

PERSONAL DEVELOPMENT

School Year 2018-2019

NAME:_____

DATE:_____

SCORE:_____

YEAR AND SECTION:_____

SUBJECT

TEACHER:_____

50 Multiple choice questions

1. is a direction, aim, or purpose toward which we direct our behavior and attention
 1. ☐ Character
 2. ☐ Personal traits
 3. ☐ John Holland's
 4. ☐ goal
2. a negative attitude toward yourself or your abilities
 1. ☐ Determination
 2. ☐ high self-esteem
 3. ☐ low self-esteem
 4. ☐ Short-term Goals
3. Realistic, Investigation, Artistic, Social, Enterprising, Conventional
 1. ☐ high self-esteem
 2. ☐ John Holland's
 3. ☐ Passive behavior
 4. ☐ Personal traits
4. on the other hand, are people we encounter at school, on the job, in the neighborhood, or online in social networking situations
 1. ☐ Stubbornness
 2. ☐ Personal traits
 3. ☐ Acquaintances
 4. ☐ Peer Pressure
5. while others requiring more time
 1. ☐ Determination
 2. ☐ low self-esteem
 3. ☐ Self-esteem
 4. ☐ Long-term Goals
6. are reliable.
arrive on time and complete assigned tasks on time.
do not make excuses.

are not easily led astray by peer pressure.

are aware of themselves at all times.

think through situations before taking action.

use tools such as alarms, calendars, notes, and lists to keep track of responsibilities and deadlines.

1. ☐ characteristics of low self-esteem

2. ☐ Traits of Responsible People

3. ☐ Traits of Irresponsible People

4. ☐ assertive behavior examples

7. compulsory school attendance

driver's license and traffic laws

legal age to vote, get married, or join the military

requirements to campaign for public office

1. ☐ negative peer pressure

2. ☐ Legal or Required Responsibilities

3. ☐ characteristics high self-esteem

4. ☐ positive peer pressure

8. respect themselves and others.

stand up for themselves without being rude.

are persistent.

use "I" messages.

express their feelings honestly.

realize that they cannot control a situation, but they can influence it.

choose when to pause, when to take action, and when to ask questions.

1. ☐ assertive behavior examples

2. ☐ aggressive behavior examples

3. ☐ Aggressive behavior

4. ☐ characteristics high self-esteem

9. passively, aggressively, assertively

1. ☐ Three Types of Behavior

2. ☐ Long-term Goals

3. ☐ Extrinsic motivation

4. ☐ Self-esteem

10. are deeply held beliefs about what is good, right, and appropriate. Our values are those beliefs that are most important to us. We develop a set of values from childhood based on observations and teachings of our parents, teachers, religious leaders, and other influential and powerful people.

1. ☐ Values

2. ☐ friends

3. ☐ Choices

4. ☐ Traits of Responsible People

11. Oftentimes we put off making a decision or completing the steps to accomplish a goal. Have you ever ignored a problem and engaged in other activities so you would not have to deal with it? Instead of

creating motivation, have you waited for motivation to hit you? This delay in facing a problem or beginning a task

1. ☐ Determination
2. ☐ characteristics of low self-esteem
3. ☐ personality
4. ☐ Procrastination

12. is the desire to do something your way, without considering other points of view or exhibiting any flexibility whatsoever.

1. ☐ Acquaintances
2. ☐ Passive behavior
3. ☐ Stubbornness
4. ☐ motivation

13. provides the reason or incentive for performing an action or exhibiting a behavior. It is the desire to accomplish a task or goal.

1. ☐ Procrastination
2. ☐ Determination
3. ☐ motivation
4. ☐ Peer Pressure

14. think for themselves, feel supported, Accept responsibility, proud of personal achievements, face new experiences enthusiastically, show a wide variety of emotions and feelings, handle frustrations well, understand the ability to affect others, act consistently with personal beliefs

1. ☐ Traits of Irresponsible People
2. ☐ Personality and Career Direction
3. ☐ Results of Irresponsibility
4. ☐ characteristics high self-esteem

15. have a "don't care" attitude.
put forth as little effort as possible.
are followers.
are frequently listless and daydreaming.
lack concentration.
rarely enjoy challenges.
live without a plan.
believe regular school or job attendance is not a top priority.
are unconcerned about poor performance.
have interests that are narrowly focused.

1. ☐ Traits of Irresponsible People
2. ☐ Traits of Unmotivated
3. ☐ irresponsible behavior
4. ☐ Results of Irresponsibility

16. Behavior, Relationships, Learning, Creativity,

1. ☐ aggressively

2. ☐ Traits of Motivated
3. ☐ Factors Affecting Self-Esteem
4. ☐ Life Areas Affected by Self-Esteem

17. may be as simple as deciding what to eat for breakfast, what to wear to school, or which route to take to the mall.

