

# Emotional intelligence and inner critic



**ASSIGN  
BUSTER**

----- On Course  
Quizzes Chapters ----- 1-5 and 8

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----- Directions: Complete using Scan-Tron  
#95142 and a pencil. Quiz is due on due date...

----- no exceptions.

----- Chapter 1

—Getting on Course to Your Success TRUE/FALSE 1. The quality of our lives is determined by the quality of the choices we make on a daily basis.

\_\_\_\_\_ True or False . Mental processing for lasting learning has two dimensions: quality and quantity. \_\_\_\_\_

True or False 3. To create strong neural networks, successful learners connect new skills and information to prior learning.

\_\_\_\_\_ True or False 4. Formal and informal feedback (such as scores on quizzes and getting a standing ovation for a speech) is an essential component of all learning. In the CORE learning system, this component is called Rehearsing. \_\_\_\_\_ True or False 5.

Self-esteem is the reputation we have with others. \_\_\_\_\_

True or False MULTIPLE CHOICE 6. In Chapter One, we have learned that successful students a. | maintain positive core beliefs| b. | make wise choices at forks in the road| c. | accept their weaknesses| d. | use the same skills for success in the workplace as in college| e. | all of these| 7. Accepting our

weaknesses \_\_\_\_.

- a. | means we are judging ourselves.
- b. | signals that we are content to stay as we are.
- c. | provides a starting point for developing stronger self-esteem.
- d. | makes it impossible to achieve success.
- e. | all of these

8.

The CORE learning system is composed of which four elements?

- a. | Collect, Organize, Record, and Eliminate
- b. | Compose, Organize, Rewrite, and Edit
- c. | Collaborate, Operate, Rehearse and Evaluate
- d. | College, Offices, Regulate, Evaporate
- e. | none of these

9. “ Having hard skills gets you hired; lacking soft skills gets you fired. ” In this statement, what is meant by soft skills?

- a. | the skills that will be learned in On Course
- b. | time management and prioritizing tasks
- c. | effective decision-making
- d. | setting goals and making a strong effort
- e. | all of these

10.

To excel as a learner, you need to create as many neural networks in your brain as possible. The best way to do this is to \_\_\_\_.

- a. | connect new learning to previously learned information
- b. | employ deep processing strategies
- c. | use distributed practice
- d. | all of these

11. Prior Learning is one of the three principles of deep and lasting learning because \_\_\_\_.

- a. | clearing away prior learning creates space for new information and skills
- b. | it can lead to misperceptions about our abilities as learners
- c. | prior learning is the foundation upon which we build strong attachments to new learning
- d. new learning strategies cannot be built on prior learning habits
- e. | all of these

12. In college courses, when you have collected sufficient information by reading the course text book and taking accurate and complete class notes, your next step to deep and lasting learning is to \_\_\_\_.

- a. | organize the information in a way that makes sense to you
- b. | practice using the new

information many times| c. | evaluate the quality of the learning you've done| d. | evaluate what additional information you need for effective learning| e. | all of these| 13.

After completing the self-assessment in On Course, your wisest choice with regard to the weaknesses you discover is to \_\_\_\_\_. a. | disregard their importance to your success in college and in life| b. | accept your weaknesses and resolve to turn your back on them| c. | accept your weaknesses and place the blame for each weakness where it belongs? on yourself or others| d. | accept your weaknesses and, when possible, take action to create positive changes? in beliefs and behaviors| e. | none of these| 14. You have just attended a class in psychology that presented information that was new to you.

