

Chapter 01

P.O.W.E.R. Learning: Becoming a Successful Student

Multiple Choice Questions

1. Over a lifetime, a college graduate will earn approximately how much more than a high school graduate?
 - A. 90 percent
 - B. 75 percent
 - C. 50 percent
 - D. 30 percent
2. Which of the following is *not* a reason for attending college?
 - A. understanding cultural differences
 - B. learning to adapt to new situations
 - C. leading a life of community service
 - D. bringing your education to an end
3. The most popular reason students give for enrolling in college is
 - A. to be more cultured.
 - B. to make learning a lifelong habit.
 - C. to be able to get a better job.
 - D. to develop skills to act with respect and civility.
4. Completing college doesn't have to be the end of your education. Attending college starts you down the path of
 - A. lifelong learning.
 - B. community service.
 - C. service learning.
 - D. P.O.W.E.R. Learning.
5. A college education improves your ability to
 - A. predict your future.
 - B. be a critical thinker.
 - C. suppress communication.
 - D. divert challenges.

6. It is important to make contributions to society and be respectful and courteous to others. College provides you with these opportunities when you participate in
- A. training for a specific career.
 - B. making more money.
 - C. lifelong learning.
 - D. community service.
7. Why is college becoming more of a necessity?
- A. There are more jobs on the market.
 - B. Technology is becoming more sophisticated.
 - C. Everyone else is going to college.
 - D. Your parents are becoming too demanding.
8. The acronym P.O.W.E.R., as used in your textbook, stands for
- A. prepare, originate, write, enlighten, review.
 - B. prepare, organize, work, evaluate, rethink.
 - C. plan, offer, work, earn, realize.
 - D. practice, organize, work, evaluate, research.
9. According to your textbook, P.O.W.E.R. Learning is
- A. a strategy for achieving higher test scores.
 - B. a way to make learning a lifelong habit.
 - C. a method to deal with fast-changing technology.
 - D. a system to increase your chances of success at any task.
10. Plans that relate to major accomplishments and that take some time to achieve are referred to as
- A. long-term goals.
 - B. short-term goals.
 - C. measurable changes.
 - D. organizational tools.
11. The second step in P.O.W.E.R. Learning is to organize the tools you need to accomplish your goals. Which of the following types of organization does the author consider critical?
- A. physical organization
 - B. strategic organization
 - C. mental organization
 - D. written organization

12. What is the inner power and psychological energy that directs and fuels your behavior?
- A. responsibility
 - B. motivation
 - C. thinking
 - D. preparation
 - E. learning
13. The process of evaluation consists of
- A. accepting that you can't control everything.
 - B. trying new experiences.
 - C. taking responsibility for your failures and successes.
 - D. determining how well the work you produced matches your goals.
14. The process of reanalyzing, questioning, and challenging an underlying assumption is referred to as
- A. critical thinking.
 - B. P.O.W.E.R. Learning.
 - C. evaluation.
 - D. hypothesis.
 - E. revision.
15. The rethinking step of the P.O.W.E.R. Learning process is meant to
- A. help you develop perfectionism.
 - B. prove once and for all whether you can succeed in college.
 - C. increase the number of hours you can work on a project.
 - D. help you grow and understand your work process.
16. First-year college students enroll in college for a variety of reasons. Which reason listed below was *not* identified in a national survey?
- A. to make their high school guidance counselor happy
 - B. to be able to get a better job
 - C. to improve reading and study skills
 - D. to be able to make more money
17. Which of the following is *not* an effective strategy for achieving your goals?
- A. making your goals realistic and attainable
 - B. reaching for your long-term goals first
 - C. making sure the goals you choose are *your* goals, not someone else's
 - D. setting short-term goals to help you reach your long-term goals

