

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 1) Which method of studying was developed by Francis Robinson in the 1970s? 1) _____
A) A-LARM B) Academic Squares
C) SQ4R D) OCEAN
- 2) The correct order of the "Rs" in the SQ4R method is _____. 2) _____
A) read, recite, reflect, and review B) review, recite, reflect, and read
C) recite, reflect, read, and review D) reflect, read, review, and recite
- 3) Timothy is working on studying for an exam, and decides to use the SQ4R method. The 3) _____
first step that he will use is _____ if he follows the method correctly.
A) scan B) solicit C) survey D) skim
- 4) Why does the SQ4R method suggest to survey information even before you have read 4) _____
it?
A) Sometimes a preview of what is to come helps people to understand it when they read it.
B) Most people won't read their required text or assignment, so a survey or "skim" is better than no review at all.
C) A survey that comes before reading helps us distinguish between information that is and is not valid or reliable in our assigned resources.
D) A survey helps us to recognize what we will not need to pay attention to when we finally do read.
- 5) What would be a good method for "surveying" Chapter 1 of your textbook according to 5) _____
the SQ4R method?
A) Putting together a group of classmates, dividing up the reading, and then teaching each other in a group.
B) Reading over the major headers and vocabulary terms from the chapter before going back to read it thoroughly.
C) Asking friends or family members — surveying them, so to speak — if they are already familiar with the material and can help you.
D) Only reviewing the study questions at the end of the chapter before reading the actual text.

- 6) Leafing or scrolling through the pages of a book before reading it, examining major and minor topic headers, and looking at chapter learning objectives are all examples of the _____ part of the SQ4R method. 6) _____
A) read B) reflect C) survey D) review
- 7) Arnold is reading a book about proper diet techniques for weight loss, and he thinks to himself, "How can I turn this information into a diet that I can stick to so that I will lose weight?" Arnold is engaged in the _____ part of the SQ4R approach. 7) _____
A) read B) survey C) question D) reflect
- 8) When one develops questions on their own to help them more thoroughly process the information they have read, they are a(n) _____ learner. 8) _____
A) cooperative B) active C) assertive D) passive
- 9) Where will you find a list of the key terms from a given textbook chapter, along with their definitions? 9) _____
A) in a glossary
B) at the beginning of the chapter with the learning objectives
C) in a chapter outline
D) in a website that accompanies the textbook
- 10) Parminder is trying to remember the steps involved as one neuron communicates with another. After she reads it, she stands in her room and pretends she's in class. She says the steps out loud as if she is teaching other students, and this helps her to remember the information. This is the _____ part of the SQ4R technique. 10) _____
A) recite B) review C) reflect D) survey
- 11) Javier learned about a tricky learning concept in his psychology class, and rather than try to memorize it verbatim he comes up with a personally relevant example of this type of learning. Within the SQ4R method, Javier is using the _____ step. 11) _____
A) review B) quantify C) reflect D) survey
- 12) In order for reflection to work as part of one's study process, it has to make the material being absorbed more _____. 12) _____
A) simplistic B) complex C) accessible D) meaningful
- 13) After reading a chapter in the textbook, you complete the quiz questions at the end to ensure that you know the information adequately. This is an example of the _____ stage of the SQ4R approach to studying. 13) _____
A) reflect B) review C) read D) recite

- 14) Of the following which is NOT a part of the SQ4R method? 14) _____
A) question B) reflect C) revisit D) survey
- 15) Of the following which is a part of the SQ4R method? 15) _____
A) skim B) scan C) question D) qualify
- 16) Instead of simply printing her teacher's presentation slides and reading them before and during class, Gabriella uses them to write down extra information during class meetings. She then is able to put information into her own words so that she knows she'll understand it when it's time to study at a later date. This is called _____ note-taking 16) _____
A) reconstituted B) active C) passive D) constructive
- 17) Hiroki knows that he has a rather short attention span, and he wants to play video games today. He makes a deal with himself — for every 20 minutes of studying he gets done without distraction, he will "earn" 10 minutes of time to play video games. This is an example of practicing _____ as a study habit. 17) _____
A) self-reward B) the method of loci
C) massed intake D) behavior amplification
- 18) In a recent study of college students by Thibodeaux and colleagues (2017), participants responded that out of 168 hours in a week, approximately _____ were spent on academics outside of the classroom. 18) _____
A) 14 B) 22 C) 11 D) 17
- 19) Of the following, which type of activity do college students report dedicating the most time in the average week? 19) _____
A) obligations B) academics
C) socialization D) passive leisure
- 20) Which statement is accurate with regard to the average student at a community college? 20) _____
A) She is likely over 30 years of age and holds down a full-time job.
B) She is more likely than a university student to be the first in her family to attend college.
C) He was a poor student in high school and could not gain admission to a university.
D) He is almost certain to have financial obligations that make it impossible to buy class textbooks.

