

6. Kaizen teaches students to notice:
- A. Failures
 - B. 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
 - B. 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 close...with practice I can do it.
 - B. It's me...I'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
 - B. 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