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| 1. What does the R in SMART goal stand for?   |  |  |  | | --- | --- | --- | |  | a. | reliable | |  | b. | relevant | |  | c. | rational | |  | d. | rigid |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 2. A one-credit course generally meets once a week for about \_\_\_\_\_ minutes.   |  |  |  | | --- | --- | --- | |  | a. | 30 | |  | b. | 60 | |  | c. | 90 | |  | d. | 120 |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 3. If you are attending a two-year school and plan to transfer to a four-year school, you should   |  |  |  | | --- | --- | --- | |  | a. | transfer without any help from an adviser. | |  | b. | complete courses that may not transfer. | |  | c. | select only easy courses while you are at a two-year school. | |  | d. | choose your major early. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 4. One way that college is different from high school is that in college you   |  |  |  | | --- | --- | --- | |  | a. | are part of a less diverse student body. | |  | b. | have fewer potential friends. | |  | c. | take tests less frequently. | |  | d. | are discouraged from expressing opposing viewpoints. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 5. A test score of 88 generally translates to which letter grade?   |  |  |  | | --- | --- | --- | |  | a. | A | |  | b. | A | |  | c. | B | |  | d. | B |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 6. Which strategy would BEST help you develop a more positive attitude?   |  |  |  | | --- | --- | --- | |  | a. | thinking about what you can learn from difficult situations you overcame | |  | b. | spending more time with pessimistic people and asking why they are pessimistic | |  | c. | trying not to think about your attitude and instead focusing on your studies | |  | d. | focusing on past experiences when you made inappropriate choices |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 7. Students who are resilient   |  |  |  | | --- | --- | --- | |  | a. | often have difficulty keeping things in perspective. | |  | b. | have greater difficulty succeeding in their endeavors. | |  | c. | tend to have a fixed mindset. | |  | d. | bounce back quickly from difficult situations. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 8. Which statement about emotional intelligence is accurate?   |  |  |  | | --- | --- | --- | |  | a. | Emotional intelligence is the ability to apply rational logic to a situation. | |  | b. | Emotional intelligence is related to how resilient you are. | |  | c. | Emotional intelligence is unrelated to motivation and achieving goals. | |  | d. | Emotional intelligence involves ignoring emotions when making decisions. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 9. Being satisfied and comfortable with what you have achieved in school, work, and your personal life is known as   |  |  |  | | --- | --- | --- | |  | a. | empathy. | |  | b. | independence. | |  | c. | self-actualization. | |  | d. | impulse control. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 10. If you need assistance developing your emotional intelligence, it would be MOST helpful to   |  |  |  | | --- | --- | --- | |  | a. | ignore it as it will develop on its own. | |  | b. | accept that not everyone can develop emotional intelligence. | |  | c. | take emotional intelligence quizzes online. | |  | d. | visit a wellness or counseling center on campus. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 11. Nasha is setting up a written planner for the term. She has already added important dates and deadlines from the school's academic calendar, written in the days and times of all of her classes, and added the dates of all of her midterm and final exams. What else should Nasha do as she prepares her planner?   |  |  |  | | --- | --- | --- | |  | a. | reserve study time for each class and each assignment | |  | b. | schedule an equal amount of time for all of her assignments | |  | c. | limit her color scheme to black and white to keep it from becoming distracting | |  | d. | schedule only academic and work commitments |  |  |  | | --- | --- | | *ANSWER:* | a | |