- 21) Which of these options is NOT true of the average community college student in the United States when compared to the average university student? 21) _____
- A) They are less likely to live in a dormitory setting.
 - B) They are less likely to graduate from their school with a degree.
 - C) They are more likely to work a higher number of hours at their job each week.
 - D) They are more likely to be the first in their family to attend college.
- 22) When you read the syllabus for your classes on the first day of the semester, you scan when assignments are going to be due and when class examinations will be given. This allows you to anticipate when your time is going to be needed more for one class over another. Such a practice refers to _____. 22) _____
- A) planning ahead
 - B) massed practice
 - C) passive construction
 - D) using mnemonics as memory aids
- 23) Rather than "cramming" for an exam the night before it is given, you are more likely to succeed if you space your studying out over days, with repeated review of material. This is called _____ learning. 23) _____
- A) distributed
 - B) mnemonized
 - C) massed
 - D) chunked
- 24) Callie knows that she has an exam in one week, so she decides that she is going to study for an hour every night instead of waiting until the last minute. This is called _____ learning. 24) _____
- A) distributed
 - B) proactive
 - C) protective
 - D) spaced
- 25) Martavis knows that he has a final exam in two weeks. Which strategy would utilize distributed learning for his preparation? 25) _____
- A) Using a highlighter as he reads so that he will know what to go back and study again later.
 - B) Studying an hour every night so that he is ready when the exam comes.
 - C) Waiting until the night before the test and having an all-night cram session.
 - D) Getting a group together and "assigning" the different material to each group member.
- 26) Cramming for an exam is an example of _____ learning. 26) _____
- A) distributed
 - B) passive
 - C) conditioned
 - D) massed
- 27) In the type of scheduling activity described in your textbook, _____ would appear at the top of each column of a grid that you'd set up. 27) _____
- A) class type
 - B) day of the week
 - C) month
 - D) time

- 28) In the type of scheduling activity described in your textbook, _____ would appear at 28) _____
the left of each row of a grid that you'd set up.
- A) class type
 - B) month
 - C) time
 - D) day of the week
- 29) Which suggestion for scheduling your time is made by the textbook authors? 29) _____
- A) Plan the hardest, roughest days/times first to get them over with.
 - B) Figure out the type of schedule that works best for you.
 - C) Intermix the roughest, most demanding times with more easy, relaxing times.
 - D) Plan the easiest and most laid-back times first, followed by the more demanding times.
- 30) Which phrase, originally created to help people resist the temptation to get involved 30) _____
with using drugs, can help you avoid distractions during studying?
- A) Just say no.
 - B) Keep it real.
 - C) Don't give in.
 - D) It's all up to you.
- 31) The psychologist who identified an errant way of thinking that involves believing that 31) _____
everyone else must approve of us at all times was _____.
- A) Rogers
 - B) Beck
 - C) Maslow
 - D) Ellis
- 32) According to Albert Ellis, one reason why people tend to get distracted from studying or 32) _____
other important tasks is that _____.
- A) the brain can only focus for a certain amount of time before it requires such distractions
 - B) the drive to self-actualization makes us seek out other avenues for our attention, even when we are focused on a specific task
 - C) most people are afraid of success, so they engage in self-sabotage with distractions
 - D) they want others' approval and are afraid to say no when others distract them
- 33) The phrase "Just Say No" is used by your textbook as a mantra for avoiding distractions 33) _____
when you are studying. This saying was originally applied to _____.
- A) assisting women in refusing unwanted sexual advances
 - B) teaching employees to avoid being mistreated at work
 - C) helping people avoid eating when they were not hungry
 - D) avoiding the use of illicit drugs
- 34) Why is it a good idea to study in a library or another private, quiet place, according to 34) _____
your textbook?
- A) Most libraries have a tutoring center where you can go for help if you get stuck.
 - B) You will have academic resources immediately available.
 - C) It helps to avoid unwanted distractions.
 - D) It surrounds you with an academic "feel" or vibe.

