

5. What is most helpful in developing positive habits?
 - a. Define and evaluate your habits to see if they need changing.
 - b. Use positive self talk to encourage progress.
 - c. Pick a day to make changes and keep it.
 - d. Both a and c.
 - e. All of the above.

6. What is NOT a key to motivation?
 - a. Making a commitment.
 - b. Developing positive habits.
 - c. Buying yourself expensive incentives.
 - d. Building your self-esteem.

7. Who is the most responsible person?
 - a. Someone who sees something that needs to be done and does the task as efficiently as possible, to the best of his or her ability.
 - b. Someone who likes to be in charge, directing other people what to do.
 - c. Someone who lets everyone know when he or she is not going to be able to follow through on a commitment.
 - d. All of the above.

8. When facing your fears, which action below is most helpful?
 - a. Acknowledge your fears and work to overcome them.
 - b. Talk about your fears.
 - c. Think about other happier thoughts.
 - d. None of the above.

9. Which of the strategies below is NOT part of the method to change an undesirable habit?
 - a. Defining and evaluating the habit.
 - b. Making a conscious decision to keep or change the habit.
 - c. Rewarding yourself for positive steps toward making the change.
 - d. Postponing it until a later time.

10. Which is an example of positive self-talk?
 - a. This test is so easy, even a dummy like me can pass.
 - b. I really worked hard on this paper and it's good.
 - c. No one will want me in his or her group for this project.
 - d. I have to finish this reading today since I'm always behind.
 - e. a and c.

11. Which of these is NOT a part of successful intelligence?
 - a. Objective thinking.
 - b. Analytical thinking.
 - c. Creative thinking.
 - d. Practical thinking.

12. A successfully intelligent person learns from failures by:
 - a. looking for someone to blame.
 - b. focusing on past mistakes.
 - c. covering up disappointment.
 - d. analyzing what went wrong and making a new plan.

13. Students often interact with instructors and peers who have a variety of personal experiences and backgrounds. These differences are called:
 - a. knowledge.
 - b. socialization.
 - c. diversity.
 - d. acclimation.

14. Which is characteristic of a lifelong learner?
 - a. Keeping an open mind during new experiences and learning from diversity
 - b. Continually increasing your knowledge
 - c. Taking risks to reach goals
 - d. Only a. and b.
 - e. All of the above

15. Which of the following are strategies that inspire a positive attitude:
 - a. Telling yourself that you are the smartest student in the class.
 - b. Stopping negative talk.
 - c. Replace words of obligation with words of personal intent.
 - d. all of the above.
 - e. both b and c.

Fill in the Blank

Insert the word or phrase that BEST completes the sentence from the word bank below:

1. People, organizations, or services that supply help and support for different aspects of college life are _____.
2. Teams gain strength from the _____ of their members.
3. Giving in to _____ can prevent you from succeeding in college and in life.
4. _____ is the energy that fuels a person's drive to achieve.
5. _____ stall motivation and prevent you from reaching important goals.
6. _____ is a strong and deeply felt belief that as a person, you have value in the world.
7. Successful Intelligence is a better predictor of life success than IQ tests because it focusses on _____ rather than recall and analysis.
8. The quality of being reliable, trustworthy, and accountable is called _____.
9. Successful intelligence is broken into three abilities: _____ thinking, _____ thinking, and _____ thinking.
10. _____ thinking means taking unique approaches to problems and seeing the world from a different perspective.

Word Bank

Resources
Responsibility
Motivation
logical and practical

Diversity
Fear
Actions

Self esteem
Bad habits
Analytical, creative, practical Creative,

Essay Questions

- What is one habit you have that may be hindering your success in college? What can you do to change that habit and take a step in the right direction?
- Education is a lifelong process, continually promoting your success. Give at least three reasons education is important to success and why.
- What makes a person with successful intelligence so appealing to a future employer?

Word Exploration



Define this character:

What does this character mean to you? How does it apply to your life?