

Student # \_\_\_\_\_ Name \_\_\_\_\_ Section \_\_\_\_\_

Daily Average \_\_\_\_\_ Score \_\_\_\_\_

## UNIV 1010 Test I Chapters 1-4

**True/False (2 points each). Write true or false in the blank**

- \_\_\_\_\_ 1. Your attitude and attentiveness in the class can significantly affect an instructor's delivery of information.
- \_\_\_\_\_ 2. The big 3 of the Breathe System are to straighten your posture, relax your neck and shoulders muscles and breathe by taking cleansing breaths.
- \_\_\_\_\_ 3. Emails sent to your instructors can be sent from your gmail account as long as you include your address.
- \_\_\_\_\_ 4. Back to back classes allow you to utilize the most effective times for studying.
- \_\_\_\_\_ 5. When a student misses class, he or she is responsible for knowing what went on in that class.
- \_\_\_\_\_ 6. A person who believes that he or she can influence events and their outcomes has an external locus of control.
- \_\_\_\_\_ 7. It takes you less time to do homework in at night hours than it will during daylight hours.
- \_\_\_\_\_ 8. A person who blames outside forces for everything has an external locus of control.
- \_\_\_\_\_ 9. No matter what the major, any student who graduates from this college must take a required number of general studies courses.
- \_\_\_\_\_ 10. A master schedule is the same as a to-do list for a week.

**Multiple Choice (2 points each) Write the letter for the best answer in the blank.**

- \_\_\_\_\_ 11. The best time to re-evaluate our goals is
- a. at the beginning of each week.
  - b. when there is a major change in our lives.
  - c. when it's a class assignment.
  - d. all of the above.

\_\_\_\_\_

12. Essentials of time management should include

- a. carrying pocket work.
- b. keeping a to-do date book.
- c. making a to-do list.
- d. all of the above.

\_\_\_\_\_

13. The most effective time to study for a lecture class is

- a. just before the class.
- b. just after the class.
- c. just before the test.
- d. just if you didn't understand the lecture.

\_\_\_\_\_

14. A URL is

- a. an Internet Search Engine such as Yahoo or Google.
- b. an Urgent Reason for being Late.
- c. name that uniquely identifies a document or service on the Internet—the address.
- d. an Internet Browser such as Netscape or Explorer.

\_\_\_\_\_

15. The summary questions at the end of each chapter

- a. are in the order that the material appears in the text.
- b. should be done as you read the chapter.
- c. are to make sure you remember the main points of the chapter.
- d. all of the above.