- 35) A study of 477 male first-year students at a liberal arts college by Schmitt and Livingston (2015) found that _____ is/are hazardous to one's grades. 35) _____
A) poor study skills B) living alone
C) video games D) alcohol use
- 36) When Patterson (2017) studied over 400 college students, it was determined that test performance was poorer in students who _____. 36) _____
A) participated in more social media platforms
B) were disinterested in time-management practices
C) did not actively take notes in class
D) regularly "partied" during the week
- 37) In a surprising "vicious cycle" finding by Michikyan and others (2015), it was found that academic problems actually *led to* an increase in _____. 37) _____
A) depressive symptoms
B) study time
C) self-medication with alcohol and/or drugs
D) the use of Facebook
- 38) The attempt to do two more tasks at the same time is referred to as _____. 38) _____
A) distraction B) multitasking
C) parallel processing D) polyhabiting
- 39) Penelope always attends her sociology class, but she sits in the back of the room and is usually engaged in either Snapchat or Facebook activities during class. She rarely pays attention to the presentation, and sometimes even shops while trying to take notes. This focus on multiple things at the same time is called _____. 39) _____
A) distributed attention B) multitasking
C) dualizing D) polyfocusing
- 40) What do the research findings tell us about listening to music while studying? 40) _____
A) It is soothing and relaxing, regardless of the type of music used.
B) Music, like any other kind of distraction, always impairs one's ability to focus.
C) Listening to classical music, or other "soft" forms, can enhance studying, while other types of music typically impair retention.
D) It is not always a problem, and each student may be different in the effect of music.

- 41) Professor Stuart insists that her students put away their cell phones in class unless there is an unusual emergency that necessitates being available. Does the available research in this area support her policy? 41) _____
- A) Yes, because even of the phone is turned off, simply seeing it is a distraction that takes away from academic focus.
 - B) Yes, as there is little question that distractions like text messages inhibit from studying.
 - C) No, because students have been found to be more distracted by the absence of their cell phone than having it on their desk.
 - D) No, because most people are fully capable of multitasking without a loss of quality to either function.
- 42) According to Stavrinou and others (2018), 90% of the college-age students polled reported that they _____ while driving. 42) _____
- A) drink alcohol
 - B) send text messages
 - C) fight with passengers
 - D) fix their hair and/or makeup
- 43) When polled, about how many college-aged students reported that they are able to safely talk on a cell phone while driving? 43) _____
- A) one-half
 - B) one-quarter
 - C) two-thirds
 - D) one-third
- 44) Which option is NOT a predictor of distracted driving? 44) _____
- A) a history of accidents due to distracted driving
 - B) peer pressure to text or chat on the phone while driving
 - C) self-efficacy
 - D) perceiving multitasking as being safe
- 45) When the "tip of the tongue" phenomenon occurs—that is, you are sure you know something, but you can't seem to spit it out—this may indicate that _____. 45) _____
- A) you are too distracted by those around you
 - B) there is some sort of proactive interference taking place
 - C) you have forgotten the material and won't recall it until you relearn it
 - D) you didn't learn the material well enough in the first place
- 46) What is the single most important thing to remember when it comes to taking tests in college? 46) _____
- A) Tests are a necessary evil.
 - B) Tests are the best way to assess learning.
 - C) Even your professors hate tests too.
 - D) You are not a victim.