You took notes in class. Afterwards you rewrite and reorganize the notes from the class. Which elements of the CORE Learning System have you engaged in so far? a. | collect| b. | collect, organize| c. | collect, organize, rehearse| d. | collect, organize, rehearse, evaluate| e. | none of these| 15. Successful people stay on course to their destinations by \_\_\_\_\_. a. | wisely choosing their beliefs and behaviors| b. | trying harder in the face of acknowledged weaknesses| c. | identifying why they have strengths and weaknesses within themselves| d. | relying on their luck and past successes. e. | none of these| ----- Chapter 2—Accepting

Personal Responsibility TRUE/FALSE 1. As long as you resist your role in creating the outcomes and experiences in your life, you will fall far short of your potential. \_\_\_\_\_ 2. The difference between responding to life as a Victim or a Creator is how we choose to use our

energy. \_\_\_\_\_ 3. When a Creator is unhappy in the workplace, he or she is likely to blame others or their own permanent flaws for their occupational woes. \_\_\_\_\_ 4. Creators make use of the power of wise choices; they believe that there is always an option that will lead them toward the success they want-in college or in the workplace. \_\_\_\_\_ 5. A friend says that she will call you, but she never does. Rather than phone or text her, you become angry and delete her from your social networking site with the thought, " I'll show you. " True or false, according to Albert Ellis, your response to your friend's behavior may be based on an irrational belief. \_\_\_\_\_ 6.

Reading is one of the most important ways of Collecting knowledge (the first step in the CORE Learning System). \_\_\_\_\_ 7. Mindless reading is characterized by intense mental engagement that leads to significant neural activity in the brain, assists deep and lasting learning, and leads to high grades. \_\_\_\_\_ 8. When reading actively, the supporting detail provides the most important information. \_\_\_\_\_ 9. The key concept in a reading is the broad main topic, while the main idea is the most important idea about the concept. \_\_\_\_\_ 10.

Your goal in active reading is to Rehearse key concepts, important ideas and supporting details. \_\_\_\_\_ MULTIPLE CHOICE 11. Which of the following is NOT a belief accepted by Creators? a. | I am proactive? that is, I take action and seek solutions. | b. | I respect the power of the " luck of the draw", fate, and superstition in creating my success. | c. | I always have a choice. | d. | all of these| e. | none of these| 12. The intent of the Inner

Critic's judgmental voice, ironically, is good. What is it? a. | Listening to the Inner Critic is the only way to create a positive outcome. b. | Inner Critic keeps me safe from change and new behaviors. | c. | Self-judgment is my realistic response to what others have told me about myself. | d. | Criticizing myself shows that I know my flaws, can eliminate them, and win others' approval. | e. | none of these| 13. By listening to my Inner Defender voice, I can be sure that \_\_\_\_\_. a. | I will identify who's to blame for circumstances in my life. | b. | I will trade long-term success for short-term comfort and self-justification. | c. | I will not have to face difficult changes that may need to be made in my life. d. | all of these| e. | none of these| 14. The Inner Guide \_\_\_\_\_. a. | seeks to make the best of any situation| b. | know that judgment doesn't improve difficult situations| c. | observes each situation and asks, Am I on course or off course? | d. | tells us the impartial truth (to the extent that it is knowable)| e. | all of these| f. | none of these| 15. Which statement below best describes the ways Victims and Creators use their energy in any situation? a. | Victims use all their energy in judging themselves or others, while Creators use their energy to solve the problem. b. | Creators use all their energy in judging themselves or others, while Victims use their energy to solve the problem. | c. | Victims and Creators use their energy to find the best solutions for the problems they face. | d. | Creators and Victims use their energy to place blame on the causes of their problems. | 16. When you ask yourself " Do I have a choice here? ", the answer you always assume in the Wise-Choice Process is \_\_\_\_\_. a. | yes| b. | no| c. | maybe| d. | all of these| e. | none of these| 17. When it comes to finding career opportunities, a Creator will \_\_\_\_\_. a. read the newspaper daily, loudly complaining about the shortage of " good" jobs| b. | tell a few friends that he or she is looking for a