1. ☐ Aggressive behavior
2. ☐ Character
3. ☐ Acquaintances
4. ☐ Choices

18. A fighter showing aggressive behavior might say, "It's my mom's fault! She didn't wake me up!"

A floater showing passive behavior might say, "It just happened. There was nothing I could do because I don't own an alarm clock."

A navigator showing assertive behavior might say, "It's my fault. I'm going to start setting my cell phone alarm and an alarm clock as a back up."

1. ☐ Traits of Responsible People
2. ☐ Personality and Career Direction
3. ☐ irresponsible behavior
4. ☐ negative peer pressure

19. plan for the future and set goals.

realize the connections between achievement and success.

are involved in many worthwhile activities.

are creative.

demonstrate leadership skills.

are dreamers, but not daydreamers.

have mastered the ability to concentrate.

have positive role models.

do more than what is expected.

enjoy challenges.

1. ☐ Traits of Motivated
2. ☐ Traits of Unmotivated
3. ☐ How to Make Choices
4. ☐ Traits of Responsible People

20. 1. Check out the scene

2. make good decisions

3. act to avoid trouble

4.

1. ☐ Passive behavior
2. ☐ negative peer pressure
3. ☐ Aggressive behavior
4. ☐ Reversing Peer Pressure

21. Unexpected situations include emergencies, the death of a family member, loss of a job, divorce, health problems, or an unplanned pregnancy

1. ☐ aggressively
2. ☐ Unplanned Responsibility
3. ☐ negative peer pressure
4. ☐ positive peer pressure

22. On other occasions, however, peers may persuade us to use alcohol or drugs, skip school, vandalize or destroy property, disobey authority figures, or shoplift

1. ☐ Acquaintances
2. ☐ negative peer pressure
3. ☐ assertive behavior examples
4. ☐ assertive behavior

23. are people with whom we have a relationship and have spent time

1. ☐ friends
2. ☐ Character
3. ☐ Choices
4. ☐ Values

24. is to ask for what you want or need or to explain how you feel without intentionally hurting others

1. ☐ assertively
2. ☐ positive peer pressure
3. ☐ assertive behavior
4. ☐ negative peer pressure

25. make excuses.

transfer blame to others.

disregard time, are late, or do not show up at all.

act impulsively.

disrespect rules and authority.

ignore safety procedures.

lack problem-solving skills.

do not anticipate the consequences of their actions.

1. ☐ Results of Irresponsibility
2. ☐ characteristics of low self-esteem
3. ☐ Traits of Unmotivated
4. ☐ Traits of Irresponsible People

26. determine your values in life and also who you are, what type are person are you

1. ☐ Life Areas Affected by Self-Esteem
2. ☐ Character
3. ☐ Unplanned Responsibility
4. ☐ Character Traits

27. is the inability to express feelings and needs or to take appropriate action

- 1. ☐ Personal traits
- 2. ☐ Aggressive behavior
- 3. ☐ Passive behavior
- 4. ☐ assertive behavior

28. we give in to others and often sacrifice what we truly want

- 1. ☐ passively
- 2. ☐ assertively
- 3. ☐ Character
- 4. ☐ Passive behavior

29. Sometimes our peers persuade us to do the right thing, such as participate in school or community activities, achieve personal goals, or make good grades

- 1. ☐ assertive behavior
- 2. ☐ Aggressive behavior
- 3. ☐ positive peer pressure
- 4. ☐ assertive behavior examples

30. is how we see or feel about ourselves

- 1. ☐ Stubbornness
- 2. ☐ passively
- 3. ☐ Self-esteem
- 4. ☐ high self-esteem

31. Step 1: Identify—Determine the Problem, Question, or Opportunity.
Step 2: Research—Gather Information and Identify the Possible Choices.
Step 3: Evaluate—Consider the Choices.
Step 4: Choose—Make a Decision
Step 5: Act—Take Action to Implement Your Decision
Step 6: Re-Evaluate—Examine Your Decision.

