Foundations 1E Quiz Questions Lesson 7.3

1. Which of the following is an example of mental toughness?

a. Jacquetta studies for her history test for two hours straight.

b. Max is convinced that he is too stupid to understand algebra.

c. Carmen gets a perfect score on her literature quiz after failing the first one.

d. Jacob feels confident in his ability to play the piano.

Answer: \_\_\_\_\_

2. Which is more characteristic of grit than resilience?

a. Finishing a long bike race despite being hot and exhausted by the end.

b. Failing to make the soccer team one year and coming back to be a star player on the team the next year.

Answer: \_\_\_\_\_

3. Resilience is more of a trait you are born with than a set of skills.

a. True

b. False

Answer: \_\_\_\_\_

4. Which statement shows a fixed mindset?

a. Others’ success inspires me.

b. I like to try new things.

c. Failure is an opportunity to grow.

d. I’m either good at something or I’m not.

Answer: \_\_\_\_\_

5. Which statements are examples of negative self-talk? **Select all that apply.**

a. I’m just not good at math. I’ve been that way ever since I was young—it never made sense to me and it never will.”

b. “I don’t understand what my role as a forward on the basketball team is, and I keep making mistakes. But if I keep practicing, I’m sure I’ll get it.”

c. “I tried out for a part in the spring musical and I didn’t get it. I must have been really bad. I’ll never do that again!”

d. “I want to try to make friends with that person, but they might think I’m weird or make fun of me later, and I don’t want to take a chance.”

Answers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_