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job and wait for the phone to ring| c. | blame their lack of good job experience on bosses that never gave them responsibilities or appreciated their skills| d. | read the newspaper daily seeking any opportunity that fits his or her skill set, go to an employment agency, take a Career Exploration course| e. | none of these| 18. As we read in The Late Paper, Kim received an “ F” in psychology when she did not turn in her term paper on time. What would be the most likely response of Kim’s Inner Guide? . | “ I have made some poor choices. It’s time to make a change: I will re-enroll in the class for next semester. “| b. | “ I should never have listened to Cindy or Mary? this is their entire fault. “| c. | “ I knew that school wasn’t for me. Arnold was right. “| d. | “ Who needs this class anyway? Prof. Freud never really liked me. This is proof. “| 19. Which of the following is NOT an effective way of disputing your irrational and self-sabotaging beliefs? a. | Offer evidence that your judgments are incorrect| b. | Remind yourself that many of the people you know believe the same way about a situation or themselves| c. Offer a positive explanation of the problem| d. | Question the importance of the problem| e. | Consider that you may be correct in your judgment and offer a plan to improve the situation. | 20. Choose the TRUE statement below. a. | You choose the thoughts that occupy your mind and you can take responsibility for them. | b. | You cannot control the thoughts that occupy your mind. | ----- Chapter 3—Discovering Self-Motivation TRUE/FALSE 1. Discovering your desired outcomes and experiences in college is key to understanding the Value you place on your education. . If you have a low Expectation of success in college, it will not affect your Motivation. 3. When your academic achievement Motivation score is high, you are not likely to be part of the group of students who leave

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college in your first year. 4. A life role is an identity which your family, friends, or classmates assign to you (such as, the “ funny guy,” the “ class clown,” or the “ smart girl. “) 5. Motivating goals have these four qualities: they are Dated, Achievable, Personal, Positive, and Specific. 6. Long-term goals are outcomes that can be reached by the end of the current semester. 7.

A Life Plan gives your Inner Guide something positive to focus on when the chatter of your Inner Critic or Inner Defender attempts to distract you. 8. A visualization of your desired outcomes and experiences may help keep you on course even when life’s adversities conspire against you. 9. Effective visualization involves using all five senses. 10. Goal-setting in my life role as an employee is as important as in my life role as a student. 11. By claiming our desired personal qualities as if we already have them in abundance, we can begin to take actions that will develop these personal qualities. 2.

Affirmations need reinforcement to gain influence in your life... they must be lived. 13. Affirmations that are memorized and repeated frequently become part of our deep and lasting learning about ourselves. 14. When we align our deeds with our affirmations, we prove the truth of the affirmation 15.

Attending classes is the most time-consuming way you will Collect information in college. MULTIPLE CHOICE 16. In the formula  $V \times E =$  Motivation, the letter V stands for \_\_\_\_\_. a. | Vacation| b. | Value| c. | Validation| d. | Victory| e. | Viewpoint| 17.

Which of the following is an appropriate outcome when considering the Value you place on your education? a. | learn to enjoy learning| b. | meet people and make friends| c. | have fun| d. | get a good job| e. | all of these| 18.



Which of the following is the most effective goal, according to the DAPPS Rule? a. | do well academically this semester| b. | work hard to get good grades| c. | achieve a grade point average of 3.5 or better this semester| d. | have more fun| 19. Which of the following long term goals violates the Personal quality of effective goal writing (Dated, Achievable, Personal, Positive, and Specific)? . | I will earn my Bachelor of Arts (BA) by June 1012. | b. | I will meet the weight requirements for my job at the Sheriff's Department by January, 2012. | c. | My parents want me to finish college by the spring of 2013. | d. | I will go to college as a full-time student by the fall semester of 2012. | e. | By May 2015, my students will have voted for me as Teacher of the Year. | 20. Your Life Plan is \_\_\_\_\_. a. | a road map showing the way to your college and life destinations| b. | a career path leading to your dreams| c. | open to change as your life roles and goals change| d. | all of these| e. none of these| 21. Reading homework assignments is the most time-consuming way of collecting information in college. The second most time-consuming way of collecting information in college is \_\_\_\_\_. a. | taking notes in class| b. | meeting with instructors during their office hours| c. | attending instructor-led review sessions| d. | none of these| 22. When new learning is not rehearsed (practiced, reviewed or recited) within 24 hours after we collect it, studies have shown that we lose \_\_\_\_\_ percent of it. a. | 15| b. | 30| c. | 50| d. | 75| e. | 90| 23. The primary goal of taking notes in class is \_\_\_\_\_. . | to create polished study materials| b. | to take the place of reading the textbook assignments| c. | to take down " everything the instructor says" during the lectures| d. | to accurately collect key concepts, main ideas, and supporting details from the lectures| 24. Typical obstacles that defeat Creators when they try to take effective notes are \_\_\_\_\_. a. | unhelpful