- 47) The type of test question that requires you to recognize the correct answer is _____. 47) _____
 A) multiple choice B) short-answer essay
 C) fill-in-the-blank D) extended essay
- 48) Which of the following is true of multiple-choice questions on an examination? 48) _____
 A) The right answer is usually "a."
 B) Various graders can readily arrive at the same grade.
 C) It is about as reliable and valid as a true-false question.
 D) It is far more difficult to score than an essay question.
- 49) What type of question are you likely to see on many, if not most, college examinations, as well as other standardized tests like the LSAT or GRE? 49) _____
 A) rank ordering B) multiple select
 C) essays D) multiple choice
- 50) Jarrod is taking an exam in his anthropology class, and he is not sure of the answer to one of the multiple-choice questions. He knows that he will not be penalized if he gets it wrong — he just won't earn any points for the incorrect response. There are four answer options, marked A, B, C, and D. Which answer has the least likelihood of being correct? 50) _____
 A) A B) B C) C D) D
- 51) The type of multiple-choice question that you are answering right now — THIS question — has a _____. 51) _____
 A) pseudo-essay B) sentence-completion format
 C) correspondence D) fill-in
- 52) Though it is not done intentionally, multiple-choice test questions might have the problem of _____. 52) _____
 A) being too easy so that they offer no real test value
 B) actually being an essay question "in disguise"
 C) having more than one acceptable answer
 D) too few distractors
- 53) Which tactic makes multiple choice more difficult for students? 53) _____
 A) having questions that require rote memorization
 B) using distractors that are quite plausible
 C) using terminology that matches that in the textbook
 D) using three distractors

- 54) What should a student do if it is clear that a multiple-choice exam question has more than one acceptable response? 54) _____
 A) select one of the other distractors
 B) leave the question blank so that neither answer is evaluated as being incorrect
 C) select both choices, even if using a "bubble" sheet type answer page
 D) politely bring it to the teacher's attention
- 55) A multiple-choice exam question that utilizes a question-and-answer format will have *all but which* of the following components? 55) _____
 A) distractors
 B) a correct response
 C) a hint
 D) a question
- 56) Consider the following question: "Which of the following colors in the visible spectrum has the shortest wavelength?" This type of multiple-choice question uses a _____ format. 56) _____
 A) plausible distractor
 B) rank-ordering
 C) sentence-completion
 D) question-and-answer
- 57) Which statement with regard to multiple choice questions is the most accurate? 57) _____
 A) Most of them have more than one right response.
 B) Find the response that *best* completes the stem or answers the question.
 C) Each question should have one response that is perfectly correct.
 D) They are most professors' favorite questions because they can be used to trick students.
- 58) Words like *always*, *completely*, *all*, *never*, and *only* in a test questions are called _____ and they limit the applicability of a given question stem or answer option. 58) _____
 A) qualifiers
 B) restrictors
 C) mediators
 D) moderators
- 59) The type of test question that requires you to recognize the correct answer is _____. 59) _____
 A) true-false
 B) fill-in-the-blank
 C) short-answer essay
 D) extended essay
- 60) Using a "wild guess" approach to true-false questions, a person should be able to achieve a score of about _____ percent. 60) _____
 A) 90
 B) 75
 C) 25
 D) 50
- 61) Which type of test question format offers the narrowest range of possible responses? 61) _____
 A) true-false
 B) short-answer essay
 C) sentence completion
 D) multiple choice

