

Name _____

[/test-bank-step-by-step-to-college-and-career-success-8e-gardner](#)

Class _____

Date _____

Chapter 01, Taking the First Step

1. What does thriving in college mean?

- a. improving your grades on a continual basis
- b. going beyond the minimum requirements to exceed goals
- c. making friends that last a lifetime
- d. developing relationships with potential mentors and employers

ANSWER:

b

2. College is a time to

- a. take appropriate risks, learn new things, and meet important people.
- b. make decisions and commit to a plan early on that will last a lifetime.
- c. struggle financially and explore your options for a career path.
- d. make the dean's list at any cost to emotional and physical health.

ANSWER:

a

3. Which statement about attending college is true?

- a. College students generally maintain very steady sleep schedules.
- b. Most college students had to work harder in high school than they do in college.
- c. For many students, college is like a job, with defined duties, expectations, and obligations.
- d. Most college students spend no more than an hour a week studying for their classes.

ANSWER:

c

4. Which of the following does a sense of purpose NOT provide?

- a. motivation
- b. meaning
- c. diffidence
- d. direction

ANSWER:

c

5. As Marjorie discovered more about her interests and strengths during her freshman year she realized she had chosen the wrong major. She was worried that she made a serious mistake, but her advisor explained that

- a. while it's uncommon, some students do change their majors.
- b. her family would understand.
- c. education is never a mistake.
- d. it is common for students to change their academic plans at least once during their college years.

ANSWER:

d

6. What is a central purpose of college for most students?

- a. gaining the knowledge and experience that will lead to success
- b. earning a degree and making a lot of money
- c. meeting the right people to advance quickly in your chosen field

Chapter 01, Taking the First Step

- d. having a certain amount of good luck to do well and make connections

ANSWER:

a

7. If a student is good at science, interested in health care, and enjoys helping people what might be a good career path for them?

- a. Geology
- b. Education
- c. Medicine
- d. Business

ANSWER:

c

8. As you identify your strengths, it makes good sense to do what?

- a. establish goals
- b. set deadlines
- c. identify priorities
- d. develop a plan

ANSWER:

a

9. Students who prefer to "go with the flow" and let life happen are MOST likely to

- a. have strong time-management skills.
- b. achieve success in college or in a career.
- c. waste their time.
- d. establish short-term and long-term goals.

ANSWER:

c

10. Which is an example of a short-term goal?

- a. to arrive at each of your classes five minutes early this week
- b. to save enough money to buy a car next year
- c. to learn a new language
- d. to get a full-time job in your preferred career after you graduate

ANSWER:

a

11. Tahira's career goal is to become a data scientist after she graduates. Which SMART goal approach is MOST likely to help her achieve this goal?

- a. Tahira should pursue a degree in computer science and take classes in gamification, data analytics, and programming. She should take a broad approach to gaining knowledge and accept a part-time job doing data entry to gain professional experience.
- b. Tahira should pursue a degree in computer science with a focus on specific areas related to data science such as big data, analytics for business, and learning computer programs for analysis. In addition, she should systematically line up opportunities to gain experience such as participating in a summer internship program at a company that hires data scientists.

Chapter 01, Taking the First Step

- c. Tahira should pursue a degree in computer science and use her elective courses to pursue her other interests in software development. She wants to show potential employers she is flexible with a wide range of interests and skills. She should work in a computer store over the summer to learn more about computer hardware.
- d. Tahira should pursue a degree in computer science and let her advisor choose her courses since she figures her advisor knows best. Tahira should work as a lifeguard over the summer. It's a convenient job she had during high school and shows that she is loyal, has a sense of responsibility, and enjoys a number of interests. Employers like well-rounded candidates.

ANSWER: b

12. Which is an example of a long-term goal?
- a. to go to bed early tonight
 - b. to get an A on your final exam in Biology
 - c. to complete a homework assignment
 - d. to earn a bachelor's degree

ANSWER: d

13. In order to be a SMART goal, a goal must be
- a. simple.
 - b. symbolic.
 - c. specific.
 - d. subtle.

ANSWER: c

14. What does the *M* in SMART goal stand for?
- a. meaningful
 - b. measurable
 - c. mutual
 - d. motivational

ANSWER: b

15. A SMART goal must be attainable, which means that to achieve it, you must
- a. have the necessary skills, strengths, and resources.
 - b. know how many steps it will take to attain the goal.
 - c. understand why the goal matters to you.
 - d. know exactly what you want to achieve, why, and when.

