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| 1. To get the most out of your academic life, you should   |  |  |  | | --- | --- | --- | |  | a. | take only classes related to your major. | |  | b. | delve into the material in a thorough and deep way. | |  | c. | be cautious about taking classes out of your comfort zone. | |  | d. | avoid social events on campus. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 2. The course objectives on a syllabus tell you   |  |  |  | | --- | --- | --- | |  | a. | the general gist of what the course is about. | |  | b. | how much each test and assignment is worth. | |  | c. | when the instructor is available to meet with you outside of class. | |  | d. | what to do in case of a class absence. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 3. If you're having difficulty in your American History class and think you might need a tutor, where should you go?   |  |  |  | | --- | --- | --- | |  | a. | Academic Support Office | |  | b. | the math center | |  | c. | Student Services Center | |  | d. | Career Services Office |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 4. Which statement about anxiety in college is true?   |  |  |  | | --- | --- | --- | |  | a. | Experiencing anxiety during your first year is a sign that you're not ready for college. | |  | b. | Few colleges are equipped to help students learn to manage anxiety. | |  | c. | Seeking help for dealing with anxiety is a sign of weakness. | |  | d. | Most students experience anxiety during their first year at college. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 5. Which type of motivators come from your personal interests, desires, and standards?   |  |  |  | | --- | --- | --- | |  | a. | intrinsic | |  | b. | extrinsic | |  | c. | growth | |  | d. | fixed |  |  |  | | --- | --- | | *ANSWER:* | a | |