

## FINAL EXAM

**Directions:** Select the ONE option that best completes each of the numbered statements.

1. Your self-image
  - a. is the mental picture you have of yourself and the type of person you think you are and think you are capable of being.
  - b. is seldom based on past experiences.
  - c. will seldom affect how others respond to you.
  - d. is always in your realm of awareness.
  - e. will seldom impact your approach to your goals.
  
2. If you “coasted” through your first term, and now are suffering the consequences, you can get yourself back on track by
  - a. discussing your progress (or lack of it) with your instructors and seeking suggestions for improvement.
  - b. explaining to your instructor why you’re too busy to complete assignments.
  - c. owning up to your faults or lack of effort.
  - d. a and b
  - e. a and c
  
3. A URL is
  - a. an acronym that stands for Uniform Research Locator.
  - b. the unique address of any Web page.
  - c. an acronym that stands for Uniform Resource Locator.
  - d. a Web address that starts with http.
  - e. b, c, and d
  
4. Which of the following is true concerning decision making?
  - a. Decision making is a part of the problem solving process.
  - b. In decision making, you’ve already defined the problem and have some possible solutions in mind.
  - c. Decision making is strictly a mental process and does not involve writing.
  - d. a and b
  - e. b and c
  
5. Test preparation, as explained in your text, involves all BUT which of the following?
  - a. Reading your texts and taking good notes in class.
  - b. Asking your instructors about the types of questions that will be on the test.
  - c. Preparing study materials.
  - d. Rehearsing.
  - e. Avoiding giving yourself practice tests; they’re too time consuming to be worthwhile.
  
6. Which of the following is TRUE?
  - a. Crash diets are an effective way to lose weight.
  - b. When choosing an aerobic exercise, choose one that you enjoy.
  - c. To lose weight you must consume more calories than you burn.
  - d. 50–60% of your calories should come from protein.
  - e. If you want a flat stomach, you only have to tone your stomach muscles to lose excess fat.

7. Stereotyping is
- attributing the perceived characteristics of a group of people to every individual within that group.
  - a negative attitude against people.
  - action based on prejudice.
  - racism.
  - tribalism.
8. The components of reflective listening include
- paraphrasing.
  - reading body language.
  - listening attentively.
  - open body position.
  - all of the above.
9. The basis of successful career planning is:
- choosing the job that makes the most money.
  - knowing yourself.
  - trying to make your parents happy.
  - finding a job that contrasts your interests.
  - all of the above.
10. Instructors expect from students all BUT which of the following?
- Some students are too shy and unable to participate in class.
  - Students will behave courteously and respectfully to everyone.
  - Students will act like adults who are in charge of their own education.
  - Students will come to class prepared by reading and learning assignments.
  - Students will show up to class on time and prepared.
11. Which of the following is FALSE?
- Concentration may be improved by setting start and finish times for your study sessions.
  - The steps to successful reading outlined in the text were designed to help you send more information you're reading into long-term memory.
  - Looking up unfamiliar vocabulary may be essential to understanding what you read.
  - Effective reading and learning strategies along with a positive attitude can help you retain learning.
  - Mnemonics are designed to send more information into short-term memory.
12. Scheduling
- helps you make important decisions in advance.
  - takes away your flexibility.
  - helps you make time for fun and relaxation without feeling guilty.
  - b and c
  - a and c
13. To avoid date rape,
- know your sexual intentions before you go out on a date.
  - use assertive communication to give clear messages about what you do and do not want to do.
  - avoid drinking too much.
  - know as much as possible about your date before you go out with him.
  - all of the above