ANSWER: a

16. The *R* in SMART goal stands for
- a. repeatable.
 - b. rational.

Chapter 01, Taking the First Step

- c. relevant.
- d. realistic.

ANSWER:

c

17. To be considered a SMART goal, a goal must be

- a. technical.
- b. tactile.
- c. trite.
- d. timely.

ANSWER:

d

18. Lenny has always loved reading, but most of his reading since he started college has focused on his studies. He is starting to get concerned that if he doesn't make time to read for pleasure, he might lose interest in reading as a pastime. To help ensure that he does more reading for pleasure, Lenny has written down four versions of his goal. Which version of Lenny's goal is a SMART goal?

- a. to devote a certain amount of time to reading books for pleasure, not for school
- b. to set aside time to relax by reading more books for pleasure this term
- c. to read *The Girl with the Dragon Tattoo* for pleasure by the end of the month
- d. to read a book a month to relax during this term

ANSWER:

c

19. What is the purpose of a short-term goal?

- a. to help you achieve a long-term goal
- b. to explore a variety of interests and options
- c. to quickly achieve smaller tasks
- d. to focus on long-term commitments one step at a time

ANSWER:

a

20. When creating a program plan for your major, it may be most helpful to seek advice from your

- a. parents.
- b. friends.
- c. academic adviser.
- d. librarian.

ANSWER:

c

21. What do people often say is the most memorable part of college?

- a. the homework
- b. the exams
- c. the professors
- d. the people

Chapter 01, Taking the First Step

ANSWER: d

22. Who can provide support to you in navigating college? Choose the BEST answer.
- a. parents and friends from high school attending other colleges
 - b. fellow students, instructors, administrators, advisers, and other staff members
 - c. the financial aid office and administrators
 - d. roommates, new friends, and fellow students sharing a similar experience as you

ANSWER: b

23. In college, your instructors will expect you to
- a. be independent.
 - b. ask no more than a few questions.
 - c. wait to be told what to do and how to do it.
 - d. take quizzes frequently.

ANSWER: a

24. Which is both a statement of course requirements and a contract between you and the instructor?
- a. the institution's mission statement
 - b. the institution's course catalog
 - c. the course syllabus
 - d. the course description

ANSWER: c

25. Which type of information is NOT commonly found on a syllabus?
- a. list of registration deadlines
 - b. grading rubric
 - c. class guidelines
 - d. course attendance policy

ANSWER: a

26. Students should expect that their instructors will
- a. all follow the same approach to teaching.
 - b. be organized, prepared, and knowledgeable.
 - c. answer questions and provide assistance only during classes.
 - d. grade exams and assignments without additional feedback.

ANSWER: b

27. Office hours are scheduled times during which
- a. an instructor is busy teaching a class.
 - b. students can reserve library study rooms.

Chapter 01, Taking the First Step

- c. students can file to add or drop courses.
- d. an instructor is available to students.

ANSWER: d

28. An instructor who teaches part-time is often called a(n)

- a. counselor.
- b. tutor.
- c. adjunct.
- d. academic adviser.

ANSWER: c

29. In high school, Maria always strived to blend in with the crowd. Her instructors knew who she was, but she didn't have a significant relationship with any of them. Now that she is in college, her roommate suggested that she consider meeting with some of her instructors so they can get to know her. If Maria makes an effort to get to know her instructors, they would be MOST likely to

- a. give her preferential treatment when grading exams.
- b. write her a letter of recommendation for graduate school or a job.
- c. allow her to skip classes if they feel she already knows the material.
- d. permit her to look over exam questions before the day of the test.

ANSWER: b

30. If you ever have a problem with an instructor, what should you do first?

- a. speak to a person in a higher position in the department
- b. ask yourself whether you should drop the class
- c. speak to the provost or the president of the college
- d. ask to meet with the instructor to discuss your problem