- 62) When you are answering a question that is presented in the true-false format, stems that use qualifiers are _____. 62) _____
A) usually false B) always incorrect
C) always right D) often correct
- 63) Which statement about true-false test questions is the most accurate? 63) _____
A) Some true-false questions are really multiple-choice questions in disguise.
B) True-false questions should never be answered by guessing.
C) Questions that are longer and have more information tend to be true.
D) The shorter the stem, the better the likelihood that it is a true statement.
- 64) A sentence-completion test question is also called a _____ question. 64) _____
A) multiple-choice B) matching
C) multiple response D) fill-in-the-blank
- 65) Why are sentence-completion test questions more difficult than true-false or multiple-choice questions? 65) _____
A) They typically contain the answer within the question stem, if only the person taking the test can find that hint.
B) They demand recognition of the needed information instead of simple recall.
C) They are typically more obvious and less complicated than true-false or multiple-choice items.
D) They demand recall of the needed information instead of simple recognition.
- 66) When a teacher is writing an exam, what benefit does a sentence-completely question offer? 66) _____
A) They typically call for more recognition than recall for the person taking the test.
B) They always come with a "bank" of words used to fill in the blanks,
C) The same question can be re-used but different parts of the answer may be required.
D) They are typically the easiest type of question to grade.
- 67) Which of the following is a potential drawback for the use of sentence-completion test questions? 67) _____
A) They are typically very time-consuming to grade.
B) Several different words may correctly fill in the blank in the question.
C) Teachers are not able to ask graduate assistance to help with the grading of such items.
D) They call for recall rather than recognition on the part of the student.

- 68) What is meant by the term "firstest with the mostest"? 68) _____
- A) Restating the question at the start of an essay signals that you understand what is being asked.
 - B) Teachers reading essays can typically tell within the first two sentences if the student knows the information being requested in the question.
 - C) An answer on an essay question should *always* utilize an introductory paragraph.
 - D) An essay response should begin with the strongest, most relevant ideas.
- 69) Why is it important to put the strongest parts of your essay first rather than finishing with a bang? 69) _____
- A) Grader fatigue can cause the later part of the essay to receive less attention.
 - B) Multiple graders read each essay, so you have to grab their attention from the start of your response.
 - C) Most graders do not read past the first paragraph.
 - D) If your first few sentences do not jump out, the grader will assume you have nothing of value to say.
- 70) Which statement is true regarding spelling in an essay, according to your textbook? 70) _____
- A) Most teachers just skim essays, so they won't catch most spelling errors.
 - B) Spelling counts, even if a teacher says that it doesn't.
 - C) As long as you get your general point across, spelling is typically not that important.
 - D) The use of common abbreviations and "text-speak" is perfectly fine, because teachers know you are under a time demand.
- 71) A sense of dread and foreboding that surrounds preparing for and taking an examination is called _____. 71) _____
- A) classroom jitters
 - B) analysis paralysis
 - C) college cooties
 - D) test anxiety
- 72) Under which circumstance is Kaley most likely to experience test anxiety symptoms? 72) _____
- A) The stakes of a given exam are very high.
 - B) Others finish the test much faster than she does.
 - C) She has prepared well but doesn't know if she is truly ready.
 - D) The test difficulty is unknown.
- 73) On physical level, test anxiety involves overarousal of the _____ system. 73) _____
- A) endocrine
 - B) excretory
 - C) nervous
 - D) musculoskeletal
- 74) The physical aspects of anxiety include *all but which* of the following symptoms? 74) _____
- A) rapid breathing
 - B) muscle tension
 - C) "butterflies in the stomach"
 - D) slowed heartbeat

- 75) Which choice is NOT one of the physical aspects of anxiety? 75) _____
 A) dryness in the mouth
 B) seating, sometimes very heavy sweating
 C) rapid heartbeat
 D) cool skin or "goosebumps"
- 76) Test anxiety is best thought of as a type of _____ anxiety. 76) _____
 A) retrospective B) performance C) spectator D) prospective
- 77) Which choice is NOT regarded as a suggestion for overcoming test anxiety? 77) _____
 A) diaphragmatic breathing
 B) restricting catastrophic or irrational thoughts
 C) studying all night before a test
 D) being well prepared
- 78) The first step in restricting irrational thoughts is to _____. 78) _____
 A) identify them
 B) come up with rational alternative ways of thinking
 C) substitute rational thoughts for catastrophic ones
 D) ask others to point out when you make irrational statements
- 79) Why is it that the axiom "what goes up must come down" does not apply to matter of money for college students? 79) _____
 A) Most people are unable to pay back their college loans even over a long time.
 B) Even as textbooks and tuition prices drop, the cost of living for college students always rises.
 C) It seems that applying for financial aid for college becomes a harder and harder process each year.
 D) The costs associated with being a college student keep rising but never fall.
- 80) A person who has earned a _____ degree appears to have the greatest earning potential over a long time period. 80) _____
 A) master's B) professional C) bachelor's D) doctoral
- 81) Kim has earned a master's degree, and her brother Judah has graduated from high school without going to college. Over their lifetimes, Kim can expect to earn approximately _____ as much as Judah, when other factors are controlled. 81) _____
 A) four times B) double C) six times D) triple

