Foundations 1E UT Chapter 3

1. Which of the following is a strong sign of emotional health?

a. boasting about your test scores and good grades

b. showing enthusiasm for a project even when problems arise

c. laughing off a classmate's insult but silently promising to get even

d. dealing with stress by letting yourself binge eat desserts for a change

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

2. You realize that a cutting remark you made to a friend hurt that person deeply. Which response shows strong emotional intelligence?

a. You go to your friend and apologize face to face, acknowledging that your comment went too far.

b. The next time you see your friend, you treat him very nice and try to get him to laugh.

c. You text your friend a joking message about weird things coming out of your mouth.

d. Without actually apologizing, you go over what it was about your friend's behavior that prompted the remark in the first place.

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

3. Although she is initially shocked and angry at being left off the debating team, Greta makes sure she congratulates each of the students who were chosen ahead of her. Which part of emotional intelligence is Greta demonstrating?

a. self-awareness

b. social skills

c. social awareness

d. self-management

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

4. Ignorance about another person's situation does NOT affect your ability to show empathy for that person.

a. True

b. False

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

5. In the following scenarios, which person is showing empathy?

a. Turner questions why anyone would need to have a free lunch provided for them at school.

b. Derek asks Wanda about the problems she faces every day using a walker at school.

c. Twyla assumes that all the students in her science project group can share in the cost of supplies.

d. Sarah teases her friend Aisha about her religion-based dietary rules.

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

6. An important key to good impulse control is

a. avoiding emotions as much as possible

b. trying not to care too deeply

c. applying the brakes to an emotional response

d. planning your response in advance

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

7. Which of the following is most unusual about Bojan's self-image?

a. He rarely thinks about how he looks.

b. He is influenced by what he thinks others think of him.

c. He believes that other students like him.

d. He sometimes feels pressure to fit in with friends at school.

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

8. Which of the following tends to decrease your self-esteem?

a. asking for help when you need it

b. working through a challenge

c. staying in your comfort zone

d. learning from your mistakes

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

9. Penelope is convinced that she is awkward socially and nobody likes her. Predict how Penelope's self-esteem will affect her health and habits.

a. She will dedicate herself to building stronger relationships with friends.

b. She will focus more on healthy eating habits.

c. She will set ambitious goals for herself going forward.

d. She will experience increased anxiety and insomnia.

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

10. When things go wrong at school or in relationships, Cassidy nearly always finds someone or something else to blame for her failures. Which aspect of mental toughness does Cassidy need to develop?

a. maintaining a strong belief in her ability to succeed

b. sticking to tasks and seeing them through to completion

c. seeing challenges as opportunities, not obstacles

d. believing that she is in control of her life and destiny

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

11. Resilience is a skill you can develop and improve with concerted effort.

a. True

b. False

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

12. Which statement demonstrates a growth mindset?

a. "I know that my potential is already set."

b. "I realize I can either do something at once or I can't do it at all."

c. "Failure is an opportunity to grow and learn."

d. "When I'm frustrated with a project, I move on to something else."

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

13. The body's first reaction to stress is like a battleship on high alert.

a. True

b. False

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

14. Seiko's younger brother has an eye condition that is progressing steadily toward blindness. For Seiko, which kind of stressor is this?

a. acute

b. chronic

c. traumatic

d. routine

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

15. In the following scenarios, which person is using positive self-talk as a stress management technique?

a. Megan failed to qualify for the state long-jump competition last year, but she knows that worrying about the past is pointless.

b. Faced with daily threats from a bully in high school, Murray decides to transfer to another school.

c. When Malik can't think of any good ideas for an essay topic, he gets a good night's sleep and approaches the essay with a refreshed mind the next day.

d. When Caroline realizes she is close to failing her trigonometry class, she reminds herself that she has bounced back in tough situations before and can do it again.

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

16. Following his grandma's death, Wallace concentrated on his martial arts classes and tried not to think about his loss. This is an example of which kind of grief?

a. inhibited

b. delayed

c. normal

d. anticipatory

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

17. Which of the following is a helpful way to show support for someone who is in mourning for a loved one?

a. assuring them that the loved one is in a better place

b. listening to and sharing stories about the deceased

c. telling them that everything will be fine

d. telling them that you know just how they feel

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

18. In the following scenarios, which person shows signs of having a mental disorder?

a. Brock prefers to have his bedroom temperature set at exactly 68 degrees every night.

b. Jamal gets upset with himself if he doesn't complete each homework assignment in advance.

c. Deborah gives herself a pep talk under her breath as she stands in the batter's box during a softball game.

d. Preston needs to count to 48 while he is brushing his teeth at night, and he starts over if he loses count.

