

Multiple Choice Questions

1. What is the base upon which your college success will be built?
 - A. Your commitment
 - B. The Constitution
 - C. Your personal foundation
 - D. Your strengths and weaknesses

2. The Answer to what question is a key element in your personal foundation?
 - A. What are your goals?
 - B. Why are you here?
 - C. What are your career plans?
 - D. What is your major?

3. When feeling anxious, you should think about:
 - A. Your personal mission statement
 - B. Your workload for the upcoming week
 - C. Money
 - D. This course

4. Your school has specific expectations for you, including:
 - A. Creating or joining study groups
 - B. Attending sporting events
 - C. Studying for and doing well on exams
 - D. Joining as many clubs as possible

5. Your odds of being successful in college are increased by:
 - A. Being good at math
 - B. Taking only the minimum amount of credits each semester
 - C. Learning to thrive on a low-level of stress
 - D. Having proper support and resources

Module 01 Foundations for Student Success

6. What are three crucial components to college survival?
- A. Planning, focusing, and applying
 - B. Planning, prioritizing, and focusing
 - C. Prioritizing, focusing and applying
 - D. Time Management, exercise, and writing skills
7. Making connections with fellow students, staff, and administration is part of:
- A. Focusing on results
 - B. Prioritizing
 - C. Planning
 - D. Committing to your education
8. What action should you first take when you feel stress from the changes, expectations, and new responsibilities college brings?
- A. Assess the recent changes in your life
 - B. Take a time-out
 - C. Prioritize your plan
 - D. Apply a focused effort
9. How can you save a great deal of time and futile struggles?
- A. Quit your job
 - B. Acknowledge the changes that are happening to you
 - C. Obtain assistance when you need it
 - D. Focus on the details directly before you
10. When should you seek help and guidance?
- A. Finals week
 - B. Towards the beginning of the semester
 - C. During midterms
 - D. After your first bad grade

Module 01 Foundations for Student Success

11. Being proactive means:

- A. Taking initiative
- B. Waiting till the last minute
- C. Putting forth the minimum effort required
- D. Exercising

12. Why should you carefully consider your level of interest in both the subject matter and possible careers before committing to a program?

- A. If you are not interested in what you are learning, you will not be able to get a job in your field
- B. If you commit to the wrong program, you can never change your course of study
- C. If you are not fully interested, you might not have as much fun
- D. If you are not interested in what you are learning, your commitment to school will be weak

13. SWOT is an acronym for what?

- A. Strengths, Willingness, Obstacles, and Threats
- B. Strengths, Weaknesses, Opportunities, and Threats
- C. Strengths, Willingness, Opportunities, and Threats
- D. Strengths, Weaknesses, Obstacles, and Threats

14. What will a SWOO analysis do?

- A. Make an important strategic decision for you
- B. Present you with a list of your weaknesses and shortcomings
- C. Help you to comprehend your strengths, weaknesses and possible difficulties
- D. Recommend the school and career path that is best for you

15. What is the cornerstone of your foundation for college success?

- A. Your SWOO analysis
- B. Your personal mission statement
- C. Your education
- D. Your natural stress reaction

Module 01 Foundations for Student Success

16. Financial success is best evidenced by:

- A. A lack of debt
- B. The car you drive
- C. Exotic vacations
- D. A lavish home

17. When planning for monthly expenditures, it is most important to include:

- A. High-speed Internet connectivity charges
- B. Vacation savings
- C. Retirement savings
- D. Entertainment budget

18. Robyn's story of overcoming her fear of public speaking illustrates the importance of:

- A. Commitment
- B. Planning
- C. Prioritizing
- D. Balancing school and life

19. Employing the needed academic skills to complete a task is part of:

- A. Planning
- B. Focusing
- C. Prioritizing
- D. Studying

20. Graduating college exhibits to employers that you have the capacity to:

- A. Fill out forms
- B. Have goals
- C. Create a foundation
- D. Finish what you start

Module 01 Foundations for Student Success

True / False Questions

21. A strong foundation is critical to all successful enterprises.
True False

22. A personal college mission statement should be vague and general.
True False

23. Planning involves goal setting, time management, financial planning, and listening skills.
True False

24. Anxiety always leads to poor decisions.
True False

25. The way to get help is to ask for it.
True False

26. If you must rely on public transportation, you won't do well in school.
True False

27. A higher salary means you are more financially successful.
True False

28. Change, even the possibility of change, can produce stress.
True False

Module 01 Foundations for Student Success

29. Purchasing textbooks is a short-term change that could cause anxiety.

True False

30. New-student orientation programs can help prepare you for college life.

True False

Short Answer Questions

31. The four parts of your foundation for college success are academic readiness, balancing school and life, your college mission statement, and _____ and focus.

32. The _____ available to you resulting from enrolling in college can act as an incentive and deepen your commitment to succeed.