- 82) The first step in managing income and spending is to _____. 82) _____
 A) get a job that earns a reasonable wage
 B) get a college degree
 C) make a budget
 D) distinguish between what you *need* and what you *want*
- 83) Which is NOT one of the charts recommended by your textbook that can help track money? 83) _____
 A) a record of actual expenses
 B) a daily budget for immediate necessities
 C) a monthly budget that allots for specific expenses
 D) a yearly budget for the "big picture"
- 84) Once a list of total expenses is made, and a list of income opportunities is also generated, what is the next step in making a budget? 84) _____
 A) add income to expenses
 B) multiple income by 1.2 (for tax) and then deduct expenses
 C) subtract income from expenses
 D) subtract expenses from income
- 85) If you have the feeling that your spending is out of control, there are several things you can do about it. They include *all but which* of these suggestions? 85) _____
 A) Do something else.
 B) Look for free (or almost free) turn-ons.
 C) Avoid temptations.
 D) Stay away from your budget to avoid anxiety.
- 86) What do all of the following activities described in your textbook have in common — doing artwork, bicycling, beachcombing, creative writing, and people-watching? 86) _____
 A) They all reduce blood pressure.
 B) They're all activities that require no skill or talent.
 C) They are all free, or nearly free.
 D) None of them require any specific training.

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 87) The SQ4R method of studying was developed at the University of Minnesota in 1978. 87) _____
- 88) In the SQ4R approach, the first step is to "skim" the chapter by doing a cursory read of the content. 88) _____
- 89) The Survey step of the SQ4R study approach helps you to avoid reading a chapter "cold." 89) _____

- 90) The Q in the SQ4R method involves questioning your assignments or textbook. 90) _____
- 91) Questions that come at the start of the chapter are far more important for your retention than questions that come after the chapter. 91) _____
- 92) The four Rs in the SQ4R approach to studying include read, recite, reflect, and review. 92) _____
- 93) In the "recite" step of SQ4R reciting important information or concepts silently to yourself is just as effective as saying that same material out loud. 93) _____
- 94) Reflecting on information and relating it to one's own experiences is an important part of effective studying. 94) _____
- 95) Research finds that taking notes actively in class actually interferes with learning, because it obstructs your ability to pay attention to the teacher or the presentation. 95) _____
- 96) Rewarding yourself for progress and achievements in studying is an important part of being an effective student. 96) _____
- 97) Managing time means making a schedule and sticking to it no matter what, without exceptions. 97) _____
- 98) Most college students report that the majority of their time is spent socializing. 98) _____
- 99) The average college student spends only about 3 hours a week on academic work outside of class time. 99) _____
- 100) Most people learn better through spaced, or distributed, learning rather than through cramming or massed learning. 100) _____
- 101) Setting up a schedule is one of the most important ways of managing your time. 101) _____
- 102) When studying at home, a "do not disturb" sign on your door can be an effective way to reduce distractions. 102) _____
- 103) Of those 18- to 24-years of age, the most time spent on social media is on Snapchat and Instagram. 103) _____
- 104) Most of the time the "tip-of-the-tongue" phenomenon reflects overpreparation for a test. 104) _____

