Foundations 1E Quiz Questions Lesson 7.1

1. Emotional health includes all of the following things EXCEPT

a. body image

b. self-esteem

c. empathy

d. reasoning ability

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

2. Social media has little effect on the way we express our emotions.

a. True

b. False

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

3. Emotional intelligence is made up of which four factors?

a. self-awareness, self-management, social awareness, and social skills

b. self-esteem, body image, social skills, and popularity

c. self-awareness, body weight, genetics, and social skills

d. self-management, goal setting, resilience, and grit

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

4. Empathy allows us to

a. try again after failing at something

b. develop meaningful relationships

c. see the positive side of situations

d. manage stress

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

5. Which of the following is NOT an impulsive behavior?

a. posting an unflattering picture of a friend right after finding out they may have been talking about you behind your back

b. getting a tattoo on the spur of the moment

c. going for a run with a good friend every other day

d. secretly meeting in person someone you’ve known from social media

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