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| 1. If you have always been able to figure out how to fix things around the house, it means that you have \_\_\_\_\_ skills.   |  |  |  | | --- | --- | --- | |  | a. | mechanical | |  | b. | organizational | |  | c. | persistence | |  | d. | intrapersonal |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 2. An associate in applied science (A.A.S.) degree program   |  |  |  | | --- | --- | --- | |  | a. | has more transferable courses than an associate in arts (A.A.) degree. | |  | b. | carries about 120 semester-hour credits. | |  | c. | does not allow students to transfer to a four-year program. | |  | d. | focuses on training students for a specific profession or career. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 3. Mike graduated from college in his early twenties and went on to a career in management at a local manufacturing plant for the next ten years. The owner of the plant recently announced that the facility would be closing down and moving out of state. Rather than move, Mike decided to go back to college to earn a degree in a different field. As a returning student, Mike can expect that   |  |  |  | | --- | --- | --- | |  | a. | he will experience greater freedom than he is used to. | |  | b. | his instructors will appreciate his more mature, focused perspective. | |  | c. | his grades will be lower than those of other students. | |  | d. | he will have difficulty motivating himself to attend classes. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 4. Stacy, Ricardo, Hanh, and Ponto are all students in Mr. Falcon's English literature class. Although the four students are the same age and are attending the same school, they all have different reasons for taking Mr. Falcon's class. Which student is intrinsically motivated to take the English literature class?   |  |  |  | | --- | --- | --- | |  | a. | Stacy, who is taking the course to avoid losing any of her financial aid | |  | b. | Ricardo, who believes the course will be easy and will help bring his grade point average up | |  | c. | Hanh, who is taking the class because he enjoys the subject and wants to learn more about it | |  | d. | Ponto, who is an English major and is required to take the course in order to earn his degree |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 5. If you are resilient, you   |  |  |  | | --- | --- | --- | |  | a. | look for opportunities for self-discovery. | |  | b. | view a crisis as a problem that cannot be overcome. | |  | c. | wait for problems to disappear on their own. | |  | d. | are critical of your ability to solve problems. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 6. Knowing how and why you feel the way you do is called   |  |  |  | | --- | --- | --- | |  | a. | self-regard. | |  | b. | emotional self-awareness. | |  | c. | stress tolerance. | |  | d. | impulse control. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 7. Which is an effective strategy for organizing your time?   |  |  |  | | --- | --- | --- | |  | a. | trying to get large assignments done at once within two days | |  | b. | reserving the same amount of time for studying each subject | |  | c. | maintaining a strict schedule that cannot be deviated from | |  | d. | reviewing your notes during breaks between classes |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 8. Which is the BEST strategy for managing your energy?   |  |  |  | | --- | --- | --- | |  | a. | establishing and following a routine | |  | b. | using your down time for studying instead of relaxing activities | |  | c. | scheduling tasks for every moment of the day | |  | d. | prioritizing social commitments over your academic work |  |  |  | | --- | --- | | *ANSWER:* | a | |