response

1. Identify four opportunities that college offers you in addition to the chance to earn a college degree.

ANSWER: Answers will vary but should include four opportunities, such as developing social networks both in person and online; exploring student organizations and taking advantage of leadership opportunities; participating in many exciting activities and events; networking for improved employment opportunities; enhancing basic skills from high school; considering new ideas and perspectives; and discovering new talents, interests, and strengths.

2. List three reasons students choose to go to college.

ANSWER: Answers will vary but should include three of the following reasons: Some want to learn a specific set of skills, receive training for a specific career, and earn a certificate or degree that allows them to get a job in their field of interest after graduation. Some attend college to earn credits or complete their associate degree, perhaps close to home and at a lower cost; then, if their college doesn't offer the degree they wish to obtain, they transfer to a four-year college or university for a bachelor's degree. Some come to college after a major life event or personal transition, such as a divorce or the loss of a life partner. Still others come after completing a tour of duty or a career in military service, or because they want to try something different, make new friends, or just have fun.

3. List five benefits of attending college.

ANSWER: Answers will vary but should include five of the following benefits: Increasing earning power, enhancing basic skills from high school, considering new ideas and perspectives, developing social networks, exploring and joining student organizations, participating in many exciting activities and events, networking for improved employment opportunities, and discovering new talents, interests, and strengths. Answers may also include benefits college students show over those who never attended college, including better health, a longer life, a greater likelihood of having a bank account, a lower risk of incarceration, and a lower risk of divorce.

4. What are three support services colleges provide to students at no additional cost to help them succeed?

ANSWER: Answers should include the following services: Most colleges have academic advisers who provide students with information about their courses and help them register for the appropriate courses every term. Colleges also have financial aid advisers, and sometimes even financial coaches, who can assist students and their families in understanding how to pay for college, budget, and find financial resources. Additionally, most colleges have learning centers that provide free tutoring to students in nearly all subjects, and career centers that help students with career planning and job hunting.

5. List four questions described in the text that you should ask yourself about your purpose for being in college.

ANSWER: Answers will vary but should include four of the following questions. Am I here to study a subject that interests me? Am I here to complete a certificate, a diploma, or an associate or bachelor's degree? Am I here to prepare myself for employment or to improve my skills for a job I already have? Am I here to meet new people? Am I here so I can better serve my community and country? Am I here to better understand myself and society? Am I here to develop new knowledge and ideas?

6. Define what college means to you, and describe your purpose for attending college.

ANSWER: Answers will vary but should include responses to several topics, such as the subjects that interest them; the knowledge and ideas they are interested in developing; the certificate, diploma, or degree they would like to earn; the jobs they want to prepare for or job skills they want to acquire; and any

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Chapter 1 Free Response

other aspirations they might have, such as serving their community and country or understanding themselves and society.

7. What does the goal-setting acronym SMART stand for?

ANSWER: Correct answers should identify the goal-setting acronym SMART as: Specific, Measurable, Attainable, Relevant, and Timely.

8. Describe a SMART goal you have established for this coming term. Discuss any obstacles that you may face in achieving this goal and how you plan to address them.

ANSWER: Answers will vary depending on the goal. However, answers should include a discussion of what makes this goal specific, measurable, attainable, relevant, and timely. Answers should also include the discussion of several obstacles that students might face and how they plan to address them. For instance, if your goal is to declare a major next term, a difficulty might be that you are having trouble narrowing down your choices, and a solution may be to schedule an appointment to talk with your academic adviser.

9. Identify and describe your personal strengths that will help you complete your college education. How can these strengths influence your direction as you explore your career options?

ANSWER: Answers will vary but should identify and describe your personal strengths, including but not limited to interpersonal, mechanical, organizational, leadership and persuasion, persistence, integrity, loyalty, and openness to diversity in people and ideas. The answer should then discuss how these strengths will help you complete your education and guide you in exploring career options. For instance, persistence will enable you to keep working to achieve your academic goals even when faced with difficulties, while strengths in leadership and persuasion may influence you to explore career options in fields such as sales, politics, or management.

10. Identify some strategies you could try to learn about yourself and your career options.

ANSWER: Answers will vary but should discuss actions students could take to learn more about themselves and their career options, which may include conducting career research, exploring different career paths, developing computer skills, building communication skills, finding opportunities for experiential learning, and getting involved on campus.

11. Imagine you have your first meeting with an academic adviser this week. Describe how you would make the most of this first meeting and how an adviser might help you succeed in college.

