Student #\_\_\_\_\_\_\_\_\_\_\_ Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Section\_\_\_\_\_\_ \_\_

Daily Average \_\_\_\_\_\_\_ Score\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**UNIV 1010 Test I Chapters 1-4**

**True/False (2 points each). Write true or false in the blank**

|  |  |  |
| --- | --- | --- |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_1. | | Your attitude and attentiveness in the class can significantly  affect an instructor’s delivery of information. |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2. | | The big 3 of the Breathe System are to straighten your posture, relax your neck and shoulders muscles and breathe by taking cleansing breaths. |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3. | | Emails sent to your instructors can be sent from your gmail account as long as you include your address. |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_4. | | Back to back classes allow you to utilize the most effective times for studying. |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_5. | | When a student misses class, he or she is responsible for knowing what went on in that class. |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_6 | A person who believes that he or she can influence events and their outcomes has an external locus of control. | |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_7. | It takes you less time to do homework in at night hours than it will during daylight hours. | |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_8*.* | A person who blames outside forces for everything has an external locus of control. | |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_9. | No matter what the major, any student who graduates from this college must take a required number of general studies courses. | |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_10. | A master schedule is the same as a to-do list for a week. | |

**Multiple Choice (2 points each) Write the letter for the best answer in the blank.**

\_\_\_\_\_ 11. The best time to re-evaluate our goals is

a. at the beginning of each week.

b. when there is a major change in our lives.

c. when it's a class assignment.

d. all of the above.

\_\_\_\_\_ 12. Essentials of time management should include

a. carrying pocket work.

b. keeping a to-do date book.

c. making a to-do list.

d. all of the above.

\_\_\_\_\_ 13. The most effective time to study for a lecture class is

a. just before the class.

b. just after the class.

c. just before the test.

d. just if you didn't understand the lecture.

\_\_\_\_\_ 14. A URL is

a. an Internet Search Engine such as Yahoo or Google.

b. an Urgent Reason for being Late.

c. name that uniquely identifies a document or service on the

Internet—the address.

d. an Internet Browser such as Netscape or Explorer.

\_\_\_\_\_ 15. The summary questions at the end of each chapter

a. are in the order that the material appears in the text.

b. should be done as you read the chapter.

c. are to make sure you remember the main points of the chapter.

d. all of the above.