18. College is different than high school. Which of the following differences are *not* mentioned in your textbook?
- A. It will be up to you to read and understand assignments on your own.
 - B. You may only have a few exams, covering large chunks of material, rather than frequent tests.
 - C. Your instructors will make suggestions on how to manage your time.
 - D. You're viewed as an adult who needs to figure out on your own what your responsibilities are.
19. The best way to plan systematically is to use
- A. goal-setting strategies.
 - B. a short-term approach.
 - C. a long-term approach.
 - D. your professors.
20. When you consider the academic skills you'll need to successfully complete the task at hand you use
- A. mental organization.
 - B. physical organization.
 - C. goal-setting strategies.
 - D. a long-term approach.
21. When you view effort and hard work as keys to success, you may increase your
- A. ability to perform.
 - B. organization skills.
 - C. goal-setting skills.
 - D. ability to work.
22. The P.O.W.E.R. Learning process is meant to be used exclusively in the pursuit of
- A. organization.
 - B. preparation.
 - C. academic success.
 - D. evaluation.
23. Seeing yourself as a victim (i.e., not being smart enough) or being too confident (i.e., that test was so easy anyone could have done it) is considered
- A. positive.
 - B. negative.
 - C. controlling.
 - D. counterproductive.

24. When setting goals, you should dream up your ideal outcome and
- A. monitor your test-taking skills.
 - B. measure your progress toward it.
 - C. spend all your time focusing on homework.
 - D. focus on your long-term goals only.
25. "Your future success depends on a single assignment, paper, or test," is an example of
- A. a self-defeating thought.
 - B. a positive thought.
 - C. a realistic thought.
 - D. an effective strategy.
26. Setting short- and long-term goals relates to which step in P.O.W.E.R. Learning?
- A. prepare
 - B. organize
 - C. evaluate
 - D. rethink
27. Stating goals in terms of behavior that can be measured against current accomplishments relates to which step in P.O.W.E.R. Learning?
- A. prepare
 - B. organize
 - C. evaluate
 - D. rethink
28. Considering and reviewing the academic skills you need to successfully complete the task at hand relates to which step in P.O.W.E.R. Learning?
- A. prepare
 - B. organize
 - C. work
 - D. rethink
29. Involving the mechanical aspects of completing a task relates to which step in P.O.W.E.R. Learning?
- A. prepare
 - B. organize
 - C. work
 - D. rethink

30. Effort yields success relates to which step in P.O.W.E.R. Learning?

- A. prepare
- B. organize
- C. work
- D. evaluate

31. Taking responsibilities for your success and failures relates to which step in P.O.W.E.R. Learning?

- A. prepare
- B. organize
- C. work
- D. evaluate

32. Comparing your accomplishments to what you want to achieve relates to which step in P.O.W.E.R. Learning?

- A. organize
- B. work
- C. evaluate
- D. rethink

33. Congratulating yourself and feeling a sense of satisfaction relates to which step in P.O.W.E.R. Learning?

- A. organize
- B. work
- C. evaluate
- D. rethink

34. Considering whether your initial goals are realistic or require modification relates to which step in P.O.W.E.R. Learning?

- A. prepare
- B. organize
- C. evaluate
- D. rethink

35. Identifying and challenging your assumptions relates to which step in P.O.W.E.R. Learning?

- A. prepare
- B. organize
- C. evaluate
- D. rethink

36. Of the following, which is an example of preparation from the P.O.W.E.R. Learning sequence?
- A. Ask yourself if your goal of graduating college is realistic or if you need to change what you set out to accomplish.
 - B. Set a goal to get your college degree.
 - C. Attend your classes and complete your homework.
 - D. Determine the best way to accomplish your goal of getting your college degree.
 - E. Finish your first two years of classes and double-check to make sure they still align with your original goal.
37. Of the following, which is an example of organization from the P.O.W.E.R. Learning sequence?
- A. Ask yourself if your goal of graduating college is realistic or if you need to change what you set out to accomplish.
 - B. Set a goal to get your college degree.
 - C. Attend your classes and complete your homework.
 - D. Determine the best way to accomplish your goal of getting your college degree.
 - E. Finish your first two years of classes and double-check to make sure they still align with your original goal.
38. Of the following, which is an example of work from the P.O.W.E.R. Learning sequence?
- A. Ask yourself if your goal of graduating college is realistic or if you need to change what you set out to accomplish.
 - B. Set a goal to get your college degree.
 - C. Attend your classes and complete your homework.
 - D. Determine the best way to accomplish your goal of getting your college degree.
 - E. Finish your first two years of classes and double-check to make sure they still align with your original goal.
39. Of the following, which is an example of evaluation from the P.O.W.E.R. Learning sequence?
- A. Ask yourself if your goal of graduating college is realistic or if you need to change what you set out to accomplish.
 - B. Set a goal to get your college degree.
 - C. Attend your classes and complete your homework.
 - D. Determine the best way to accomplish your goal of getting your college degree.
 - E. Finish your first two years of classes and double-check to make sure they still align with your original goal.