ANSWER: d

31. College is about helping you become a better thinker and a leader in your community, workplace, and profession.

- a. True
- b. False

ANSWER: a

32. College can help to clarify your purpose and achieve your goals.

- a. True
- b. False

ANSWER: a

33. You cannot change your academic plans, like your major, after you have decided on them.

- a. True

Chapter 01, Taking the First Step

- b. False

ANSWER: b

34. As you discover more about yourself and your abilities, your reasons for coming to college may change.

- a. True
b. False

ANSWER: a

35. The best way to achieve your goals is to simply react to what college and life present to you.

- a. True
b. False

ANSWER: b

36. In order for a goal to be considered relevant, you must know how many steps it will take to obtain the goal.

- a. True
b. False

ANSWER: b

37. One advantage to an online class is not having to travel to campus.

- a. True
b. False

ANSWER: a

38. Part of the instructor's role is to tell students what, how, and when to study.

- a. True
b. False

ANSWER: b

39. Paying close attention to the syllabus will help you get a clear sense of the instructor's expectations.

- a. True
b. False

ANSWER: a

40. Most colleges require adjuncts to maintain office hours.

- a. True
b. False

ANSWER: b

41. Identify an opportunity that college can provide students.

ANSWER: Answers will vary. Correct responses should indicate that college will provide numerous opportunities for students to develop a variety of formal and informal social networks with instructors and fellow students. Additionally, college provides students with an opportunity to gain

Chapter 01, Taking the First Step

and practice academic skills that will be beneficial in one's personal life and career. Other valid responses are also acceptable.

42. Do you feel that you made the right choice by deciding to attend college? Why or why not? Present at least three reasons to support your argument in your response.

ANSWER: Answers will vary. Students should reflect on their decision to attend college and provide at least three supporting reasons for their decision.

43. Discuss the role and significance of purpose in success and goal setting.

ANSWER: Answers will vary. Students' sense of purpose will drive many outcomes, giving them motivation for today, this week, this term, college overall, and life. It will shape many of the decisions they make. Purpose provides clarity, direction, commitment, and meaning.

44. List some of the questions you should ask yourself to help determine your purpose for being in college.

ANSWER: Answers will vary but should include questions such as, Why am I going to college? Is this college a good fit for me at this time in my life and for my goals? Do I have a strong sense of purpose for going to college and for my life at this time? Other valid responses are also acceptable.

45. Provide two reasons why students choose to attend college.

ANSWER: Answers will vary but may include to learn a specific set of skills; to receive training for a particular career; to explore various fields of study; to experience the social life; and to prepare for graduate or professional school. Other valid responses are also acceptable.

46. Discuss how to begin establishing your goals.

ANSWER: Answers will vary but should include identifying strengths and taking control over decisions and choices every day to achieve goals. Answers should also include the determination of which short-term goals are necessary to make plans for the future become a reality. Finally, students should reference how short-term goals relate to long-term goals.

47. List and explain the SMART goal guidelines.

ANSWER: Answers will vary. Correct responses should explain the SMART goal-setting guidelines, listed here. Specific—be specific about what you want to achieve, why, and when; Measurable—state your goals in measurable terms (this means how many steps you will need to take to achieve your goal, and how you will know when each step is complete); Attainable—be sure that the goal is attainable, meaning you must have the necessary skills, strengths, and resources to achieve the goal; Relevant—be able to state the relevance of the goal to your life, knowing why the goal matters and making certain it will help you move forward; and Timely—consider whether the goal is timely, or achievable within a reasonable amount of time.

48. Give an example of one of your goals and explain, in detail, why it is a SMART goal. Be sure to address each of the five components of a SMART goal in your response.

ANSWER: Answers will vary. Correct responses should provide a goal and an explanation of how that goal matches the criteria for a SMART (Specific, Measurable, Attainable, Relevant, and Timely) goal. Students should address the five components of a SMART goal in their responses.

Chapter 01, Taking the First Step

49. Have you declared a major yet? If so, explain what it is and describe the reasons you chose it. If you haven't declared a major, explain why you haven't, and describe the steps you plan to take before selecting your major.

ANSWER: Answers will vary. Correct responses should answer whether the student has declared a major or not. If the student has declared a major, they should provide reasons for why they chose that major. If the student has not selected a major, they should explain why they have not and discuss the steps they plan to take before selecting a major. Some of those steps might include looking through a course catalog to identify courses they will need to take and meeting with an academic adviser to create a program plan. Other valid responses are also acceptable.

50. What do college instructors typically expect of their students? How are you meeting your instructors' expectations? Provide at least two examples.

ANSWER: Answers will vary but should stress that college instructors expect students to be independent. Instructors expect you to monitor your own work and progress. They will not tell you what, how, or when to study. They expect you to pay close attention to the syllabus and take responsibility for meeting the expectations and requirements for the course.