classmates who will not share their notes| b. | instructors who speak too fast.  
 | c. | repeated absences from lecture classes| d. | all of these| e. | none of  
 these| 25. There are two basic ways of taking notes: \_\_\_ and \_\_\_\_ . . | linear  
 (for example, an outline) and graphic (for example, a concept map)| b. |  
 highlighted and bulleted| c. | from your girlfriend and from your roommate|  
 d. | before class and after class| e. | none of these|

----- Chapter 4—Mastering Self-Management

TRUE/FALSE 1. Goals and dreams set your destination, but only persistent,  
 purposeful actions will get you there. \_\_\_\_\_ 2. Creators  
 apply a powerful strategy for turning dreams into reality: Do Quadrant III  
 actions first. \_\_\_\_\_ 3.

Procrastination is the choice to do unimportant tasks while neglecting  
 important tasks. \_\_\_\_\_ 4. Quadrant II is where you will  
 find Victims. \_\_\_\_\_ 5. When we allow someone else's  
 urgency to talk us into an activity unimportant to our own goals and dreams,  
 we have chosen to be in Quadrant I. \_\_\_\_\_ 6. It is  
 impossible to manage time; what we can manage is ourselves.

\_\_\_\_\_ 7. Self-discipline has three essential ingredients:  
 Commitment, Focus, and Creativity. \_\_\_\_\_ 8. Self-esteem  
 is strengthened by increased self-confidence. \_\_\_\_\_ 9. By  
 creating one small success after another, eventually you create a success  
 identity, which is one way to build your self-confidence.

\_\_\_\_\_ 10. Celebrating your successes and talents makes  
 you conceited. \_\_\_\_\_ MULTIPLE CHOICE 11. Quadrant I  
 actions are IMPORTANT and \_\_\_\_\_. a. | IMPORTANT| b. | UNIMPORTANT| c. |

URGENT| d. | NOT URGENT| 12. Quadrant II actions are IMPORTANT and \_\_\_\_.

a. | IMPORTANT| b. | UNIMPORTANT| c. | URGENT| d. | NOT URGENT| 13.

Quadrant III actions are \_\_\_\_ and URGENT. a. | IMPORTANT| b. |

UNIMPORTANT| c. | URGENT| d. NOT URGENT| 14. Quadrant IV actions are \_\_\_\_ and NOT URGENT. a. | IMPORTANT| b. | UNIMPORTANT| c. | URGENT| d. |

NOT URGENT| 15. The rewards of keeping a written self-management system

include \_\_\_\_.

a. | becoming aware of the time you may be wasting| b. |

relieving your mind of keeping track of every deadline or assignment| c. |

becoming better at keeping commitments to self and others| d. | all of these|

e. | none of these| 16. The three essential elements of self-discipline are \_\_\_\_.

a. | challenge, focus, and personal integrity| b. | commitment, fun, and

persistence| c. | commitment, focus, and persistence| . | challenge, fun, and

personal integrity| 17. The time in the semester to beware of losing focus

(taking your eyes off the finish line) is \_\_\_\_.

a. | the beginning of the semester| b. | mid-term| c. | the week before finals| 18. " I've got boring

teachers; my schedule stinks. " " I'm still getting over the flu. " " Next

semester I could start all over. " are all excuses for quitting offered by the

\_\_\_\_.

a. | Inner Guide| b. | Inner Critic| c. | Inner Defender| 19. " I never could

do math. " " I'm not as smart as my classmates. " " I'm not really college

material. " are all excuses for quitting offered by the \_\_\_\_.

a. Inner Guide| b. | Inner

Critic| c. | Inner Defender| ----- Chapter 5—

Employing Interdependence TRUE/FALSE 1. Creators know that life can be

easier and more enjoyable when people cooperate. \_\_\_\_\_

2. The greatest step to maturity in the way you relate to others is the step from independence to codependence. \_\_\_\_\_ 3.

Codependent people are motivated not by their own successes, but by someone else's approval or dependence upon them.

\_\_\_\_\_ 4. The interdependent person finds a healthy balance of giving and receiving, and everyone benefits.

\_\_\_\_\_ 5. Creators value their independence; they prefer to struggle alone, rather than rely on mutually supportive relationships.

\_\_\_\_\_ 6. OPB stands for Other People's Brains or Other People's Brawn. \_\_\_\_\_ 7. Building positive relationships

with your college instructors is a powerful Quadrant III action that can pay off handsomely. \_\_\_\_\_ 8. The first suggestion for starting a

study group: Choose only Creators. \_\_\_\_\_ 9. Students enrolled in online classes cannot build study groups with classmates.

\_\_\_\_\_ 10. Good listeners, clear their minds and listen for the entire message, including words, tone of voice, gestures, and facial

expressions. \_\_\_\_\_ 11. Suppose that you are listening to someone and you ask, " Could you say more about that? " You are using an

active listening strategy called " reflection. " \_\_\_\_\_ 12.

It is helpful with classmates as well as professors to check the accuracy of what you've understood them to say. \_\_\_\_\_ 13. Active

listening is a way to demonstrate the high esteem with which you value the other person. \_\_\_\_\_ 14. Listening effectively means that

you accept 50 percent of the responsibility for receiving the same message that the speaker is sending, uncontaminated by your own thoughts or

feelings. \_\_\_\_\_ 15. Most available jobs (some experts say 85 - 90%) are unpublished; Creators discover these unpublished openings by networking. \_\_\_\_\_ 16. According to family therapist Virginia Satir, the two most common patterns of ineffective communication are placating and blaming. \_\_\_\_\_ 17. Placating is characterized by a simple, yet profound, communication strategy: asserting the truth as you see it. \_\_\_\_\_ 18. Creators who placate are dominated by their Inner Critic. \_\_\_\_\_ 19. Creators who level communicate purposefully, honestly, and responsibly.

\_\_\_\_\_ 20. It is better to hear or give a specific "no" to a request than to settle for "maybe" or "I'll try." \_\_\_\_\_

MULTIPLE CHOICE 21. Adults who are \_\_\_ give too much of themselves to others. a. | dependent| b. | codependent| c. | independent| d. | interdependent| 22. Adults who are \_\_\_ take too much from other people. a. | dependent| b. | codependent| c. | independent| d. | interdependent| 23. Adults who are \_\_\_ prefer neither to give nor to take anything from others. a. | dependent| b. | codependent| c. | independent| d. | interdependent| 24. Adults who are \_\_\_ find a healthy balance of giving and receiving and everyone benefits. a. | dependent| b. codependent| c. | independent| d. | Interdependent| 25. Adults who are \_\_\_ are considered the most mature by psychologists. a. | dependent| b. | codependent| c. | independent| d. | interdependent| ----- Chapter 8—Developing

Emotional Intelligence TRUE/FALSE 1. Emotional self-management helps you empathetically notice when someone else is consumed by anxiety or sadness. \_\_\_\_\_ 2. Creators understand that choosing their attitude, in any circumstance, is a freedom that cannot be taken from them.

\_\_\_\_\_ . Psychologist Mihaly Csikszentmihalyi believes that the key to creating flow lies in the interaction of two factors: the challenge a person perceives herself to be facing and the related insights she perceives herself to possess. \_\_\_\_\_ 4. Another name for emotional intelligence in the workplace is “ professionalism. ” \_\_\_\_\_ 5. Daniel Goleman, author of Working with Emotional Intelligence, found that emotional competence matters twice as much as other factors in job effectiveness. \_\_\_\_\_ MULTIPLE CHOICE 6.