- 105) The single most important piece of advice you can be given about taking a test in a college class is that you are NOT a victim. 105) _____
- 106) Multiple-choice test questions require intricate recall of the information being examined. 106) _____
- 107) Multiple-choice test questions have the benefit of having high reliability between different graders. 107) _____
- 108) If you are taking a multiple-choice test and the right answer "pops" out at you, it is probably the correct one, especially if it is answer option A. 108) _____
- 109) If you were to give a true-false test to a hamster and it was able to neatly make selections for each question, it would probably obtain a score of around 50%. 109) _____
- 110) If a test employs a double negative in the stem, it is a good idea to approach the professor and ask her to decode what is being asked. 110) _____
- 111) Sentence-completion test items are also called fill-in-the-blank questions. 111) _____
- 112) In a sentence-completion test, the use of the word "an" before the blank may be a hint that the correct answer begins with a vowel, while the word "a" hints that the correct answer begins with a consonant. 112) _____
- 113) On essay exams, spelling, punctuation, and grammar are relatively unimportant as long as you communicate the correct information in your response. 113) _____
- 114) Test anxiety is a form of performance anxiety. 114) _____
- 115) Managing money (or mismanaging it!) is a task that extends past college and will be with you throughout your life. 115) _____
- 116) The first step in managing your income is to figure out where you can trim expenses and live more within your own means. 116) _____
- 117) An effective way to avoid the temptation to spend money is to avoid window shopping or browsing online retailers. 117) _____

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 118) Discuss, in the correct order, the steps of the SQ4R method. Identify and describe each step.

- 119) What is the purpose of the third R in the SQ4R approach? What are some ways that you can use this R to your own advantage?
- 120) Discuss several interventions you can use to improve your time management skills, being specific about how you would apply these approaches to your own life.
- 121) Distractions may be one of the biggest impediments to one's study time. What are some strategies you can utilize to reduce distractions when you are studying? What are the advantages and drawbacks of each strategy?
- 122) Identify the strengths and weaknesses of the four types of test questions identified in the textbook.
- 123) What are the essential aspects of writing a good essay on a college examination?
- 124) Identify why college students may be more troubled by financial issues than other people, listing several reasons why this is the case.
- 125) List and describe several interventions you can use to help curtail out-of-control spending habits.

Answer Key

Testname: UNTITLED1

- 1) C
- 2) A
- 3) C
- 4) A
- 5) B
- 6) C
- 7) C
- 8) B
- 9) A
- 10) A
- 11) C
- 12) D
- 13) B
- 14) C
- 15) C
- 16) B
- 17) A
- 18) C
- 19) C
- 20) B
- 21) B
- 22) A
- 23) A
- 24) A
- 25) B
- 26) D
- 27) B
- 28) C
- 29) B
- 30) A
- 31) D
- 32) D
- 33) D
- 34) C
- 35) C
- 36) A
- 37) D
- 38) B
- 39) B
- 40) D
- 41) B
- 42) B

Answer Key

Testname: UNTITLED1

- 43) A
- 44) B
- 45) D
- 46) D
- 47) A
- 48) B
- 49) D
- 50) A
- 51) B
- 52) C
- 53) B
- 54) D
- 55) C
- 56) D
- 57) B
- 58) A
- 59) A
- 60) D
- 61) A
- 62) A
- 63) C
- 64) D
- 65) D
- 66) C
- 67) B
- 68) D
- 69) A
- 70) B
- 71) D
- 72) A
- 73) C
- 74) D
- 75) D
- 76) B
- 77) C
- 78) A
- 79) D
- 80) B
- 81) B
- 82) C
- 83) B
- 84) D

Answer Key

Testname: UNTITLED1

- 85) B
- 86) C
- 87) FALSE
- 88) FALSE
- 89) TRUE
- 90) TRUE
- 91) FALSE
- 92) TRUE
- 93) FALSE
- 94) TRUE
- 95) FALSE
- 96) TRUE
- 97) FALSE
- 98) TRUE
- 99) FALSE
- 100) TRUE
- 101) TRUE
- 102) TRUE
- 103) FALSE
- 104) FALSE
- 105) TRUE
- 106) FALSE
- 107) TRUE
- 108) FALSE
- 109) TRUE
- 110) TRUE
- 111) TRUE
- 112) TRUE
- 113) FALSE
- 114) TRUE
- 115) TRUE
- 116) FALSE
- 117) TRUE
- 118) Answers will vary.
- 119) Answers will vary.
- 120) Answers will vary.
- 121) Answers will vary.
- 122) Answers will vary.
- 123) Answers will vary.
- 124) Answers will vary.
- 125) Answers will vary.