Module 01 Foundations for Student Success **Key**

Multiple Choice Questions

1. (p. Foundations-2) What is the base upon which your college success will be built?
- A. Your commitment
 - B. The Constitution
 - C. Your personal foundation**
 - D. Your strengths and weaknesses

Blooms: Remembering

Difficulty: 1 Easy

Learning Outcome: Foundations-1

2. (p. Foundations-3) The Answer to what question is a key element in your personal foundation?
- A. What are your goals?
 - B. Why are you here?**
 - C. What are your career plans?
 - D. What is your major?

Knowing where and why you want to go can help you through the tough times.

Blooms: Understanding

Difficulty: 2 Medium

Learning Outcome: Foundations-1

Module 01 Foundations for Student Success **Key**

3. (p. Foundations-7) When feeling anxious, you should think about:

- A.** Your personal mission statement
- B. Your workload for the upcoming week
- C. Money
- D. This course

Visualizing that you have accomplished your number one reason for enrolling in school can help relieve tension.

Blooms: Understanding
Difficulty: 2 Medium
Learning Outcome: Foundations-1

4. (p. Foundations-10) Your school has specific expectations for you, including:

- A. Creating or joining study groups
- B. Attending sporting events
- C.** Studying for and doing well on exams
- D. Joining as many clubs as possible

Blooms: Remembering
Difficulty: 1 Easy
Learning Outcome: Foundations-2

5. (p. Foundations-12) Your odds of being successful in college are increased by:

- A. Being good at math
- B. Taking only the minimum amount of credits each semester
- C. Learning to thrive on a low-level of stress
- D.** Having proper support and resources

Your family, friends, and new student assistance offerings can all help you adjust to college life.

Blooms: Understanding
Difficulty: 2 Medium
Learning Outcome: Foundations-2

Module 01 Foundations for Student Success **Key**

6. (p. Foundations-13) What are three crucial components to college survival?

- A. Planning, focusing, and applying
- B. Planning, prioritizing, and focusing**
- C. Prioritizing, focusing and applying
- D. Time Management, exercise, and writing skills

Blooms: Remembering

Difficulty: 1 Easy

Learning Outcome: Foundations-3

7. (p. Foundations-14) Making connections with fellow students, staff, and administration is part of:

- A. Focusing on results**
- B. Prioritizing
- C. Planning
- D. Committing to your education

Blooms: Understanding

Difficulty: 2 Medium

Learning Outcome: Foundations-3

8. (p. Foundations-16) What action should you first take when you feel stress from the changes, expectations, and new responsibilities college brings?

- A. Assess the recent changes in your life**
- B. Take a time-out
- C. Prioritize your plan
- D. Apply a focused effort

Identifying and understanding the sources of your anxiety will help you to manage them.

Blooms: Understanding

Difficulty: 2 Medium

Learning Outcome: Foundations-3

Module 01 Foundations for Student Success **Key**

9. (p. Foundations-18) How can you save a great deal of time and futile struggles?

- A. Quit your job
- B. Acknowledge the changes that are happening to you
- C. Obtain assistance when you need it**
- D. Focus on the details directly before you

Blooms: Understanding

Difficulty: 2 Medium

Learning Outcome: Foundations-3

10. (p. Foundations-18) When should you seek help and guidance?

- A. Finals week
- B. Towards the beginning of the semester**
- C. During midterms
- D. After your first bad grade

Building a relationship with those who can help you will benefit you.

Blooms: Remembering

Difficulty: 1 Easy

Learning Outcome: Foundations-3

11. (p. Foundations-18) Being proactive means:

- A. Taking initiative**
- B. Waiting till the last minute
- C. Putting forth the minimum effort required
- D. Exercising

Success is something you have to make happen.

Blooms: Understanding

Difficulty: 2 Medium

Learning Outcome: Foundations-3

Module 01 Foundations for Student Success **Key**

12. (p. Foundations-19) Why should you carefully consider your level of interest in both the subject matter and possible careers before committing to a program?
- A. If you are not interested in what you are learning, you will not be able to get a job in your field
 - B. If you commit to the wrong program, you can never change your course of study
 - C. If you are not fully interested, you might not have as much fun
 - D.** If you are not interested in what you are learning, your commitment to school will be weak

Blooms: Applying
Difficulty: 3 Difficult
Learning Outcome: Foundations-4

13. (p. Foundations-25) SWOT is an acronym for what?
- A. Strengths, Willingness, Obstacles, and Threats
 - B.** Strengths, Weaknesses, Opportunities, and Threats
 - C. Strengths, Willingness, Opportunities, and Threats
 - D. Strengths, Weaknesses, Obstacles, and Threats

Blooms: Remembering
Difficulty: 2 Medium
Learning Outcome: Foundations-5

14. (p. Foundations-29) What will a SWOO analysis do?
- A. Make an important strategic decision for you
 - B. Present you with a list of your weaknesses and shortcomings
 - C.** Help you to comprehend your strengths, weaknesses and possible difficulties
 - D. Recommend the school and career path that is best for you

Blooms: Understanding
Difficulty: 2 Medium
Learning Outcome: Foundations-5

Module 01 Foundations for Student Success **Key**

15. (p. Foundations-29) What is the cornerstone of your foundation for college success?

- A. Your SWOO analysis
- B. Your personal mission statement**
- C. Your education
- D. Your natural stress reaction

Blooms: Remembering

Difficulty: 1 Easy

Learning Outcome: Foundations-5

16. (p. Foundations-26) Financial success is best evidenced by:

- A. A lack of debt**
- B. The car you drive
- C. Exotic vacations
- D. A lavish home

Blooms: Applying

Difficulty: 2 Medium

Learning Outcome: Foundations-2

17. (p. Foundations-26) When planning for monthly expenditures, it is most important to include:

- A. High-speed Internet connectivity charges
- B. Vacation savings
- C. Retirement savings**
- D. Entertainment budget

You don't want to work forever or struggle financially in your golden years!

Blooms: Analyzing

Difficulty: 3 Difficult

Learning Outcome: Foundations-2

Module 01 Foundations for Student Success **Key**

18. (p. Foundations-17) Robyn's story of overcoming her fear of public speaking illustrates the importance of:

- A.** Commitment
- B. Planning
- C. Prioritizing
- D. Balancing school and life

Blooms: Understanding

Difficulty: 2 Medium

Learning Outcome: Foundations-4

19. (p. Foundations-13) Employing the needed academic skills to complete a task is part of:

- A. Planning
- B.** Focusing
- C. Prioritizing
- D. Studying

Focusing is acting on the outcomes of your planning and prioritizing.

Blooms: Understanding

Difficulty: 2 Medium

Learning Outcome: Foundations-3

20. (p. Foundations-3) Graduating college exhibits to employers that you have the capacity to:

- A. Fill out forms
- B. Have goals
- C. Create a foundation
- D.** Finish what you start

Blooms: Understanding

Difficulty: 2 Medium

Learning Outcome: Foundations-1

Module 01 Foundations for Student Success **Key**

True / False Questions

21. (p. Foundations-2) A strong foundation is critical to all successful enterprises.

TRUE

Blooms: Remembering

Difficulty: 1 Easy

Learning Outcome: Foundations-1

22. (p. Foundations-9) A personal college mission statement should be vague and general.

FALSE

Your personal college mission statement should consist of goals and objectives.

Blooms: Understanding

Difficulty: 2 Medium

Learning Outcome: Foundations-1

23. (p. Foundations-13) Planning involves goal setting, time management, financial planning, and listening skills.

FALSE

While an important part of focusing, listening skills are not part of planning.

Blooms: Understanding

Difficulty: 2 Medium

Learning Outcome: Foundations-2

24. (p. Foundations-14) Anxiety always leads to poor decisions.

FALSE

Blooms: Remembering

Difficulty: 1 Easy

Learning Outcome: Foundations-3

Module 01 Foundations for Student Success **Key**

25. (p. Foundations-15) The way to get help is to ask for it.

TRUE

Don't be afraid to seek out the help and support you need.

Blooms: Remembering

Difficulty: 1 Easy

Learning Outcome: Foundations-3

26. (p. Foundations-24) If you must rely on public transportation, you won't do well in school.

FALSE

Although scheduling can be more of a challenge, you can plan classes around the transportation schedules, or even take some online courses.

Blooms: Understanding

Difficulty: 1 Easy

Learning Outcome: Foundations-4

27. (p. Foundations-27) A higher salary means you are more financially successful.

FALSE

Spending less than you earn and saving is the best way to be financially successful.

Blooms: Remembering

Difficulty: 1 Easy

Learning Outcome: Foundations-2

28. (p. Foundations-16) Change, even the possibility of change, can produce stress.

TRUE

Blooms: Remembering

Difficulty: 1 Easy

Learning Outcome: Foundations-3

Module 01 Foundations for Student Success **Key**

29. (p. Foundations-10) Purchasing textbooks is a short-term change that could cause anxiety.

TRUE

Blooms: Remembering

Difficulty: 1 Easy

Learning Outcome: Foundations-3

30. (p. Foundations-11) New-student orientation programs can help prepare you for college life.

TRUE

Blooms: Remembering

Difficulty: 1 Easy

Learning Outcome: Foundations-2

Short Answer Questions

31. (p. Foundations-19) The four parts of your foundation for college success are academic readiness, balancing school and life, your college mission statement, and _____ and focus.

commitment

Blooms: Remembering

Difficulty: 2 Medium

Learning Outcome: Foundations-4

32. (p. Foundations-29) The _____ available to you resulting from enrolling in college can act as an incentive and deepen your commitment to succeed.

opportunities

Blooms: Understanding

Difficulty: 3 Difficult

Learning Outcome: Foundations-5