

## **Chapter 1 Test—Getting On Course to Your Success**

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### **TRUE/FALSE**

1. Even though your last school's culture was different than your current school's culture, you can choose to learn and adapt to new norms.

ANS: T                      PTS: 1

2. Cultural beliefs have nothing to do with the choices we make.

ANS: F                      PTS: 1

3. Students have fewer choices to make in the higher education culture than in the high school culture.

ANS: F                      PTS: 1

4. The quality of our lives is determined by the quality of our choices.

ANS: T                      PTS: 1

5. Lasting learning occurs when we become active learners.

ANS: T                      PTS: 1

6. Mental processing for deep and lasting learning has two dimensions: quality and quantity.

ANS: T                      PTS: 1

7. Successful learners typically use just one deep processing strategy to master complex information and skills.

ANS: F                      PTS: 1

8. 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.

ANS: F                      PTS: 1

### **MODIFIED TRUE/FALSE**

1. The quality of our lives is determined by the quality of the choices we make on a daily basis.

ANS: T    PTS: 1

2. Mental processing for lasting learning has two dimensions: quality and quantity.

ANS: T    PTS: 1

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

ANS: T

PTS: 1

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.

ANS: F, Evaluating

PTS: 1

5. Self-esteem is the reputation we have with others.

ANS: F, ourselves

PTS: 1

### MULTIPLE CHOICE

1. Travelers to a foreign country are similar to first-time college students because both groups of people \_\_\_\_.
- a. May encounter behaviors that seem strange to them
  - b. May experience culture shock
  - c. May encounter a new language with unfamiliar words and phrases
  - d. All of the above

ANS: D

PTS: 1

2. When experiencing the culture shock of higher education, a first-time college student can turn to which person for help or advice?
- a. Classmate
  - b. Advisor
  - c. Tutor
  - d. Professor
  - e. Librarian
  - f. All of the above

ANS: F

PTS: 1

3. Why might a North American student who is required to complete a group project dislike the assignment?
- a. It is not possible to be successful when working with a group.
  - b. North American cultures often have a deep cultural value of independence over interdependence.
  - c. Having only one choice rather than several choices increases students' chances for success.

ANS: B

PTS: 1

4. 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 the above

ANS: E PTS: 1

5. 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 the above

ANS: C PTS: 1

6. 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 the above

ANS: E PTS: 1

7. "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 the above

ANS: E PTS: 1

8. 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 the above

ANS: D PTS: 1

9. 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 the above

ANS: C PTS: 1

10. In college courses, when you have collected sufficient information by reading the course textbook 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 the above

ANS: A PTS: 1

11. After completing the self-assessment in *On Course*, your wisest choice with regard to the weaknesses you discover is to \_\_\_\_.
- disregard their importance to your success in college and in life
  - accept your weaknesses and resolve to turn your back on them
  - accept your weaknesses and place the blame for each weakness where it belongs—on yourself or others
  - accept your weaknesses and, when possible, take action to create positive changes—in beliefs and behaviors
  - none of the above

ANS: D PTS: 1

12. 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?
- Collect
  - Collect, Organize
  - Collect, Organize, Rehearse
  - Collect, Organize, Rehearse, Evaluate
  - None of the above

ANS: B PTS: 1

13. Successful people stay on course to their destinations by \_\_\_\_.
- wisely choosing their beliefs and behaviors
  - trying harder in the face of acknowledged weaknesses
  - identifying why they have strengths and weaknesses within themselves
  - relying on their luck and past successes
  - none of the above

ANS: A PTS: 1

14. Which of the following suggestions is typically completed in the first week of class by successful students?
- See your advisor
  - Read the syllabus for each course
  - Plan to arrive on time for class everyday
  - Attend every class
  - Buy the required textbooks for each class
  - Create a filing system for important college documents
  - Introduce yourself to a few classmates
  - All of the above

ANS: H PTS: 1

15. You have decided to earn a minimum GPA of 2.8 for the current semester. Here are your grades at the mid-term of this semester. Do you currently have the minimum GPA you want?