ANSWER: Answers will vary but should describe several of the strategies that can be used to make most of a first meeting with an academic adviser. These include looking through the course catalog and thinking about available majors; making a list of majors that appeal to you; mapping out your time frame and goals; knowing the right questions to ask; knowing what to take away from your meeting; learning the rules of thumb about selecting courses; going for a mix of hard and easy courses; knowing what to do if your academic adviser is not the right match for you; and setting up subsequent meetings with your academic adviser. Answers should also discuss the important and ongoing role played by academic advisers in your college experience. They can help you choose courses that are required, figure out course combinations, weigh career possibilities, and map out your degree or certificate requirements.

12. Describe four ways in which college differs from high school.

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ANSWER: Answers will vary but should include four differences between high school and college. These include that in college the student body is more diverse; there are more potential friends; students may not be from your neighborhood, place of worship, or high school; classes meet on different days at different times; there is less frequent testing; more writing is required; assignments require more original research and examinations of topics from different points of view; instructors expect students to study outside of class, read different materials, and be ready for in-class discussions; instructors rely less on textbooks and more on lectures; and there are more opportunities to apply personal and work experience to what you are learning.

13. Describe what office hours are and the benefits of using them.

ANSWER: Office hours are posted hours when instructors are in their offices and available to students. These times are an opportunity for students to visit their instructors to ask questions, seek help with a difficult topic or assignment, or discuss a problem. Visiting your instructors shows you have initiative and gives you an opportunity to get to know them, and just as importantly for them to get to know you. The relationships you develop with instructors can be valuable to you both now and in the future, whether as a mentor and friend or as a recommendation letter writer, and office hours are an important means by which you can start to develop that relationship.

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Name:_____ Class:_____ Date:_____

Chapter 1 Multiple Choice

1. Compared to a high school degree, a professional degree provides:
   a. similar wages and lower unemployment.
   b. higher wages and lower unemployment.
   c. higher wages and higher unemployment.
   d. lower wages and lower unemployment.

ANSWER: b

2. Which of these is NOT an example of the long-term benefits of a college education?
   a. higher likelihood of enjoying better health
   b. lower likelihood of going to prison
   c. higher likelihood of having a bank account
   d. higher likelihood of experiencing divorce

ANSWER: d

3. Each college has two main objectives: to help its students graduate and to help them:
   a. have fun while they are still young.
   b. change careers several times.
   c. be successful in their future careers.
   d. become teachers and educate others.

ANSWER: c

4. This college success course will:
   a. provide you with a generic academic plan.
   b. serve as a prerequisite for your eventual major.
   c. help you avoid common academic mistakes.
   d. take the place of periodic meetings with your academic adviser.

ANSWER: c

5. Which of these is an example of a short-term goal?
   a. I will go to a professor's office hours twice this month.
   b. I will go into a field with great salary prospects.
   c. I will graduate from a four-year college with honors.
   d. I will make plans for using my degree after graduation.

ANSWER: a

6. Which is an example of an intermediate goal?
   a. I will meet with my geology professor next week.
   b. I will use my degree to establish a well-paying career.
   c. I will investigate which science courses are required for my degree.
   d. I will study for my chemistry final on Tuesday.

ANSWER: c

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Chapter 1 Multiple Choice

7. 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.
   c. I will study for two hours before my history test.
   d. I will pay my cellphone bill on time this month.

ANSWER: b

8. Brissa was anxious about starting college next semester, so she approached her guidance counselor, who told her about the importance of setting SMART goals as a way to ensure success. Which of Brissa's goals is SMART?
   a. to become a veterinarian
   b. to get a lucrative job
   c. to select an appropriate major within six months
   d. to transfer to a four-year college after two years

ANSWER: c

9. Malik is thinking about his skills, interests, and goals when trying to decide what his major should be. Malik is engaging in:
   a. self-assessment.
   b. values clarification.
   c. SMART goal-setting.
   d. transferable skill building.

ANSWER: a

10. For career planning, values generally refer to:
   a. types of education and training you need to obtain the job you want.
   b. what you most want in a career in relation to how you want to live.
   c. the ability to be flexible when making decisions that affect your career.
   d. methods by which you seek out potential employment opportunities.

ANSWER: b

11. Which scenario represents values?
   a. Josiah learns to cope with difficult coworkers while working a part-time job.
   b. Santiago decides to skip his biochemistry lecture to study for calculus.
   c. Anahita is having trouble deciding between French or Spanish for a language requirement.
   d. Deiondre is planning on a lower-paying career that will enable her to help others.