40. Of the following, which is an example of rethinking from the P.O.W.E.R. Learning sequence?
- A. Ask yourself if your goal of graduating college is realistic or if you need to change what you set out to accomplish.
 - B. Set a goal to get your college degree.
 - C. Attend your classes and complete your homework.
 - D. Determine the best way to accomplish your goal of getting your college degree.
 - E. Finish your first two years of classes and double-check to make sure they still align with your original goal.
41. To succeed in college, you need to have all of the following except
- A. a clear sense of your own strengths and weaknesses.
 - B. a lack of responsibilities.
 - C. a motivation to succeed.
 - D. the ability to embrace success.

Short Answer Questions

42. Although almost three-quarters of first-year students report that they attend college to get a better job and make more money, there are many other excellent reasons for pursuing a college education. Please list five reasons that do not include career or financial considerations.
43. In your own words, describe how a college education prepares you to live in a world of diversity.

44. How does college improve your ability to understand the world?

45. In your own words, briefly describe each of the five basic steps of the P.O.W.E.R. Learning sequence and give an example of each.

46. Although it feels great to finally complete a project, the author of P.O.W.E.R. Learning stresses the importance of taking time to evaluate how well the work you have produced matches your original goals. What are three of the steps that he suggests you can use to do this, and what does he say you should do once you have completed your evaluation?

47. Compare and contrast mental and physical organization. Explain how you've incorporated each into your current studies.

48. In your own words, explain growth mind-set and give an example of how to develop one.

49. Explain critical thinking and give an example of a recent task that has required you to apply critical thinking.

50. Explain the differences between high school and college mentioned in your text. Have you observed these differences so far? How have you handled them?

Chapter 01 P.O.W.E.R. Learning: Becoming a Successful Student

Answer Key

Multiple Choice Questions

1. Over a lifetime, a college graduate will earn approximately how much more than a high school graduate?

A. 90 percent
B. 75 percent
C. 50 percent
D. 30 percent

College graduates earn about 75 percent more than high school graduates over their working lifetimes. That amounts to almost \$1 million in total.

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Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-01 Explain the benefits of a college education.

Topic: The Benefits of a Higher Education

2. Which of the following is *not* a reason for attending college?

A. understanding cultural differences
B. learning to adapt to new situations
C. leading a life of community service
D. bringing your education to an end

Education is a never-ending journey. A good college education should prepare you to become a lifelong learner.

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Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-01 Explain the benefits of a college education.

Topic: The Benefits of a Higher Education

3. The most popular reason students give for enrolling in college is

- A. to be more cultured.
- B. to make learning a lifelong habit.
- C.** to be able to get a better job.
- D. to develop skills to act with respect and civility.

Students state that the top reason for attending college is they want to be able to get a better job. Other important reasons include to learn more about things that interest them and to get training for a specific career.

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Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-01 Explain the benefits of a college education.

Topic: The Benefits of a Higher Education

4. Completing college doesn't have to be the end of your education. Attending college starts you down the path of

- A.** lifelong learning.
- B. community service.
- C. service learning.
- D. P.O.W.E.R. Learning.

Make learning a lifelong habit by attending college. It helps you prepare for learning new skills at your job.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-01 Explain the benefits of a college education.

Topic: The Benefits of a Higher Education

5. A college education improves your ability to

- A. predict your future.
- B.** be a critical thinker.
- C. suppress communication.
- D. divert challenges.

No matter where you are in this world, you'll need to analyze and solve problems. Your education helps you learn how to think critically and communicate effectively.

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Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-01 Explain the benefits of a college education.

Topic: The Benefits of a Higher Education

6. It is important to make contributions to society and be respectful and courteous to others. College provides you with these opportunities when you participate in

- A. training for a specific career.
- B. making more money.
- C. lifelong learning.
- D. community service.**

College provides you with the opportunity to become involved in various community service activities. Community service teaches civility and respectful behavior.