Math-1003 Intermediate Algebra	3 credit hours	Grade: B
Engl-1123 Composition I	3 credit hours	Grade: C
Spch-1103 Oral Communications	3 credit hours	Grade: A
PE-1202 Bowling	2 credit hours	Grade: D

- a. Yes
- b. No

ANS: B

PTS: 1

**COMPLETION**

1. Suppose that you are learning a new way of solving equations in your math class. You have been doing the math homework. The going has been slow. However, by the time you work on your twentieth problem, you notice that you do not have to look at your notes from class or the examples in the book to work successfully. You have been building structures in your brain called \_\_\_\_\_ networks.

ANS: neural

PTS: 1

2. The quality of your learning is significantly affected by how often and how long you engage in varied deep processing. This factor is called "time on task." The most effective approach to spreading your studying over time is called \_\_\_\_\_ practice.

ANS: distributed

PTS: 1

3. Physical training is to strong muscles as varied deep processing strategies are to strong neural \_\_\_\_\_.

ANS: networks

PTS: 1

4. When employing the CORE learning system, reading text books and attending class are important ways to \_\_\_\_\_ knowledge.

ANS: collect

PTS: 1

5. Our core \_\_\_\_\_—true or false, real or imagined—form the inner compass that guides our choices.

ANS: beliefs

PTS: 1

**MATCHING**

*Match each lettered word or phrase to its On Course definition below.*

- a. success
- b. forks in the road

- c. wise choices
  - d. cycle of success
  - e. no match
1. Positive beliefs lead to effective behaviors which yield results that reinforce positive beliefs
  2. Staying on course to your desired outcomes and experiences, creating wisdom, happiness, and unconditional self-worth along the way
  3. Choice points that arise when we meet opportunities or obstacles on the road of life
  4. Focus on personal goals and achievements that are "inner" or private

1. ANS: D                      PTS: 1
2. ANS: A                      PTS: 1
3. ANS: B                      PTS: 1
4. ANS: E                      PTS: 1

*Match the lettered principle of deep and lasting learning to its On Course explanation below.*

- a. prior learning
  - b. quality of processing
  - c. quantity of processing
5. Use frequent practice sessions of sufficient length distributed over time
  6. Relate new information to previously learned information
  7. use numerous and varied deep processing strategies

5. ANS: C                      PTS: 1
6. ANS: A                      PTS: 1
7. ANS: B                      PTS: 1

*Match the lettered principle of deep and lasting learning to the related learning strategy below.*

- a. prior learning
  - b. quality of processing
  - c. quantity of processing
8. Use of memorization, mind mapping, focused reading, and mnemonics to learn complex information, for example
  9. Taking a basics course to strengthen your weakest skills and create strong neural networks
  10. Use of the correct amount of time on task

8. ANS: B                      PTS: 1
9. ANS: A                      PTS: 1
10. ANS: C                      PTS: 1

*Match the lettered element of the CORE learning system to its explanation.*

- a. Collect
  - b. Organize
  - c. Rehearse
  - d. Evaluate
  - e. no match
11. Practicing to strengthen neural networks and make learning stick
  12. Using formal and informal feedback to insure accurate and complete learning
  13. Arranging information to create deep and lasting learning
  14. Gathering information and skills from sources such as textbooks and class meetings

11. ANS: C PTS: 1  
12. ANS: D PTS: 1  
13. ANS: B PTS: 1  
14. ANS: A PTS: 1

*Match each term with its best meaning or explanation.*

- a. college catalogue
  - b. advisor
  - c. prerequisites
  - d. general education requirements
  - e. your "major"
  - f. syllabus (sometimes called "first-day handout")
  - g. grade point average
  - h. official withdrawal
  - i. credits
  - j. course load
  - k. no match
15. The minimum number of required courses from broad fields of study such as math, science, communications
16. What you 'earn' when you successfully complete a course
17. The average grade for all the courses, that is, all the course credit hours, you have taken in college—usually a range from 0.0 or "F" to 4.0 or "A"
18. Completing the paperwork for leaving a course before the end of the semester (usually results in a grade of "W" on your transcript)
19. Courses that must be completed before you are eligible to enroll in higher level coursework
20. The number of "credit hours" in which you enroll in a given semester
21. A contract between you and your instructors who will assume that you've read and understood it
22. A counselor or instructor who assists you in making wise choices such as what courses to take
23. The area of study in which you are seeking a certificate or degree
24. A resource that contains most of the factual information you'll need on the road through college

