

Name: _____

Date: _____

Part 1: Multiple Choice (2 points each)

Circle the best answer.

1. Between **stimulus and response** there is a

_____.
A. punishment
B. Space for choice
C. consequence
D. reaction

2. Which of the following is **NOT** one of the four human gifts that help us choose our response?

A. Self-awareness
B. Conscience
C. Power
D. Independent will

3. **Self-awareness** means:

A. Knowing what others are thinking
B. Being aware of your own thoughts and actions
C. Knowing what the consequences might be of your actions
D. Following what friends do

4. Which is an example of **proactive language**?

A. "I can't help it."
B. "It's not my fault."
C. "I'll try to find a solution."
D. "They made me do it."

5. What does the phrase "**Both ends of the stick**" mean?

A. Every choice has a consequences
B. What goes around comes around
C. There is no way to influence your consequences
D. Choices don't matter

6. Which of the following is **NOT** something we get from our center?

A. Security
B. Guidance
C. Imagination
D. Wisdom

7. A **mission statement** is:

A. A school rule
B. A statement about what kind of person you want to be
C. Only for creating a project or business opportunity
D. A daily planner

8. When someone is **friend-centered**, their security mostly comes from:

A. Grades
B. Friends liking them
C. Their mission statement
D. Their conscience

9. **Independent will** helps us:

A. Follow others
B. Think of new options
C. Consider our feeling and emotions
D. Act according to what is right and wrong

10. **Imagination** helps us:

- A. See possibilities and think about the future
- B. Choose for ourselves
- C. Know what is right from what is wrong
- D. Copy others

Part 2: Vocabulary Matching (2 points each)

Match the term with the correct definition.

- A. Self-awareness
- B. Conscience
- C. Independent will
- D. Imagination
- E. Proactive language

- ___ 1. The ability to know right from wrong
- ___ 2. Choosing your actions instead of blaming others
- ___ 3. Being aware of your own thoughts and behavior
- ___ 4. The ability to plan and commit to goals
- ___ 5. The ability to picture possibilities and the future

Part 3: Scenario Questions (5 points each)

Read the situation and answer the questions.

1

You studied hard but did poorly on a test.

Response 1

“I’m just bad at tests. The teacher made it too hard.”

Response 2

“I’m going to ask the teacher what I missed and study differently next time.”

Question:

Which response is proactive and ***WHY***?

2

Your friends want you to make fun of another student.

Which **human gift** could help you decide not to do it?

- A. Self-awareness
- B. Conscience
- C. Imagination
- D. Independent will

Explain why:

3

A student decides their **center** is popularity.

What might happen to their **security** if people stop liking them?

Part 4: Short Answer (5 points each)

- 1. What does “**Between stimulus and response there is a choice**” mean?

- 2. Explain **Both Ends of the Stick** using an example.

- 3. Why are **mission statements** helpful when making decisions?

- 4. What should your center be? _____