14. Self-esteem is defined as
- having a strong sense of self-discipline.
  - feeling confidence and satisfaction with yourself as you work toward your goals, even when you meet some obstacles.
  - feeling good about yourself.
  - a and b
  - b and c
15. Self-discipline
- is about teaching yourself the positive habits that keep you on a successful track.
  - starts with taking responsibility for your behavior.
  - can't help you break bad habits but can help keep you from acquiring any more bad habits.
  - a and b
  - b and c
16. Schedules for long-term assignments involve
- starting assignments early.
  - listing smaller, intermediate steps you can take to reach your goal.
  - establishing deadlines for the long range only rather than for each step.
  - a and b
  - a and c
17. Critical thinkers
- don't need to rely on their background of previous knowledge to evaluate new information.
  - connect material in today's class to learning from previous classes and assignments.
  - don't let others do their thinking for them, but they are willing to listen to other viewpoints.
  - a and b
  - b and c
18. Which of the following tips for answering essay questions is INCORRECT?
- Outline your response in a logical manner.
  - Always state your opinion; your instructors don't expect you to stick to the facts.
  - State supportive evidence for each point.
  - Identify important points.
  - Write concisely.
19. Which of the following is NOT a good tip for balanced eating?
- Eat variety.
  - Focus on complex carbohydrates.
  - Increase simple carbohydrates.
  - An occasional binge won't hurt you; it's how you balance your diet over the long run that counts.
  - Don't skip meals.
20. According to the text, ingredients of a mature sexual relationship include
- open communication with your partner about pregnancy and birth control.
  - talking honestly about choices and risks.
  - talking honestly about future plans.
  - all of the above
  - a and c

21. When preparing for a job interview:
- Don't ask any questions about the job—you don't want to seem nosy or demanding.
  - Research the company and the interviewer.
  - Arrive on time to the interview.
  - Don't practice your answers to interview questions—you want to sound spontaneous rather than rehearsed.
  - b and c
22. Active class participation
- shows your instructors that you are interested in your education and in the topic they are teaching.
  - helps you get the most out of every class.
  - means being prepared before you come to class.
  - includes asking questions and responding with answers and comments to the instructor's questions.
  - includes all of the above.
23. Which of the following is NOT true concerning a "To Do" list?
- It can be completed at the close of each day.
  - It is completed on a weekly basis.
  - It includes notes on times, phone numbers, or reminders.
  - It is ideal for people whose schedule is constantly changing.
  - It includes scratching activities off your list that you really can't do.
24. A final step for critical thinking in problem solving, decision making, and critical reading is
- clarifying the issue.
  - evaluation.
  - devising a solution
  - interpreting information.
  - decision making.
25. The text offers which tip(s) to help you quit smoking?
- Exercise while trying to quit.
  - Find a method for quitting that attacks why you smoke.
  - Keep a pack of cigarettes around—it's tough to quit cold turkey.
  - All of the above
  - a and b
26. To communicate assertively
- you express your point of view to others.
  - use "I" statements instead of "you" statements to show ownership of your views.
  - one may be dishonest in order to avoid making statements that may make another person feel uncomfortable.
  - a and b
  - a and c
27. A cover letter is
- what gets the employer interested in your resume.
  - addressed to the person doing the hiring, if possible.
  - a chance to emphasize your skills and experience.
  - a request for an interview.
  - all of the above.

28. The text encouraged which of the following techniques to motivate yourself in school?
- positive self-talk
  - visualization
  - finding support and inspiration
  - self-discipline
  - all of the above
29. When you're not prepared for class
- it will soon become apparent to your instructor.
  - the questions you ask in class may reflect your lack of preparation.
  - you may feel lost when the instructor's lecture is based on your completion of the material in your assignment.
  - the instructor may consider this when determining grades, especially in borderline cases.
  - all of the above are true.
30. Which of the following is FALSE about learning styles?
- Learning styles refer to the way you receive, store, and retrieve information.
  - A lecturer teaches best to students who learn by listening.
  - A person's preferences in learning styles seldom change; that is why it is recommended that students use their preferred learning styles to compensate for their less used and less preferred learning styles.
  - The more learning styles you master, the more ways you have to learn.
  - Exercising your less preferred learning styles will strengthen them and make you a stronger, more flexible learner.
31. Which of the following are TRUE regarding SQ3R?
- The five steps are survey, question, read, recite, and review.
  - Reciting material is done at the end of each section.
  - "Question," "read," and "recite" are repeated as you read the entire chapter.
  - SQ3R appears to be the grandfather of other study-reading strategies such as PRQRT.
  - all of the above
32. According to the text, which of the following is FALSE concerning alcohol?
- It is the most widely abused of all drugs in this country.
  - It has greater social acceptance and, therefore, students are often less cautious when using alcohol.
  - Its use is seldom associated with violent crimes.
  - Alcohol abuse is related to 28 percent of all college dropouts.
  - All of the above are correct.
33. Tonight I will study biology for an hour . . . take a 35-minute break to take a brisk walk . . . complete my biology study questions for 30 minutes . . . develop an outline for my speech for 20 minutes . . . review all my class notes for today for 30 minutes . . . practice my math problems for 30 minutes. The previous information is an example of:
- goal planning.
  - visualization.
  - inspiration.
  - a successful self-image.
  - self-esteem.

34. Short-term goals motivate you because
- most people fail to accomplish long-term goals.
  - each time you reach a short-term goal, you're experiencing success.
  - people must have more immediate rewards to stay motivated.
  - they don't need to be specific.
  - none of the above is correct.
35. Which of the following does NOT characterize active listeners?
- They stay "tuned in" to discussions even when they disagree.
  - They expect class to be interesting, so they're interested.
  - Active listeners are generally students who take an active role in volunteering for class activities, role playing, and demonstrations.
  - Active listeners listen for the main points in a lecture.
  - They pay attention so they don't miss details the instructor provides on an upcoming test.
36. This memory technique involves creating a mental picture in your mind of what needs to be remembered (the sillier the better).
- icons
  - mental visualization
  - mnemonics
  - imagination
  - photographic memory
37. The introduction of your paper includes all BUT which of the following?  
your paper's theme
- a brief outline of what you plan to cover
  - the order you will use to cover your major points
  - the range of issues you will cover
  - an analysis of major points
38. Which of the following was NOT listed in the text as a stress coping tip?
- Adopt a positive attitude.
  - Be assertive.
  - Exercise.
  - Avoid taking breaks; they keep you from getting your work done.
  - Use positive self-talk.
39. Aerobic exercise
- increases your circulation, dispersing oxygen and nutrients with greater efficiency throughout your body.
  - will cause your heart muscle to increase in size and strength.
  - is stretching exercises that improve your flexibility.
  - all of the above
  - a and b
40. Which of the following is FALSE concerning prejudice?
- Prejudice is prejudgment or judging people based on what you think you know about them or the group of people they come from.
  - Prejudice generally refers to positive assumptions and judgments about people.
  - Prejudice is letting stereotypes think for you.
  - Prejudice is based on ignorance, assuming the worst about someone you know little or nothing about.
  - None of the above are FALSE so choose me.

41. Writing an e-mail using all capital letters is a desirable thing to do if
- you are writing to a graduate school seeking information about a Ph.D. program.
  - you are wishing your significant other a happy birthday and you want him or her to think you are speaking lovingly.
  - you want to emphasize or “shout” a word or phrase.
  - you want to make a good impression by coming across as excited and energetic.
  - you want your prospective employer to believe you when you tell them just how much you REALLY! REALLY! WANT THIS JOB!
42. Recommendations on note taking include all the following EXCEPT:
- Use a 3-ring or loose-leaf notebook.
  - Avoid any reorganization of notes—it’s too time consuming to be useful.
  - Complete all readings and other assignments before class.
  - Be alert to and note verbal cues your instructor gives you.
  - Use abbreviations and symbols to expedite note taking.
43. Which of the following tips concerning matching questions is INCORRECT?
- Matching tests preparation requires less attention to detail and more reliance on recognition.
  - Read both lists carefully to familiarize yourself with them.
  - Avoid the temptation to select the first item that appears to match.
  - Don’t guess until you have completed all the items you are sure of.
  - Count the items in each column so you’ll know if there will be some unused answers.
44. Theories of leadership include:
- behavioral.
  - contingency.
  - relational.
  - a and b
  - all of the above
45. Generally accepted ethical principles include:
- do no harm.
  - respect autonomy.
  - that which we choose to be worthwhile.
  - a and b
  - none of the above
46. Who is the present Dean of the University Studies Program?
- Dr. Lea E. Williams
  - Dr. William J. Craft
  - Dr. Joseph L. Graves
  - Dr. Stanley F. Battle
47. What is the name of the present Chancellor?
- Dr. Janice Brewington
  - Dr. Waltrene Canada
  - Dr. Sullivan Welborne
  - Dr. Stanley F. Battle

48. Which of the following is NOT a required University Studies course?
- a. The Contemporary World
  - b. Principles of Economics-Micro
  - c. Analytical Reasoning
  - d. Critical Writing
49. Which of the following is NOT one of the thematic clusters within the University Studies?
- a. Science, Technology and Society
  - b. Technology, Energy and Health
  - c. Health, Lifestyles and Society
  - d. Energy, Environment and Society
50. When was North Carolina A&T State University established?
- a. 1862
  - b. 1876
  - c. 1891
  - d. 1840

**ANSWER SHEET  
FINAL EXAM  
FALL 2007**

**MULTIPLE CHOICE**

- |       |       |
|-------|-------|
| 1. A  | 26. D |
| 2. E  | 27. E |
| 3. 3  | 28. E |
| 4. D  | 29. E |
| 5. E  | 30. C |
| 6. B  | 31. E |
| 7. A  | 32. C |
| 8. E  | 33. A |
| 9. B  | 34. B |
| 10. A | 35. C |
| 11. E | 36. B |
| 12. E | 37. E |
| 13. E | 38. D |
| 14. E | 39. E |
| 15. D | 40. B |
| 16. D | 41. C |
| 17. E | 42. B |
| 18. B | 43. A |
| 19. C | 44. D |
| 20. D | 45. D |
| 21. B | 46. C |
| 22. E | 47. D |
| 23. B | 48. B |
| 24. B | 49. B |
| 25. E | 50. C |

## **STUDY GUIDE - FINAL EXAM – FALL 2007**

- When was North Carolina Agricultural and Technical State University established?
- Name the four University Studies Thematic Clusters currently available.
- Name the five University Studies foundation courses required by all new freshmen.
- Who is Dr. Stanley F. Battle?
- Name the Dean of the University Studies Program.
- Generally accepted ethical principles include?
- According to your text, what are the theories of leadership?
- What are some good tips concerning matching questions on an exam or test?
- Name three note taking strategies.
- When writing an email when is it desirable to use all capital letters?
- Define the term prejudice.
- Why is aerobic exercise good for your body?
- Give examples of at least four “stress coping” tips shared in your text.
- What should the introduction of your paper include?
- Define the term mental visualization.
- Name the characteristics of an “active listener”.
- How does setting short-term goals help to motivate you?
- Define the term goal planning.
- According to your text, is alcohol use associated with violent crimes?
- What does the acronym SQ3R stand for?
- Can a persons learning style change over-time?
- What can happen when you are not prepared for class?
- Explain the term positive self-talk.
- What is a cover letter?
- What does it mean to “communicate assertively”?
- What tips did the text offer to help people quit smoking?
- What are the steps for critical thinking in problem solving, decision making, and critical reading?
- What is a “To Do” list?
- What is “active” class participation?
- What steps should you take when preparing for a job interview?
- According to the text, ingredients for a mature sexual relationship include?

- What are good tips for balanced eating?
- What are some tips for answering essay questions?
- What are some characteristics of “critical” thinkers?
- What does it mean to have “self-discipline”?
- Define the term self-esteem.
- What precautions can be taken to help avoid date rape?
- Define the term scheduling.
- According to the text, what expectations do instructors have for students?
- What are the components of “reflective thinking”?
- What does it mean to stereotype?
- What steps can you take to prepare for test and/or exams?
- What steps are involved in “decision making”?
- What is a URL?
- Define the term self-image.