15. ANS: D PTS: 1  
16. ANS: I PTS: 1  
17. ANS: G PTS: 1  
18. ANS: H PTS: 1  
19. ANS: C PTS: 1  
20. ANS: J PTS: 1  
21. ANS: F PTS: 1  
22. ANS: B PTS: 1  
23. ANS: E PTS: 1  
24. ANS: A PTS: 1

## ESSAY

*Answer as completely as possible.*

1. You and another student from your Biology class have decided to study together for the semester. You believe that working together will enhance your chances of receiving an "A" in the class. (You have a goal of attending Medical School, and this may be the first important step.) You want to design a study plan for the semester that utilizes the three principles of deep and lasting learning. What are these principles and how, specifically, will you put them into practice this semester?

ANS:

Answers will vary.

PTS: 1

2. Why is high self-esteem so important to success? What can you do to raise your self-esteem?

ANS:

Answers will vary.

PTS: 1

3. Explain the differences between HARD and SOFT skills in the workplace and why employers want their employees to have both. Use specific examples from *On Course* or your own experience.

ANS:

Answers will vary.

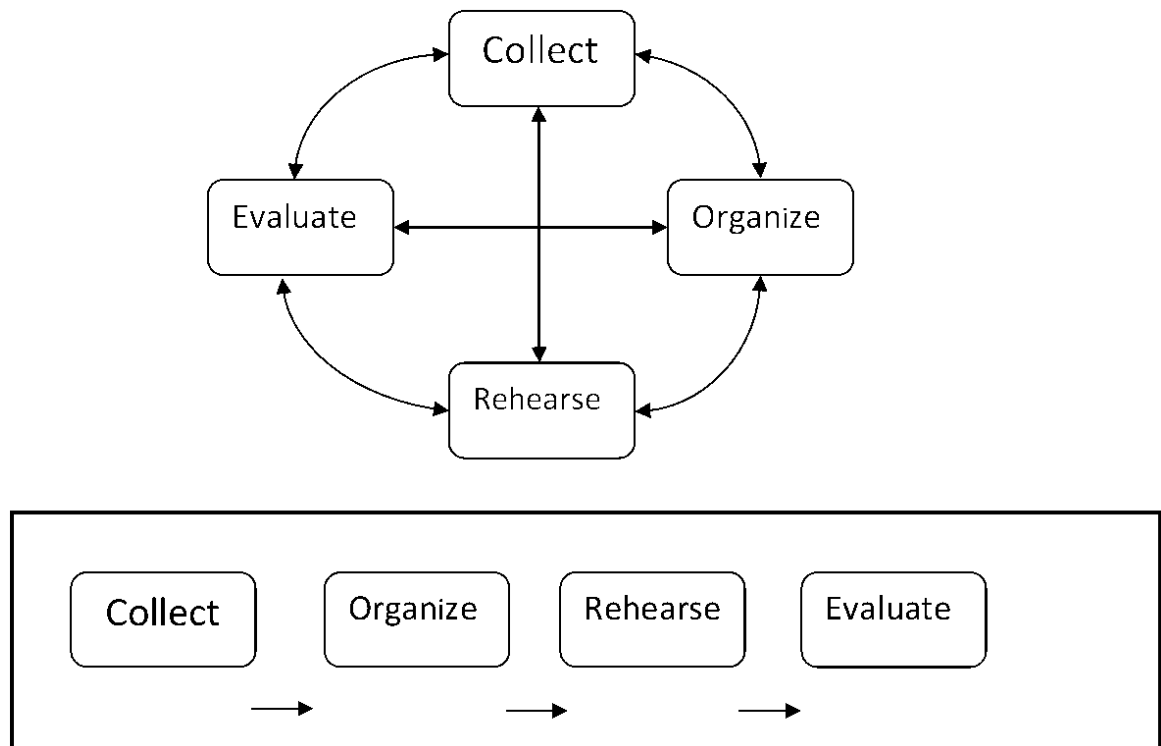
PTS: 1

4. The first model below depicts the CORE Learning System as presented in *On Course*. Demonstrate your understanding of this system by explaining why the second model is a less accurate way of depicting how human beings learn. Provide examples to clarify your explanation.

ANS:

Answers will vary.





PTS: 1