ANSWER: d

12. Skills learned on the job or through training designed to increase your knowledge or expertise in a certain area are known as what type of skills?
   a. personal

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Chapter 1 Multiple Choice

b. workplace
c. transferable
d. organizational

ANSWER: b

13. Marisol is outgoing and friendly and has a broad range of interests. This describes Marisol's:
a. personality.
b. integrity.
c. persistence.
d. leadership.

ANSWER: a

14. Which strategy will help you choose a career path that's right for you?
a. deciding on a major within your first term
b. taking a service-learning course
c. researching the highest-paying careers
d. determining your family's job preferences

ANSWER: b

15. Which is an example of experiential learning?
a. Kim is taking a class about using Excel.
b. Jill is interning at her uncle's law firm.
c. Rashon is participating in a psychology club.
d. Mateo is researching pay rates for graduates in his major.

ANSWER: b

16. Shiro enrolled in Composition 101, a three-credit course. If this class meets twice a week, how long should Shiro expect each class to last?
a. 50 to 60 minutes
b. about 90 minutes
c. at least two hours
d. more than two hours

ANSWER: b

17. Caleb is taking 25 hours of credits so that he can take an entry-level information technology (IT) support job. Which statement BEST explains why a certificate program is appropriate for Caleb's goal?
a. It requires fewer credits than a bachelor's degree and focuses on high-level skills for immediate employment.
b. It provides a broad education across many subjects, preparing him for long-term career advancement.
c. It offers instruction on specific tasks in IT that are necessary for entry-level positions.
d. It is primarily designed for students pursuing graduate-level IT careers.

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Chapter 1 Multiple Choice

ANSWER: c

18. An associate in science (A.S.) program carries about how many credits?
    a. 30
    b. 60
    c. 90
    d. 120

ANSWER: b

19. A four-year bachelor of arts (B.A.) program carries about how many credits?
    a. 30
    b. 60
    c. 90
    d. 120

ANSWER: d

20. Pearl is majoring in psychology. Which is MOST likely to be one of her electives?
    a. Introduction to Psychology
    b. Psychology of Development
    c. Abnormal Psychology
    d. History of Modern Film

ANSWER: d

21. Which statement about selecting a college major is TRUE?
    a. Students who declare a major upon entering college rarely change their minds.
    b. Keeping an open mind is important even if you are ready to select a major.
    c. Most colleges require students to select a major by the end of their first year.
    d. The best way to choose a major is to find one that will lead to a high-paying job.

ANSWER: b

22. If you are planning to transfer to another college, you should:
    a. hold off on choosing a major until after you transfer.
    b. select your courses based on the requirements of the school where you'd like to transfer.
    c. take any courses you please because all courses are transferable.
    d. wait until you are accepted by the other college before planning your transfer strategy.

ANSWER: b

23. Which of these involves a list of the courses you need to take and complete in your program of study to graduate with a degree?
    a. academic plan
    b. prerequisite

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Chapter 1 Multiple Choice

c. syllabus
d. adjunct

ANSWER: a

24. A course that you are required to take in conjunction with another course during the same term is called a(n):
a. elective.
b. syllabus.
c. prerequisite.
d. co-requisite.

ANSWER: d

25. You should meet with your academic adviser at least once a:
a. year.
b. month.
c. term.
d. week.

ANSWER: c

26. How is college different from high school?
a. Tests are given more frequently.
b. Instructors monitor your progress more closely.
c. You will most likely be required to do more writing.
d. You have fewer potential friends to choose from.

ANSWER: c

27. Which statement about online learners is TRUE?
a. The experience for online learners is the same as the experience of students who attend classes at the college.
b. Online learners have less difficulty making connections with classmates than students who attend classes at the college.
c. Online courses prevent online learners from communicating with other students and participating in college life.
d. Online learners have to be more disciplined and independent than students who attend classes at the college.

ANSWER: d

28. Which is a challenge that returning students face when attending college?
a. They often work full-time jobs in addition to school.
b. They rarely have responsibilities outside of school.
c. Most are recent high school graduates who are young and unattached.

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Chapter 1 Multiple Choice

d. Most can afford professional child care for their families.

ANSWER: a

29. Which challenge would adult and returning students face that traditional college students would not?
a. They are likely to earn lower grades.
b. They may experience a lack of freedom.
c. They commonly have motivation problems.
d. They will already know the course material.

