

CHAPTER 1

1. A kinesthetic learner would be most comfortable in a class that involved
 - a. a lot of reading.
 - b. listening to lectures.
 - * c. projects or lab experiments.
 - d. oral exams.

2. Strategic learners know how to monitor their learning, to check to see if they really understand what they think they know. This falls under which aspect of strategic learning?
 - * a. self-regulation
 - b. active learning
 - c. skill
 - d. will

3. Working on a task because you want to learn or do something (even when you don't have to) can be described as
 - a. goal oriented motivation
 - * b. intrinsic motivation
 - c. extrinsic motivation
 - d. self-efficacy

4. Which of the following is not a good strategy for increasing motivation?
 - a. set learning goals
 - b. use positive self-talk
 - * c. minimize the effort that you expend on each task
 - d. use active study strategies

5. Self-efficacy can best be described as:
 - * a. Your belief in your ability to successfully complete a task.
 - b. Your understanding of the level of effort that you must make to learn what is expected of you.
 - c. Your general intellectual level.
 - d. Your knowledge of how you learn best.

6. The ability to think about and control one's learning is referred to as:
- a. cognition
 - b. self-efficacy
 - * c. metacognition
 - d. monitoring
7. Identifying what you need to study and learn is referred to as
- a. performance awareness
 - b. strategy awareness
 - c. mastery awareness
 - * d. task awareness
8. Attending class in order to earn a good grade in the course can be described as:
- a. an academic goal
 - b. a realistic goal
 - c. intrinsic motivation
 - * d. extrinsic motivation
9. Which of the following is not one of the three main factors that influences motivation?
- a. goals
 - b. self-efficacy
 - * c. positive attitude
 - d. level of effort
10. Which of the following best describes the key to college success?
- * a. Success leads to increased motivation, which leads to more effort, which leads to more success.
 - b. Failure leads to higher goals, which leads to more effort, which leads to success.
 - c. Increased effort leads to higher motivation, which leads to working harder, which leads to success.
 - d. Early success leads to higher motivation, which leads to more success.
11. How much effort you put into completing a task is best determined by
- * a. How motivated you are
 - b. How much time you have available
 - c. Which strategies you use
 - d. How much you like the task

12. Which of the following is not one of the stages of self-regulation?
- a. Planning
 - * b. Goal setting
 - c. Evaluating
 - d. Monitoring
13. Setting goals, selecting appropriate study strategies, and believing in your own ability are all examples of:
- a. skill
 - * b. will
 - c. self-regulation
 - d. motivation
14. Which of the following is not a reason some students experience low motivation?
- a. homesickness
 - b. fear of failure
 - * c. friends with higher motivation
 - d. stress
15. Performance- _____ goals motivate students who work hard to be the best in the class.
- a. avoidance
 - * b. approach
 - c. motivation
 - d. none of the above

CHAPTER 2

1. According to the text, which of the following would be a well-developed goal?
 - a. Although I have the ability to do better, I will be satisfied with a C in Political Science this semester.
 - * b. Based on my background and skills, I will obtain a B in Exploring Geology.
 - c. Even though my experiences tell me that a C is the likely grade I'll earn in English Literature, I will work for the A my mother wants me to get.
 - d. In spite of the C I earned in Trigonometry last semester, I will earn an A in Calculus I this semester.
2. When developing a goal, what role should challenge play?
 - a. It is best to set goals that are easily attainable with little challenge.
 - * b. The best goals are moderately challenging.
 - c. Shoot for the stars! Set very challenging goals.
 - d. It is best to set goals that vary in challenge.
3. Which of the following would be a well-developed goal for an evening?
 - * a. I will read twenty pages of European History this evening beginning at 7 p.m.
 - b. I will read some of Chapter 3 in my psychology text this evening.
 - c. I will learn how to graph functions with my calculator this evening.
 - d. I will review geography this evening for Thursday's quiz until I am too tired to study anymore.
4. Which of the following is an advantage of short-term goals?
 - a. They will keep you directed toward your career.
 - b. They are useful in allowing you to monitor your overall performance.
 - c. They are much more important for helping you achieve personal goals rather than academic goals.
 - * d. They help you make the small steps toward those long-term goals.
5. Objectives such as reading a political science chapter, completing a set of mathematics problems, and going to the library to read a reserve selection would be classified as _____ goals.
 - a. personal
 - b. primary
 - c. long-term
 - * d. study

6. There are five steps to writing good goal statements. Step 1 is to write down what you want to accomplish. Step 2 is to list any obstacles that could get in your way. What is Step 3?
- Outline how each obstacle will prevent you from reaching your goal.
 - Describe how you would overcome any obstacles.
 - * List the resources that are available to you.
 - Describe how this goal is related to a previous goal.
7. At the beginning of the semester you decided that you were likely to earn a C in Exploring Computers. However, after the first exam and two assignments you have a B+. What should you do about your goal for that course?
- Goals set at the beginning of the semester should go unchanged.
 - You should decide to spend less time on Exploring Computers and more on your other courses.
 - * You should revise your goal to a B or B+.
 - You should actually increase the amount of time on that course.
8. DaShawn expects to earn the following grades this semester.

Course	Grade	Value	Credit	Quality Points
Psychology	C	2.0	3	6.0
Composition	B	3.0	3	9.0
Mathematics	C	2.0	3	6.0
Biology	B	3.0	4	12.0
Chorus	A	4.0	1	4.0

What will her Grade Point Average be at the end of the semester?

- 1.95
 - 2.41
 - * 2.64
 - 3.05
9. Which of the following is not one of the four main reasons that students have difficulty making changes?
- they don't believe they can change
 - they don't know how to change
 - * they don't know when to change
 - they don't want to change

10. Choosing a topic or writing a tentative thesis statement for a term paper is an example of?
- a. a measurable goal
 - * b. an action task
 - c. an academic goal
 - d. a project
11. Goals are important for all of the following reasons except:
- a. they motivate us to put effort into our work
 - b. they give us purpose
 - c. they provide us with direction so we know what we need to accomplish
 - * d. they monitor our performance
12. The goal statement, "I hope that I can make the Dean's list this semester," needs to be rewritten because it is not
- a. specific
 - * b. positive
 - c. measurable
 - d. realistic
13. Which of the following is not one of the reasons that it is so important to achieve early success?
- a. early success increases motivation
 - * b. early success helps you identify areas that require less effort
 - c. early success increases your self-efficacy
 - d. early success shows you that your strategies are working
14. When completing a career self-assessment, which of the following is not one of the main factors that you should assess?
- a. your skills
 - b. your motivation
 - c. your values
 - * d. the current job market

15. Which of the following is not true about choosing a career path?

- * a. you should always find a major you like and then select the career that matches it
- b. you should explore your career choices by talking with other students, professors, and your advisor
- c. you should explore opportunities for internships, job shadowing, and career fairs to learn more about the career you are considering
- d. you should explore your chosen career path on the Internet, but be aware that some information that you find may not be accurate.