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Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-01 Explain the benefits of a college education.

Topic: The Benefits of a Higher Education

7. Why is college becoming more of a necessity?

- A. There are more jobs on the market.
- B. Technology is becoming more sophisticated.**
- C. Everyone else is going to college.
- D. Your parents are becoming too demanding.

No one knows what the future holds, but education provides you with intellectual tools you can apply in this technology-driven world.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-01 Explain the benefits of a college education.

Topic: The Benefits of a Higher Education

8. The acronym P.O.W.E.R., as used in your textbook, stands for

- A. prepare, originate, write, enlighten, review.
- B. prepare, organize, work, evaluate, rethink.**
- C. plan, offer, work, earn, realize.
- D. practice, organize, work, evaluate, research.

P.O.W.E.R. is an acronym for Prepare, Organize, Work, Evaluate, and Rethink.

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Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

9. According to your textbook, P.O.W.E.R. Learning is

- A. a strategy for achieving higher test scores.
- B. a way to make learning a lifelong habit.
- C. a method to deal with fast-changing technology.
- D.** a system to increase your chances of success at any task.

The principles behind the P.O.W.E.R. Learning process can help you in situations you will encounter in college and beyond.

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Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

10. Plans that relate to major accomplishments and that take some time to achieve are referred to as

- A.** long-term goals.
- B. short-term goals.
- C. measurable changes.
- D. organizational tools.

It is important to set long-term goals that relate to a major accomplishment. These long-term goals should then be broken down into smaller, short-term goals.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

Topic: Setting Goals

11. The second step in P.O.W.E.R. Learning is to organize the tools you need to accomplish your goals. Which of the following types of organization does the author consider critical?

- A. physical organization
- B. strategic organization
- C.** mental organization
- D. written organization

According to the author, mental organization is critical. It helps pave the way for better subsequent learning of new material.

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Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

Topic: Physical and Mental Organization

12. What is the inner power and psychological energy that directs and fuels your behavior?

- A. responsibility
- B. motivation**
- C. thinking
- D. preparation
- E. learning

Motivation, the inner power and psychology energy that directs our behavior, is really the key to success.

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Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

Topic: Motivation

13. The process of evaluation consists of

- A. accepting that you can't control everything.
- B. trying new experiences.
- C. taking responsibility for your failures and successes.
- D. determining how well the work you produced matches your goals.**

Even the greatest creation does not emerge in perfect form, immediately meeting all the goals of the producer. Evaluation will help you improve upon your initial efforts to produce truly top-notch work.

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Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

14. The process of reanalyzing, questioning, and challenging an underlying assumption is referred to as

- A. critical thinking.**
- B. P.O.W.E.R. Learning.
- C. evaluation.
- D. hypothesis.
- E. revision.

Critical thinking is an important part of the "rethinking" step in the P.O.W.E.R. Learning process.

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Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

15. The rethinking step of the P.O.W.E.R. Learning process is meant to

- A. help you develop perfectionism.
- B. prove once and for all whether you can succeed in college.
- C. increase the number of hours you can work on a project.
- D. help you grow and understand your work process.**

The rethinking step is mostly meant to help you grow, to become better at whatever you've been doing.

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Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

16. First-year college students enroll in college for a variety of reasons. Which reason listed below was *not* identified in a national survey?

- A. to make their high school guidance counselor happy**
- B. to be able to get a better job
- C. to improve reading and study skills
- D. to be able to make more money

There are many reasons students decide to enroll in college, ranging from learning new things to making more money and getting a better job.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-01 Explain the benefits of a college education.

Topic: The Benefits of a Higher Education

17. Which of the following is *not* an effective strategy for achieving your goals?

- A. making your goals realistic and attainable
- B. reaching for your long-term goals first**
- C. making sure the goals you choose are *your* goals, not someone else's
- D. setting short-term goals to help you reach your long-term goals

When setting goals, make them realistic, attainable, and yours. Assure that your short-term goals will lead to the achievement of your long-term goals.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

Topic: Setting Goals

18. College is different than high school. Which of the following differences are *not* mentioned in your textbook?

- A. It will be up to you to read and understand assignments on your own.
- B. You may only have a few exams, covering large chunks of material, rather than frequent tests.
- C.** Your instructors will make suggestions on how to manage your time.
- D. You're viewed as an adult who needs to figure out on your own what your responsibilities are.

College varies from high school in many ways. Do not assume that you will be fine in college because you were fine in high school. You'll need to manage your time, develop your own understanding of what is required in assignments, and sort out your responsibilities.

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Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-03 Discuss how expert students use P.O.W.E.R. Learning to achieve college success.

Topic: Are You Ready for College Success?

19. The best way to plan systematically is to use

- A.** goal-setting strategies.
- B. a short-term approach.
- C. a long-term approach.
- D. your professors.

Good planning requires you to use goal-setting strategies to reach your long- and short-term goals.

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Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

Topic: Setting Goals

20. When you consider the academic skills you'll need to successfully complete the task at hand you use

- A.** mental organization.
- B. physical organization.
- C. goal-setting strategies.
- D. a long-term approach.

There are several types kinds of organization, but mental organization may be the most critical.

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Blooms: Remember
Difficulty: 1 Easy
Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.
Topic: Physical and Mental Organization

21. When you view effort and hard work as keys to success, you may increase your

- A. ability to perform.
- B. organization skills.
- C. goal-setting skills.
- D. ability to work.

Research has shown that positive thinking leads to positive results. Thus, if you view hard work and effort as being important to success, you are more likely to do well.

Accessibility: Keyboard Navigation
Blooms: Remember
Difficulty: 1 Easy
Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.
Topic: Motivation

22. The P.O.W.E.R. Learning process is meant to be used exclusively in the pursuit of

- A. organization.
- B. preparation.
- C. academic success.
- D. evaluation.

The P.O.W.E.R. Learning process is designed to help you achieve any goal.

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Blooms: Remember
Difficulty: 1 Easy
Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.
Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

23. Seeing yourself as a victim (i.e., not being smart enough) or being too confident (i.e., that test was so easy anyone could have done it) is considered

- A. positive.
- B. negative.
- C. controlling.
- D. counterproductive.

When evaluating yourself and your performance, try to find a middle ground between being too hard and too easy on yourself. Being too hard on yourself can be counterproductive.

Accessibility: Keyboard Navigation
Blooms: Remember
Difficulty: 1 Easy
Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

24. When setting goals, you should dream up your ideal outcome and

- A. monitor your test-taking skills.
- B. measure your progress toward it.**
- C. spend all your time focusing on homework.
- D. focus on your long-term goals only.

Goals must be realistic and measurable.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

Topic: Setting Goals

25. "Your future success depends on a single assignment, paper, or test," is an example of

- A. a self-defeating thought.**
- B. a positive thought.
- C. a realistic thought.
- D. an effective strategy.

Don't fall victim to self-defeating thoughts; there is almost always an opportunity to recover from a failure.

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Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

26. Setting short- and long-term goals relates to which step in P.O.W.E.R. Learning?

- A. prepare**
- B. organize
- C. evaluate
- D. rethink

Setting goals helps you achieve major accomplishments in your life. Short-term goals are the smaller steps that lead to your long-term goals, preparing you for your future endeavors.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

27. Stating goals in terms of behavior that can be measured against current accomplishments relates to which step in P.O.W.E.R. Learning?

A. prepare
B. organize
C. evaluate
D. rethink

Your goals should be represent change from your current situation.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

28. Considering and reviewing the academic skills you need to successfully complete the task at hand relates to which step in P.O.W.E.R. Learning?

A. prepare
B. organize
C. work
D. rethink

Mental organization is critical. It's important to make sure your basic skills are at the peak of readiness.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

29. Involving the mechanical aspects of completing a task relates to which step in P.O.W.E.R. Learning?

A. prepare
B. organize
C. work
D. rethink

Physical organization involves the mechanical aspects of the task you are focusing on completing.

