Student Success Skills Pre/Post Test

Stude	ent Na	ame:		
Date:	:	Teacher Name:		
DIRE	CTION	NS: Circle the BEST answer.		
1.		ning with my eyes means making eye contact with the other person during our ersation.		
		True False		
2.	Looking and feeling good helps us to be better learners. To look and feel good I need to:			
	A. B. C. D.	Eat foods that are good for me & drink lots of water Schedule fun, exercise, and periods of rest into my day Be with people I like and who like me All of the above		
3.	I increase my likelihood of success in school when I:			
	A. B.	Rush to get my assignments done so I can at least turn them in. See or imagine myself being successful & practice doing things that successful people do.		
	C.	Put off doing my homework until later because I would rather do something else now.		
	D.	Turn in my assignments without my name and date at the top.		
4.	To improve my memory for a test I can:			
	A. B. C. D.	Use a graphic organizer to help identify important ideas. Write important ideas on index cards and review my index cards at least six times. Use memory pegs and acronyms. All of the above		
5.	To stay calm when I take a math test I can:			
	A.	Take a few deep breaths, go to my safe place, focus on how to do each math problem		
	В.	Tell myself that I'm not very good at math		

C. Answer the easy questions first, and then go on to the harder questions.

A & C above

D.

	A.	Failures		
	В.	Small improvements in ourselves & others		
	C.	How people interact		
	D.	Problems that we face		
7.	Being optimistic about what you can accomplish is important. If what you are doing is not working, it is best to:			
	A.	Try harder		
	В.	Take a break		
	C.	Try something different		
	D.	Doubt your ability		
8.	Which of the following is an example of positive self-talk and encouraging statements:			
	A.	I am closewith practice I can do it.		
	В.	It's meI'm not good at math.		
	C.	I will never be as good as		
	D.	I don't like doing that, so why should I do it		
9.	Good learners are good listeners. To improve my grades in class it is best to listen:			
	A.	When my name is called by the teacher		
	В.	By facing the person who is talking to me		
	C.	With my eyes, ears and heart		
	D.	All of the above		
10.	Listening with my ears means I turn my ears toward the other person during our conversation.			
		True False		

6.

Kaizen teaches students to notice: