

Chapter 01 Be a Lifelong Learner

Multiple Choice Questions

1. (p. 2) Peak performers become masters of life's situations by developing:
- A. their personal mission statement.
 - B. their core competencies.
 - C. their ability to control the quality of their lives.
 - D. critical thinking.

Accessibility: Keyboard Navigation

Bloom's: Understand

Difficulty: 1 Easy

Learning Outcome: 01-01 List the characteristics of a peak performer

Topic: What Is a "Peak Performer"?

2. (p. 5) One of the first steps in becoming a peak performer is to:
- A. do an honest self-assessment.
 - B. dispel negative thoughts.
 - C. not seek happiness from others.
 - D. use critical thinking and reasoning.

Accessibility: Keyboard Navigation

Bloom's: Remember

Difficulty: 1 Easy

Learning Outcome: 01-02 Identify self-management techniques for academic; job; and personal achievement

Topic: Self-Management: The Key to Reaching Your Peak

Chapter 01 - Be a Lifelong Learner

3. (p. 6) One way to use critical thinking skills in self-assessment is to:

- A. utilize visualization and affirmation techniques.
- B. keep a journal.
- C. adjust your opinions when you learn something new about yourself.
- D. help others learn how to adjust to your needs.

Accessibility: Keyboard Navigation

Bloom's: Remember

Difficulty: 1 Easy

Learning Outcome: 01-02 Identify self-management techniques for academic, job, and personal achievement

Topic: Self-Management: The Key to Reaching Your Peak

4. (p. 10) If you are left-brain dominant, you most likely will:

- A. think abstractly or intuitively.
- B. make decisions based on hunches.
- C. use a logical, rational, and detailed thought process.
- D. live in the moment.

Accessibility: Keyboard Navigation

Bloom's: Remember

Difficulty: 1 Easy

Learning Outcome: 01-05 Integrate learning styles and personality types

Topic: Discover Your Learning Style

5. (p. 24) Supporters tend to be:

- A. objective and disciplined.
- B. imaginative and idealistic.
- C. confident and assertive.
- D. cooperative and diplomatic.

Accessibility: Keyboard Navigation

Bloom's: Remember

Difficulty: 1 Easy

Learning Outcome: 01-05 Integrate learning styles and personality types

Topic: Connect Learning Styles and Personality Types: The Four-Temperament Profile

Chapter 01 - Be a Lifelong Learner

6. (p. 2) A peak performer excels by:

- A. focusing on results.
- B. taking advantage of personal connections.
- C. avoiding risks.
- D. focusing on the problem.

Accessibility: Keyboard Navigation

Bloom's: Understand

Difficulty: 1 Easy

Learning Outcome: 01-01 List the characteristics of a peak performer

Topic: What Is a "Peak Performer"?

7. (p. 8) The A in the ABC Method stands for:

- A. Analyze
- B. Actual
- C. Activate
- D. Accept

Accessibility: Keyboard Navigation

Bloom's: Understand

Difficulty: 1 Easy

Learning Outcome: 01-02 Identify self-management techniques for academic; job; and personal achievement

Topic: Self-Management: The Key to Reaching Your Peak

8. (p. 8) Xavier cannot seem to grasp the "big picture" of what he is doing with his life. What should he do?

- A. He should employ the ABC Method of Self-Management
- B. He should work on visualization and affirmation techniques.
- C. He should develop a mission statement.
- D. He should determine his goals and priorities.

Accessibility: Keyboard Navigation

Bloom's: Understand

Difficulty: 1 Easy

Learning Outcome: 01-03 Create a personal mission statement

Topic: Discover Your Purpose: A Personal Mission Statement

9. (p. 17) Javier makes up songs to help him memorize math formulas. He mostly likely has:

- A. intrapersonal intelligence.
- B. verbal/linguistic intelligence.
- C. musical intelligence.**
- D. logical/mathematical intelligence.

Accessibility: Keyboard Navigation

Bloom's: Understand

Difficulty: 1 Easy

Learning Outcome: 01-05 Integrate learning styles and personality types

Topic: Discover Your Learning Style

10. (p. 30) Multi-tasking is widely considered less effective than:

- A. critical thinking.
- B. focusing on one thing at a time.**
- C. breaking tasks into smaller steps.
- D. setting priorities.

Accessibility: Keyboard Navigation

Bloom's: Understand

Difficulty: 1 Easy

Learning Outcome: 01-05 Integrate learning styles and personality types

Topic: Overcome Obstacles

11. (p. 7) You should use the ABC Method of Self-Management to help you:

- A. understand your learning style.
- B. develop effective time management strategies.
- C. sharpen critical thinking skills.
- D. challenge negative thinking.**

Accessibility: Keyboard Navigation

Bloom's: Remember

Difficulty: 2 Medium

Learning Outcome: 01-02 Identify self-management techniques for academic; job; and personal achievement

Topic: Self-Management: The Key to Reaching Your Peak

12. (p. 19) Marnie analyzes market data to help her make decisions. Victor tends to make decisions based on history and his intuition. According to Carl Jung's Typology System, this is an example of:

- A. an extrovert versus an introvert.
- B. a sensor versus an intuitive.
- C. a thinker versus a feeler.**
- D. a judger versus a perceiver.

Carl Jung categorizes the ways people make decisions as thinkers versus feelers as opposed to how they gather information (sensor versus intuitive).

Accessibility: Keyboard Navigation

Bloom's: Remember

Difficulty: 2 Medium

Learning Outcome: 01-05 Integrate learning styles and personality types

Topic: Discover Your Personality Type

13. (p. 3) Jessie got a 67 on her first test of the semester. She saw her mistakes and quickly went to work on practicing the same types of problems in addition to the new material she is learning in class. Jessie is a peak performer because:

- A. she knows her learning style and preferences.
- B. she has remained confident and is resilient.**
- C. she uses critical thinking to solve problems creatively.
- D. she involves herself in supportive relationships.

Accessibility: Keyboard Navigation

Bloom's: Understand

Difficulty: 2 Medium

Learning Outcome: 01-01 List the characteristics of a peak performer

Topic: What Is a "Peak Performer"?

14. (p. 8) What is the connection between a personal mission statement and the Peak Performance Competency Wheel?
- A. There is no connection.
 - B. The personal mission statement is usually a reflection of the skills listed on the Competency Wheel.
 - C.** The Competency Wheel lists skills that will likely be useful in fulfilling a personal mission statement.
 - D. Both the mission statement and the Competency Wheel deal with achieving one's deepest and most personal aspirations.

Accessibility: Keyboard Navigation

Bloom's: Analyze

Difficulty: 3 Hard

Learning Outcome: 01-02 Identify self-management techniques for academic; job; and personal achievement

Topic: Discover Your Purpose: A Personal Mission Statement

15. (p. 16) Nathan is a gifted artist and musician but never got good grades in school. This is most likely because:
- A. Most schools tend to favor verbal/linguistic and interpersonal intelligence.
 - B.** Most schools tend to favor verbal/linguistic and mathematical/logical intelligence.
 - C. Most schools tend to favor verbal/linguistic and auditory learning.
 - D. Most schools tend to favor verbal/linguistic and visual learning.

Accessibility: Keyboard Navigation

Bloom's: Understand

Difficulty: 2 Medium

Learning Outcome: 01-05 Integrate learning styles and personality types

Topic: Discover Your Learning Style

16. (p. 29) Jenna is not used to working in small groups and tends to shy away from this teaching model. Her best option would be to:
- A. ask her professor to do an independent project.
 - B. try to work in a supportive role in the group.
 - C. tell her group about her dislike of this method.
 - D.** be flexible and willing to try new approaches.

Accessibility: Keyboard Navigation

Bloom's: Understand

Difficulty: 2 Medium

Learning Outcome: 01-05 Integrate learning styles and personality types

Topic: Overcome Obstacles

17. (p. 27) Gwen asked her friend if she explained a new concept she learned from class to him. How is she using the Adult Learning Cycle?

- A. She is relating with the information by discussing it with a friend.
- B. She is reflecting on the information with her friend.
- C. She is teaching this information to her friend.
- D. She is observing this information by hearing her friend's feedback.

Accessibility: Keyboard Navigation

Bloom's: Understand

Difficulty: 2 Medium

Learning Outcome: 01-06 Apply the Adult Learning Cycle

Topic: The Adult Learning Cycle

18. (p. 3) Monique, who is 45, has a lot of anxiety about starting her college degree later in life. She can't imagine herself in classes with people so much younger than she and wonders if it is a mistake to go back to school. Which self-management tool will she find most helpful to replace her negative thinking with more positive thoughts?

- A. self-assessment
- B. critical thinking
- C. visualization and affirmation
- D. reflection

Monique's concerns are mostly emotional, not intellectual. Visualization and affirmation will be more useful than other self-management techniques to calm her anxiety and help her see herself succeeding in college.

Accessibility: Keyboard Navigation

Bloom's: Apply

Difficulty: 2 Medium

Learning Outcome: 01-02 Identify self-management techniques for academic; job; and personal achievement

Topic: Self-Management: The Key to Reaching Your Peak

19. (p. 17) Hannah is a left-brain dominant, logical thinker. She is writing a persuasive argument in response to an article in class. Her strongest argument will likely come in the form of:

- A. words.
- B. numbers.**
- C. a connection to personal experience.
- D. pictures.

Since she is left-brained dominant and a logical/mathematical thinker, she will likely find quantifiable evidence to be the most appealing.

Accessibility: Keyboard Navigation

Bloom's: Apply

Difficulty: 2 Medium

Learning Outcome: 01-05 Integrate learning styles and personality types

Topic: Discover Your Learning Style

20. (p. 20) Sean is having a hard time relating to his professor and the group activity in his math class. His professor tends to be unorganized in his lectures and has the students work in teams to build formulas based on a model before them. Sean is probably having a difficult time adjusting because:

- A. he is a director while his teacher is a creator.
- B. he is an analyzer while his teacher is a creator.**
- C. he is a creator while his teacher is a supporter.
- D. he is a supporter while his teacher is a director.

Sean likes organization, working in solitude, and a solid lecture while his professor wants the students to observe a model and create a formula (perceiving it concretely and processing it actively) which tends to be the style of a creator.

Accessibility: Keyboard Navigation

Bloom's: Apply

Difficulty: 2 Medium

Learning Outcome: 01-05 Integrate learning styles and personality types

Topic: Connect Learning Styles and Personality Types: The Four-Temperament Profile

21. (p. 5) In what way does self-assessment, as used in this chapter, affect goal-setting?
- A. Self-assessment allows you to avoid setting goals you cannot reach.
 - B. Self-assessment allows you to avoid setting goals you do not want to achieve.
 - C. Self-assessment allows you to understand weaknesses so you know what areas may need improvement if you want to reach certain goals.
 - D. Self-assessment allows you to understand your value system.

Accessibility: Keyboard Navigation

Bloom's: Apply

Difficulty: 3 Hard

Learning Outcome: 01-05 Integrate learning styles and personality types

Topic: Self-Management: The Key to Reaching Your Peak

22. (p. 16) Claudia is taking a nursing course that requires a simulation component that she is uncomfortable with. She has gotten by with minimal computer skills so far, and she is afraid of being embarrassed in front of her peers while using a more advanced computer program. Her Four-Temperament Profile is that of a Supporter, while she is a visual and bodily/kinesthetic learner. She is also very extroverted. Of the following, which would be her best option?
- A. Get a book and work through the program abstractly before trying to use it.
 - B. Ask the professor to take time to set up the simulation in order to practice before class.
 - C. Be confident, and experiment with the program.
 - D. Watch peers, and try it.

Claudia is a Supporter and very extroverted; therefore, she is energized by working with people and learns well in a team. Since she is also a bodily/kinesthetic learner, she will learn better by working hands-on with the program. Therefore, D is her best option.

Accessibility: Keyboard Navigation

Bloom's: Apply

Difficulty: 3 Hard

Learning Outcome: 01-05 Integrate learning styles and personality types

Topic: Discover Your Learning Style

23. (p. 9) Joshua has never been very successful in school, but he considers himself to be smart in other ways. He is a self-taught IT whiz and likes to fix up old cars and resell them as a hobby. To increase his salary potential, he has decided to get a Bachelor's degree in Information Technology. His program will require a lot of math and small group project work. If he asked for your advice on being successful in school, which statement below would be most helpful?

- A. Draft a personal mission statement to help you set your goals and priorities.
- B. Understand your learning and personality traits, but prepare to be flexible.**
- C. Learn the ABC Method of Self-Management.
- D. Use visualization to become more confident.

Joshua already has a clear goal and sufficient self-management to have learned a complicated subject and taken on an intricate hobby. There is no indication that he lacks confidence. Joshua would probably most benefit from understanding that group work will challenge his preferred way of working (solitary and independent).

Accessibility: Keyboard Navigation

Bloom's: Apply

Difficulty: 3 Hard

Learning Outcome: 01-05 Integrate learning styles and personality types

Topic: Discover Your Learning Style

24. (p. 25) Will is a creative thinker. He loses patience when people are talking more than they are taking action. What strategies should he use to offer a positive contribution to an upcoming group project?

- A. He should be more assertive and offer his creative vision.
- B. He should be less assertive and take creative direction.
- C. He should be patient and realistic when offering a creative vision.**
- D. He should be patient, gather facts, and play a more decisive role.

He should try to improve his ineffective traits (impatient) while still offering the group his core strength of his creative personality type.

Accessibility: Keyboard Navigation

Bloom's: Analyze

Difficulty: 2 Medium

Learning Outcome: 01-05 Integrate learning styles and personality types

Topic: Connect Learning Styles and Personality Types: The Four-Temperament Profile

25. (p. 3, 26) Zoe is a right-brained, disciplined, and aggressive director type of person. She commands respect and usually gets this from colleagues and peers. She recently clashed with a person in her group who seems to possess a similar personality type and temperament. Zoe has been upset about this and wants to have a better experience in their next meeting. Based on what you've learned about effective and ineffective personality traits and self-assessment strategies, how should she handle this situation?

- A. She needs to engage in critical thinking and reflection to soften her approach, but remain confident in her strengths.
- B. She needs to be self-critical and to try not to take control.
- C. She needs to remain assertive, since this is the most effective way for her to work.
- D. She needs to focus on results and let the other person take control for once.

Because she is an effective leader, she should remain confident in those abilities. In any case, it is unlikely she would be able to change her personality to let the other person take control (B and D). Remaining assertive (C) is also not the best option as it could result in another clash. Therefore, A is the correct answer as she should reflect on her approach but remain confident in her abilities.

Accessibility: Keyboard Navigation

Bloom's: Analyze

Difficulty: 3 Hard

Learning Outcome: 01-05 Integrate learning styles and personality types

Topic: Self-Management: The Key to Reaching Your Peak

26. (p. 5) Elaine and her study team spent too much time arguing over their topic and strategies to complete their group project and paper, so they are far behind where they should be according to the instructor's suggested timeline. Rather than panic, the group decided to draw up a new timeline based on the time they had left. They divided and conquered what needed to be done, and set up status update meetings in an online forum. In the face of adversity, this group most demonstrated:

- A. critical thinking skills.
- B. differing personality types effectively working together.
- C. intrapersonal skills and discipline.
- D. successful application of the Adult Learning Cycle.

Critical thinking is a logical, rational, systematic thought process that is necessary in understanding, analyzing, and evaluating information in order to solve a problem or situation.

Accessibility: Keyboard Navigation

Bloom's: Apply

Difficulty: 2 Medium

Learning Outcome: 01-01 List the characteristics of a peak performer

Topic: Self-Management: The Key to Reaching Your Peak

True / False Questions

27. (p. 4) Positive thinkers will seek perfection in themselves and others.

FALSE

Accessibility: Keyboard Navigation

Bloom's: Understand

Difficulty: 1 Easy

Learning Outcome: 01-01 List the characteristics of a peak performer

Topic: Self-Management: The Key to Reaching Your Peak

28. (p. 9) When drafting a personal mission statement you should list your values, determine your life's purpose, and what legacy you'd like to leave.

TRUE

Accessibility: Keyboard Navigation

Bloom's: Remember

Difficulty: 1 Easy

Learning Outcome: 01-03 Create a personal mission statement

Topic: Discover Your Purpose: A Personal Mission Statement

29. (p. 3) Positive thinking is a fundamental view of life as a series of opportunities.

TRUE

Accessibility: Keyboard Navigation

Bloom's: Remember

Difficulty: 1 Easy

Learning Outcome: 01-02 Identify self-management techniques for academic; job; and personal achievement

Topic: Self-Management: The Key to Reaching Your Peak

30. (p. 10) SCANS was developed to help people build self-esteem and confidence in the workplace.

FALSE

SCANS was a commission that provided recommendations to schools on the skills and competencies required in the workplace.

Accessibility: Keyboard Navigation

Bloom's: Remember

Difficulty: 1 Easy

Learning Outcome: 01-04 Identify skills and competencies for school and job success

Topic: Skills for School and Job Success

31. (p. 13) Visual learners like to contemplate concepts, reflect, and summarize information in writing.

TRUE

Accessibility: Keyboard Navigation

Bloom's: Remember

Difficulty: 1 Easy

Learning Outcome: 01-05 Integrate learning styles and personality types

Topic: Discover Your Learning Style

32. (p. 4) Darryl was upset by his teacher's recommendation to manage his time better, but he could see his teacher's point and will seek ways to improve. Darryl has a positive attitude.

TRUE

Although Darryl was upset at first, he was able to accept constructive criticism.

Accessibility: Keyboard Navigation

Bloom's: Understand

Difficulty: 1 Easy

Learning Outcome: 01-01 List the characteristics of a peak performer

Topic: Self-Management: The Key to Reaching Your Peak

33. (p. 5) Critical thinking skills are connected to self-management because they are used to help make sound decisions and solve problems.

TRUE

Accessibility: Keyboard Navigation

Bloom's: Understand

Difficulty: 1 Easy

Learning Outcome: 01-02 Identify self-management techniques for academic; job; and personal achievement

Topic: Self-Management: The Key to Reaching Your Peak

34. (p. 16) Fran learns best not by seeing an example or model but by trying it out for herself. She is most likely a kinesthetic learner.

TRUE

Accessibility: Keyboard Navigation

Bloom's: Understand

Difficulty: 1 Easy

Learning Outcome: 01-05 Integrate learning styles and personality types

Topic: Discover Your Learning Style

35. (p. 17) Phillip is an extrovert and learns best when he is working with a group of people. He is most likely an intrapersonal learner.

FALSE

He is an interpersonal learner. An intrapersonal learner prefers to work alone.

Accessibility: Keyboard Navigation

Bloom's: Understand

Difficulty: 1 Easy

Learning Outcome: 01-05 Integrate learning styles and personality types

Topic: Discover Your Learning Style

36. (p. 17) Pete claims that he is dominant in more than one learning style domain in Howard Gardner's theory of multiple intelligences. This is unlikely.

FALSE

Some people can have more than one learning style.

Accessibility: Keyboard Navigation

Bloom's: Understand

Difficulty: 1 Easy

Learning Outcome: 01-05 Integrate learning styles and personality types

Topic: Discover Your Learning Style

37. (p. 7) Reflection involves the integration of visualization and affirmation.

FALSE

Reflection involves the integration of critical thinking, problem solving, and visualization.

Accessibility: Keyboard Navigation

Bloom's: Remember

Difficulty: 2 Medium

Learning Outcome: 01-02 Identify self-management techniques for academic; job; and personal achievement

Topic: Self-Management: The Key to Reaching Your Peak

38. (p. 19) Fritz is an intuitive person according to Carl Jung's Typology System; therefore, he is likely to be a thinker when making decisions.

FALSE

He is likely to be a feeler when making decisions.

Accessibility: Keyboard Navigation

Bloom's: Remember

Difficulty: 2 Medium

Learning Outcome: 01-05 Integrate learning styles and personality types

Topic: Discover Your Personality Type

39. (p. 24) In recognizing the Four-Temperament Profile when working in a group, if you are working closely with a supporter, you should try your best to be a good listener.

TRUE

Accessibility: Keyboard Navigation

Bloom's: Remember

Difficulty: 2 Medium

Learning Outcome: 01-05 Integrate learning styles and personality types

Topic: Connect Learning Styles and Personality Types: The Four-Temperament Profile

40. (p. 7) Sadie feels it is important to always anticipate the very worst that could happen in any situation and engages in self-criticism as self-assessment strategies in the workplace and in school. She is on the right track for becoming a peak performer.

FALSE

Sadie is engaged in negative thinking which not an effective self-management tool for peak performance.

Accessibility: Keyboard Navigation

Bloom's: Understand

Difficulty: 2 Medium

Learning Outcome: 01-02 Identify self-management techniques for academic; job; and personal achievement

Topic: Self-Management: The Key to Reaching Your Peak

41. (p. 24-25) Natalia had a bad experience in working on a group project in her last class. She felt like her ideas were not being listened to, and she felt like she ended up having to do the majority of the work. According to the Four-Temperament Profile, Natalia is probably not a director.

TRUE

She is a supporter.

Accessibility: Keyboard Navigation

Bloom's: Understand

Difficulty: 2 Medium

Learning Outcome: 01-05 Integrate learning styles and personality types

Topic: Connect Learning Styles and Personality Types: The Four-Temperament Profile

42. (p. 25) Yu Li is an innovative thinker who offers her coworkers and classmates an inspiring vision of what is possible. Her Four-Temperament profile is likely to be a Director.

FALSE

She is likely a Creator

Accessibility: Keyboard Navigation

Bloom's: Understand

Difficulty: 2 Medium

Learning Outcome: 01-05 Integrate learning styles and personality types

Topic: Connect Learning Styles and Personality Types: The Four-Temperament Profile

43. (p. 28) The Adult Learning Cycle does not have to begin at any particular stage.

TRUE

Accessibility: Keyboard Navigation

Bloom's: Understand

Difficulty: 2 Medium

Learning Outcome: 01-06 Apply the Adult Learning Cycle

Topic: The Adult Learning Cycle

44. (p. 29) If you are having a hard time aligning yourself with the learning style of a professor, you should try to cope and adapt instead of dropping the class.

TRUE

You could drop but you should learn to adapt and cope in order to prepare yourself for the workplace.

Accessibility: Keyboard Navigation

Bloom's: Understand

Difficulty: 2 Medium

Learning Outcome: 01-05 Integrate learning styles and personality types

Topic: Overcome Obstacles

45. (p. 28) Marlin has a lot of anxiety about the math class he is taking because he does not understand the material and is falling behind. He has applied the Adult Learning Cycle model and feels that, although it was helpful going through the stages, it has not helped as much as he thought it might. Marlin should try a different strategy, as this will not work for everyone.

FALSE

The key to learning is practice and repetition. As Marlin repeats the stages, meaning and recall will be strengthened.

Accessibility: Keyboard Navigation

Bloom's: Apply

Difficulty: 2 Medium

Learning Outcome: 01-06 Apply the Adult Learning Cycle

Topic: The Adult Learning Cycle

46. (p. 3) Fabian is a musician and taking classes to become a music teacher. He does not consider himself to be strong in verbal/linguistic intelligence and is worried about starting a Bachelor's degree. To alleviate his anxiety, Fabian should try to do a self-assessment, engage in critical thinking for an objective view of his abilities, use visualization and affirmation techniques, and apply the ABC Method of Self-Management.

TRUE

Accessibility: Keyboard Navigation

Bloom's: Apply

Difficulty: 2 Medium

Learning Outcome: 01-02 Identify self-management techniques for academic; job; and personal achievement

Topic: Self-Management: The Key to Reaching Your Peak

Short Answer Questions

47. (p. 7) You are having a rough semester. You have been highly motivated in your other courses so far, but in one class you seem to be having a hard time getting used to your professor's teaching style. Although you have been doing your work and have been paying attention in class, you bombed the first test. You are beginning to panic. Use the ABC Method of Self-Management to achieve the results you want in this class:

Answers will vary

Bloom's: Apply

Difficulty: 3 Hard

Learning Outcome: 01-02 Identify self-management techniques for academic; job; and personal achievement

Topic: Self-Management: The Key to Reaching Your Peak

48. (p. 19) Kathryn and Julia have been in the same classes and have worked in groups together consistently. Kathryn is an introvert who tends to take on the role of the problem solver, as she likes to gather and analyze data to arrive at possible solutions. Julia is more assertive and draws from a wealth of personal experience and a strong skill set in data analysis and leadership as the manager of a café. In a new class, these women are looking for two classmates to join their group to work on a business plan project. Using information from the chapter, analyze each of these women's strengths and possible weaknesses. Next, provide recommendations on the learning styles, and personality traits one would need to create an optimal working group.

Answers will vary

Bloom's: Apply

Difficulty: 3 Hard

Learning Outcome: 01-05 Integrate learning styles and personality types

Topic: Discover Your Personality Type

49. (p. 9, 19) Seneca is a hard working, hands-on learner with an extroverted personality that creates a fun atmosphere for his group when they get together. Renee is a quiet, analytical type who enjoys problem solving and working in a group. Tom is an extroverted director who likes to gather facts from the group before offering his opinions. Bryan is an innovative thinker who has great ideas and likes to discuss possible solutions but has difficulty in making decisions or in focusing on the end result. Based on your learning style and personality traits, choose the three people you would like to work with in a group. Using the information about learning style, personality type, and temperament in the chapter, discuss your strengths, and weaknesses, and then why you would choose each of these people to create an optimal working group.

Answers will vary

Bloom's: Analyze
Difficulty: 3 Hard
Learning Outcome: 01-05 Integrate learning styles and personality types
Topic: Discover Your Learning Style
Topic: Discover Your Personality Type

50. (p. 27) Explain how you will apply the Adult Learning Cycle in your studies. Be sure to describe each step.

Answers will vary

Bloom's: Analyze
Difficulty: 3 Hard
Learning Outcome: 01-06 Apply the Adult Learning Cycle
Topic: The Adult Learning Cycle

51. (p. 29) You are taking a course with a professor who has a much different approach to teaching and learning than you are used to. How will you handle this situation? Provide at least 3 different strategies from the chapter that support your approach.

Answers will vary

Bloom's: Analyze
Difficulty: 3 Hard
Learning Outcome: 01-05 Integrate learning styles and personality types
Topic: Overcome Obstacles

52. (p. 20) Alex is a highly intuitive and less assertive creator partnering Victor, a more assertive thinker and analyzer. On the project they are working on, all systems have been running smoothly but now they have run into the same problem repeatedly. Based on what you have learned in the chapter about personality traits and critical thinking, offer advice on how these men will need to collaborate to become creative problem solvers.

Answers will vary.

Bloom's: Analyze

Difficulty: 3 Hard

Learning Outcome: 01-05 Integrate learning styles and personality types

Topic: Connect Learning Styles and Personality Types: The Four-Temperament Profile