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Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

30. Effort yields success relates to which step in P.O.W.E.R. Learning?

- A. prepare
- B. organize
- C. work**
- D. evaluate

Effort yields success is the key concept that underlies the control of motivation when working on your tasks at hand.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

31. Taking responsibilities for your success and failures relates to which step in P.O.W.E.R. Learning?

- A. prepare
- B. organize
- C. work**
- D. evaluate

One way to keep your motivation alive is to take responsibility for both your failures and successes. Don't blame others, own up to your mistakes, learn from them and make the change to do better next time.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

32. Comparing your accomplishments to what you want to achieve relates to which step in P.O.W.E.R. Learning?

- A. organize
- B. work
- C. evaluate**
- D. rethink

Look back at the goals you've set for yourself and verify them against what you've achieved to make sure you're successful in what you set out to do.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

33. Congratulating yourself and feeling a sense of satisfaction relates to which step in P.O.W.E.R. Learning?

A. organize
B. work
C. evaluate
D. rethink

Don't forget to give yourself the proper credit for doing something important like passing a test or writing a paper.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

34. Considering whether your initial goals are realistic or require modification relates to which step in P.O.W.E.R. Learning?

A. prepare
B. organize
C. evaluate
D. rethink

Use your critical thinking skills to evaluate whether you need to change your goals.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

35. Identifying and challenging your assumptions relates to which step in P.O.W.E.R. Learning?

A. prepare
B. organize
C. evaluate
D. rethink

Think about your original assumptions about the task at hand and determine if they were effective or if you should have done something different.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

36. Of the following, which is an example of preparation from the P.O.W.E.R. Learning sequence?
- A. Ask yourself if your goal of graduating college is realistic or if you need to change what you set out to accomplish.
 - B. Set a goal to get your college degree.**
 - C. Attend your classes and complete your homework.
 - D. Determine the best way to accomplish your goal of getting your college degree.
 - E. Finish your first two years of classes and double-check to make sure they still align with your original goal.

When you set a goal, similar to finishing college and getting your degree, you are preparing for your future.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

37. Of the following, which is an example of organization from the P.O.W.E.R. Learning sequence?
- A. Ask yourself if your goal of graduating college is realistic or if you need to change what you set out to accomplish.
 - B. Set a goal to get your college degree.
 - C. Attend your classes and complete your homework.
 - D. Determine the best way to accomplish your goal of getting your college degree.**
 - E. Finish your first two years of classes and double-check to make sure they still align with your original goal.

Now that you've decided you want to get a college degree, you need to organize the tasks you need to accomplish in order to meet your goal.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

38. Of the following, which is an example of work from the P.O.W.E.R. Learning sequence?

- A. Ask yourself if your goal of graduating college is realistic or if you need to change what you set out to accomplish.
- B. Set a goal to get your college degree.
- C.** Attend your classes and complete your homework.
- D. Determine the best way to accomplish your goal of getting your college degree.
- E. Finish your first two years of classes and double-check to make sure they still align with your original goal.

Attending classes and completing your homework are examples of working towards your goal.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

39. Of the following, which is an example of evaluation from the P.O.W.E.R. Learning sequence?

- A. Ask yourself if your goal of graduating college is realistic or if you need to change what you set out to accomplish.
- B. Set a goal to get your college degree.
- C. Attend your classes and complete your homework.
- D. Determine the best way to accomplish your goal of getting your college degree.
- E.** Finish your first two years of classes and double-check to make sure they still align with your original goal.

Stop and evaluate what you've accomplished. Compare what you've accomplished to the goal you're trying to achieve.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

40. Of the following, which is an example of rethinking from the P.O.W.E.R. Learning sequence?

- A.** Ask yourself if your goal of graduating college is realistic or if you need to change what you set out to accomplish.
- B. Set a goal to get your college degree.
- C. Attend your classes and complete your homework.
- D. Determine the best way to accomplish your goal of getting your college degree.
- E. Finish your first two years of classes and double-check to make sure they still align with your original goal.

Look at your goal and ask yourself if it's achievable and realistic. If you're still on the path you want to achieve, then keep pushing forward.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

41. To succeed in college, you need to have all of the following except

- A. a clear sense of your own strengths and weaknesses.
- B.** a lack of responsibilities.
- C. a motivation to succeed.
- D. the ability to embrace success.