In a study of valedictorians and salutatorians, Arnold and Denny found that ten years after graduation \_\_\_\_ percent of these academic stars were at the highest level of the professions when compared with others their age. a. | 0| b. | 25| c. | 50| d. | 100| 7. The study of four-year-olds and marshmallows found that some children ate one marshmallow right away (immediate gratification) while other children were able to wait until the experimenter returned and received a second marshmallow to eat (delayed gratification). Which of the following statements is true regarding these two groups of children as they reached adulthood? a. There were no apparent differences between the two groups. | b. | The group that delayed gratification had higher Scholastic Aptitude Test scores. | c. | The group that delayed gratification had borne more children while unmarried. | d. | The group that delayed gratification had experienced more problems with the law. | 8. Which of the following is NOT a list of feelings? a. | contentment, desire, frustration| b. | irritation, love, disgust| c. | confrontation, generosity, decision| d. | astonishment, guilt, fear| 9. Which one of the components of emotional intelligence is the foundational skill upon which the other skills

rest? . | emotional self-management| b. | emotional self-awareness| c. | social awareness| d. | relationship management| 10. One way a Creator is able to recognize personal stress is by \_\_\_\_\_. a. | identifying the physical symptoms that accompany stress| b. | noticing how others are reacting to them or judging them| c. | determining how others are causing them to feel overwhelmed, angry, fearful, or sad| d. | acknowledging the power of others to get them off course| 11. The National Institute for Mental Health estimates that 70-80 percent of all doctor visits are... a. | stress related illnesses. | b. not covered by adequate health insurance. | c. | the result of smoking. | d. | untreatable with antibiotics. | 12. According to a survey in Prevention magazine, which of the following is the most common source of OVERWHELM? a. | a lack of supportive relationships| b. | worry over personal finances| c. | an inability to say “ no”| d. | worry about physical appearance| 13. When a Creator identifies ANGER or RESENTMENT as the emotion he or she is feeling, his or her next move may be to step back from the situation causing the distressing emotion and consider it from a distance before deciding on a course of action.

This is an example of \_\_\_\_\_. a. | emotional self-awareness| b. | social awareness| c. | emotional self-management| d. | relationship management| 14. According to Daniel Goleman’s research, anxiety has what effect on academic performance? a. | High anxiety is good for academic performance. | b. | The higher the worry or anxiety, the poorer the academic performance. | c. | A high level of anxiety is key to academic success. | 15. Flow is characterized by all of the following except \_\_\_\_\_. a. | a total absorption in what one is doing| b. | by a loss of thoughts or concerns about oneself,| . |

enhanced physical strength and prowess| d. | a distorted sense of time (often passing very quickly)| 16. Creators choose instructors who \_\_\_\_\_. a. | demonstrate a deep knowledge of their subject| b. | show great enthusiasm for the value of their subject| c. | set challenging but reasonable learning objectives for their students| d. | offer engaging learning experiences that appeal to diverse learning preferences| e. | provide a combination of academic and emotional support that gives their students high expectations of success| f. | all of these| 17.

Which of the following sayings illustrates the relationship of flow and work?

a. | A good beginning makes a good end. [English proverb]| b. | Achievement is the result of working hard even when you don't feel like it. | c. | Get all the education you can, but then, by God, do something. [Lee Iacocca]| d. | Find a job you love and you'll never work a day in your life. [Confucius]| 18. Leaders

in the workplace use their social awareness skills to \_\_\_\_\_. a. | identify their feelings in the moment| b. | empathize accurately with other people's emotions| c. | manage strong feelings| d. handle emotions among co-workers with skill and harmony| 19. Self-love is the core belief that I AM LOVABLE.

Creators know that we can learn how to love ourselves as adults by \_\_\_\_\_. a. | designing a nurturing self-care plan| b. | reminding ourselves that accomplishment of our goals will guarantee our self-love| c. | effectively earning the approval of significant others in our lives| d. | wisely choosing self-importance and confidence when doubts threaten us| 20. All of these are wise choices for managing money except \_\_\_\_\_. a. | writing down all your expenditures| b. | purchasing non-perishables in bulk|