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

19. Dion's parents told him that people with a mental disorder are likely to be dangerous. This is an example of which part of the STOP tool for recognizing and avoiding stigma?

a. stereotyping

b. trivializing

c. offending

d. patronizing

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

20. Use of medication is the only way to cure a mental disorder.

a. True

b. False

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

21. When Michaela was five years old, she wandered away from her mother in a large department store and was lost for nearly an hour. As a teen, Michaela gets shortness of breath, intense anxiety, and heart palpitations when she thinks about that incident and avoids going to the store. Michaela is showing symptoms of which anxiety disorder?

a. general anxiety disorder

b. social anxiety disorder

c. separation anxiety

d. panic disorder

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

22. Using social media contributes to a teen's anxiety mainly due to

a. attempting to be clever

b. bullying messages and posts

c. feeling pressure to succeed

d. comparing one's life with others

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

23. Rayford works as a commercial artist for a large online magazine. His office is located in a section of the building that has no windows. Beginning last winter, Rayford began to experience moods of deep depression. Rayford is likely showing signs of

a. seasonal affective disorder

b. psychotic depression

c. bipolar disorder

d. persistent depressive disorder

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

24. Depression and a chronic illness like high blood pressure can become a cycle, with each making the other worse.

a. True

b. False

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

25. Which of the following is the best description of how sadness relates to depression?

a. Both are normal human emotions that affect everyone at some time.

b. Sadness is typically related to a specific situation or event, while depression is an emotional state a person is in.

c. Both make it impossible to carry on with normal daily activities.

d. Sadness seems hopeless, while depression offers hope of a way out.

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

26. Which of the following is the best description of self-harm behaviors?

a. attempts to distract from overwhelming emotions

b. warnings of suicidal feelings

c. attempts to get attention

d. effective ways of coping with stress

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

27. The idea that one teen's suicide could influence other teens to commit suicide is a myth.

a. True

b. False

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

28. Which examples show the signs of an unhealthy relationship? **Select all that apply.**

a. Peyton makes fun of his brother Braylon's acne even though he is aware of how sensitive Braylon is on the subject.

b. Mustapha knows his father doesn't approve of his new friends, so he never brings them over to the house or mentions them at dinner.

c. Lexie gets irritated very easily with her friend Martha and they usually end up quarreling.

d. Ebony notices how anxious her friend Morris gets before a debating tournament, so she reminds him about his success in past tournaments.

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

29. Tamara avoids eye contact when speaking to people and apologizes at once if she senses a confrontation coming. This is an example of which style of communication?

a. passive

b. aggressive

c. passive-aggressive

d. assertive

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

30. Marina and her father moved in with Derek and his mom when the two parents got married. This is an example of a(n) \_\_\_\_\_\_\_\_\_\_ family.

a. adoptive

b. foster

c. extended

d. blended

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

31. Lately Chase and her guardian Lilith have clashed over Lilith's rules about dating and outings with friends. Which of the following would help stabilize their relationship and keep it strong?

a. Chase should be more assertive about her need for independence.

b. Lilith should emphasize that rules are rules and must be obeyed.

c. Chase and Lilith should discuss the rules honestly and find compromises.

d. Chase should agree to obey Lilith's rules even though she secretly bends them a little.

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

32. A close friend will tell you what you need to hear even if it's a painful truth and may hurt your feelings.

a. True

b. False

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

33. To stay away from drama in a friendship, it's a good idea to

a. avoid listening to or spreading gossip

b. stay off social media

c. admit your friend's behavior makes you jealous and angry

d. air any disagreements on social media

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

34. Corey has three old friends with whom he has hung out since junior high. Now Corey has started dating Marguerite. How should his relationship with his friends fit into a healthy dating relationship?

a. Corey should see his friends no more than once a week.

b. Corey should continue to see his friends to keep a balance in his life.

c. Corey should try to include his friends on his dates with Marguerite.

d. Corey should focus on seeing Marguerite as much as possible regardless of how his friends react.

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