- 1. ☐ Results of Irresponsibility
- 2. ☐ Traits of Responsible People
- 3. ☐ assertive behavior examples
- 4. ☐ How to Make Choices

32. the complex of characteristics that distinguishes an individual or a nation or group; especially: the totality of an individual's behavioral and emotional characteristics... set of distinctive traits and characteristics

- 1. ☐ Acquaintances
- 2. ☐ Personal traits
- 3. ☐ Determination
- 4. ☐ personality

33. 1. Direct value guidance
2. No value guidance
3. Modeling value guidance
4. Values clarification
- ☐ Personal traits
 - ☐ assertive behavior
 - ☐ Formation of Values
 - ☐ negative peer pressure
34. which is the experience of having your friends or acquaintances try to influence how you think or what you do
- ☐ Peer Pressure
 - ☐ Acquaintances
 - ☐ motivation
 - ☐ assertively
35. we attack others for the sake of getting what we want
- ☐ aggressively
 - ☐ Life Areas Affected by Self-Esteem
 - ☐ Unplanned Responsibility
 - ☐ Character Traits
36. It results from external factors or rewards that push you to do something
- ☐ Intrinsic motivation
 - ☐ Aggressive behavior
 - ☐ Extrinsic motivation
 - ☐ assertive behavior
37. may result in getting what you want, but that success will be at the expense of hurting other people
- ☐ aggressive behavior examples
 - ☐ Aggressive behavior
 - ☐ assertive behavior
 - ☐ Extrinsic motivation
38. You either have a positive image of yourself and your abilities
- ☐ Self-esteem
 - ☐ John Holland's
 - ☐ low self-esteem
 - ☐ high self-esteem
39. Pooh is friendly, laid-back, and cheerful.
Rabbit is quick, organized, and busy.

Tigger is optimistic, funny, and social.
Eeyore is pessimistic, glum, and logical.

- 1. ☐ Villains are aggressive, dishonest, or rude.
Victims are weak, vulnerable, or whiny.
Drama queens are emotional, outspoken, or self-absorbed.
Heroes are honest, mature, or self-disciplined.
Peacemakers are open, flexible, or tactful.
- 2. ☐ negative peer pressure
- 3. ☐ Legal or Required Responsibilities
- 4. ☐ Peer Pressure

40. are the complex characteristics that distinguish who you are and expresses you self traits

- 1. ☐ Peer Pressure
- 2. ☐ Stubbornness
- 3. ☐ Personal traits
- 4. ☐ Passive behavior

41. we stand up for ourselves and communicate our needs in a constructive manner without hurting others

- 1. ☐ assertively
- 2. ☐ Peer Pressure
- 3. ☐ Stubbornness
- 4. ☐ Aggressive behavior

42. Realistic: practical, physical, hands-on, tool-oriented
Investigative: analytical, intellectual, scientific, explorative
Artistic: creative, original, independent, chaotic
Social: cooperative, supporting, helping, healing/nurturing
Enterprising: competitive, practices strong leadership, persuasive
Conventional: detail-oriented, organized, clerical

- 1. ☐ Personal traits
- 2. ☐ Personality and Career Direction
- 3. ☐ aggressive behavior examples
- 4. ☐ personality

43. the consistent intent to achieve a desired goal

- 1. ☐ Determination
- 2. ☐ Short-term Goals
- 3. ☐ Peer Pressure
- 4. ☐ Personal traits

44. loss of privileges, opportunities, or jobs.
poor performance.
failure to achieve goals.
tickets, fines, arrest, or incarceration.
damage to relationships with family members, teachers, friends, or employers.

loss of trust or respect from others.
personal injury or death to yourself or others.

1. ☐ Results of Irresponsibility
2. ☐ assertive behavior examples
3. ☐ Traits of Responsible People
4. ☐ Traits of Irresponsible People

45. are critical and put down others.
blame other people for problems.
get what they want at the expense of others.
seek an audience or try to enlist others to take their side in disputes.
use aggressive language and try to aggravate others.

1. ☐ Traits of Responsible People
2. ☐ aggressive behavior examples
3. ☐ assertive behavior examples
4. ☐ Aggressive behavior

46. results from internal goals, desires, or wishes

1. ☐ assertive behavior
2. ☐ Extrinsic motivation
3. ☐ Aggressive behavior
4. ☐ Intrinsic motivation

47. feel helpless or powerless, do not feel supported, easily manipulated by others, Underestimate abilities or talents, Avoid situations that create tension, Rarely show a range of emotions or feelings, Are defensive, thin skinned, and easily frustrated, Blame others for their shortcomings, Act unpredictably

1. ☐ characteristics of low self-esteem
2. ☐ Traits of Irresponsible People
3. ☐ characteristics high self-esteem
4. ☐ Traits of Responsible People

48. Significance, Competence, Power, Virtue,

1. ☐ characteristics high self-esteem
2. ☐ Factors Affecting Self-Esteem
3. ☐ Traits of Responsible People
4. ☐ Intrinsic motivation

49. meaning they can be completed relatively quickly

1. ☐ Intrinsic motivation
2. ☐ Long-term Goals
3. ☐ Short-term Goals
4. ☐ Determination

50. Trustworthiness, Respect, Responsibility, Fairness, Caring, Citizenship

- 1. ☐ Choices
- 2. ☐ Character
- 3. ☐ passively
- 4. ☐ friends