ANSWER: b

30. Sophia is signing up for her first college classes in several years—she took time off after her freshman year to get married and have kids—and is worried that she won't be able to keep up with the younger students in her classes. What advantage does Sophia have over the other, more traditional, students in class?
a. She has more life experience, which instructors often respect.
b. She has more time to do homework because she has fewer responsibilities.
c. She can spend less time studying because she is more highly educated.
d. She has more freedom because she owns a car.

ANSWER: a

31. Compared to students who are entering college immediately after graduating from high school, adults returning to college are more likely to:
a. have significant free time to study.
b. easily relate with traditional students in the class.
c. be motivated, mature, and focused.
d. skip classes due to disinterest in the subject.

ANSWER: c

32. In college, instructors expect students to:
a. become experts on the course material.
b. arrive at class on time.
c. attend office hours each week.
d. write positive course evaluations.

ANSWER: b

33. Rosa was shocked when her College Success instructor indicated on her midterm evaluation that she seemed unmotivated and underprepared for class. What can Rosa do to show her instructor that she is motivated and ready to learn?
a. actively participate in class discussions
b. sit in the back row during class lectures
c. leave class early to go study at the library
d. skip homework assignments and focus instead on doing well on exams

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Chapter 1 Multiple Choice

ANSWER: a

34. A syllabus is a:
    a. type of exam often given on the first day of class.
    b. form you must fill out to receive financial aid.
    c. record of your grades from all of your classes.
    d. statement of the requirements of a given course.

ANSWER: d

35. Which information is typically included on a syllabus?
    a. instructor's curriculum vitae
    b. transfer requirements
    c. an academic plan
    d. expectations and grading criteria

ANSWER: d

36. Mai has an I grade for their English 101 course. What does that mean?
    a. Mai has submitted all the requirements to pass the course without a traditional grade.
    b. Mai has withdrawn from the course and will be given additional time to complete it next term.
    c. Mai's professor has given her additional time to complete the course due to illness.
    d. Mai has failed the course and will need to retake it next term.

ANSWER: c

37. What is a benefit of attending office hours?
    a. The instructor will improve your grade for connecting with the instructor.
    b. The instructor will give you additional time to complete assignments.
    c. It shows initiative and helps you make connections with the instructor.
    d. It takes the place of attending classes for that week.

ANSWER: c

38. What is an adjunct?
    a. a contract between students and instructor
    b. a type of diploma
    c. a formal appeal to change a grade
    d. a part-time instructor

ANSWER: d

39. Which of these is an effective way to communicate with your instructors electronically?
    a. give your email a subject line like "class" or "question"
    b. use an email address that incorporates your name
    c. refer to the instructor by first name

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Chapter 1 Multiple Choice

d. send a text using efficient abbreviations

ANSWER: b

40. Howie could not be in class to turn in his homework, but he talked to his instructor and she told him it was fine to submit it via email. Howie was therefore upset to discover that he had received no points for that day's assignment. His instructor said she didn't notice his email in her inbox. What should Howie have put in his subject line to ensure it was seen?

a. Tuesday's homework

b. Howie's homework

c. Literature 101 homework

d. Howie Johnson, Literature 101 homework, 4/5/2026

ANSWER: d

41. Everyone attends college for the same reason.

a. True

b. False

ANSWER: b

42. The top priority for all students is college.

a. True

b. False

ANSWER: b

43. A college education can increase your earning power.

a. True

b. False

ANSWER: a

44. Most colleges have learning centers that provide free tutoring to students in nearly all subjects, and career centers that help students with career planning and job hunting.

a. True

b. False

ANSWER: a

45. If you don't have the necessary skills, strengths, and resources to achieve your goal, you should change your goal.

a. True

b. False

ANSWER: a

46. Geraldine decides that one day, she will climb Mt. Everest. Geraldine has set a SMART goal.

a. True

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Chapter 1 Multiple Choice

b. False

ANSWER: b

47. If your strengths are in the mechanical area, it means that you make friends easily.
a. True
b. False

ANSWER: b

48. Most courses in associate in applied science (A.A.S.) programs focus on training students for a specific profession or career.
a. True
b. False

ANSWER: a

49. An elective is a required course directly related to your major.
a. True
b. False

ANSWER: b

50. You should register for all hard classes during your first term to get them out of the way.
a. True
b. False

ANSWER: b

51. Online courses require students to be more disciplined and able to manage their time and study more independently.
a. True
b. False

ANSWER: a

52. Returning students can bring valuable experiences and information to classes from their previous experiences.
a. True
b. False

ANSWER: b

53. College students are expected to take the initiative to visit their instructors during office hours.
a. True
b. False

ANSWER: a

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