Accurately knowing who you are, and your own competencies, can help you employ P.O.W.E.R. strategies to best ensure college success.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-03 Discuss how expert students use P.O.W.E.R. Learning to achieve college success.

Topic: Are You Ready for College Success?

Short Answer Questions

42. Although almost three-quarters of first-year students report that they attend college to get a better job and make more money, there are many other excellent reasons for pursuing a college education. Please list five reasons that do not include career or financial considerations.

Answers could include being able to deal with advances in knowledge and technology (lifelong learning), adapting to new situations, living in a diverse world, leading a life of service, and understanding the meaning of your own contributions to the world.

Blooms: Understand

Difficulty: 2 Medium

Learning Objective: 01-01 Explain the benefits of a college education.

Topic: The Benefits of a Higher Education

43. In your own words, describe how a college education prepares you to live in a world of diversity.

College gives me the opportunity to understand others and their cultural backgrounds, as well as how my own cultural background affects me.

Blooms: Understand

Difficulty: 2 Medium

Learning Objective: 01-01 Explain the benefits of a college education.

Topic: The Benefits of a Higher Education

44. How does college improve your ability to understand the world?

College teaches me how to think critically and communicate effectively. In life, I need to be able to solve problems. My college experience prepares me to analyze various solutions and come up with the best one.

Blooms: Understand

Difficulty: 2 Medium

Learning Objective: 01-01 Explain the benefits of a college education.

Topic: The Benefits of a Higher Education

45. In your own words, briefly describe each of the five basic steps of the P.O.W.E.R. Learning sequence and give an example of each.

Students should discuss aspects of planning, organizing, working, evaluating, and rethinking. Examples will vary.

Blooms: Understand

Difficulty: 2 Medium

*Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.
Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success*

46. Although it feels great to finally complete a project, the author of P.O.W.E.R. Learning stresses the importance of taking time to evaluate how well the work you have produced matches your original goals. What are three of the steps that he suggests you can use to do this, and what does he say you should do once you have completed your evaluation?

The steps include taking a moment to congratulate yourself and feel some satisfaction, comparing your accomplishment with your goals, evaluating accomplishments from the point of view of someone else (i.e., a former teacher), evaluating what you've done from your current instructor's perspective, and being fair to yourself. Once the work has been evaluated, it then needs to be revised.

*Blooms: Remember
Difficulty: 1 Easy*

*Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.
Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success*

47. Compare and contrast mental and physical organization. Explain how you've incorporated each into your current studies.

Physical organization involves the mechanical aspects of completing a task. I have incorporated physical organization into my studies by making sure that I have the proper tools (computer, pens, paper, calculator, study location, library hours, etc.) available. Mental organization is when you consider and review the academic skills you need to successfully complete the task at hand. I have incorporated mental organization into my studies when I reviewed the basics of the math before I completed my algebra assignment.

*Blooms: Remember
Difficulty: 1 Easy*

*Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.
Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success*

48. In your own words, explain growth mind-set and give an example of how to develop one.

Growth mind-set is a belief that people can increase their abilities and do better through hard work. You can develop a growth mind-set by telling yourself that success is the result of effort, not how smart you are.

*Blooms: Remember
Difficulty: 1 Easy*

*Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.
Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success*

49. Explain critical thinking and give an example of a recent task that has required you to apply critical thinking.

Critical thinking is a process involving the reanalysis, questioning, and challenge of underlying assumptions. I've recently applied critical thinking at my job. I was balancing the cash register at the end of the night and I was off by \$250.00. I thought about the steps I'd taken to get the figure, and realized I had missed a step. I went through the process again, adjusting for my error, and came out with an equal balance.

Blooms: Remember

Difficulty: 1 Easy

Learning Objective: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

50. Explain the differences between high school and college mentioned in your text. Have you observed these differences so far? How have you handled them?

Differences between high school and college include: in college, it is up to you to read and understand assignments on your own, you may be tested on material the professor never once mentioned in class, you may have only a few exams that cover large chunks of material, and you have to manage your own time and determine your own responsibilities.

Blooms: Understand

Difficulty: 2 Medium

Learning Objective: 01-03 Discuss how expert students use P.O.W.E.R. Learning to achieve college success.

Topic: Are You Ready for College Success?