

**Preparing for Life and Career © 2013**  
**Chapter 1: Personal Development—Interactive Quiz Questions**

- \_\_\_\_\_ 1. Qualities that make you different from everyone else are called \_\_\_\_\_.
- A. personality
  - B. traits
  - C. attitudes
  - D. optimists
- \_\_\_\_\_ 2. Which of the following are *not* part of your environment?
- A. Friends.
  - B. Families.
  - C. Schools.
  - D. Genes.
- \_\_\_\_\_ 3. The mental image you have of yourself is called your \_\_\_\_\_.
- A. self-concept
  - B. self-esteem
  - C. self-confidence
  - D. heredity
- \_\_\_\_\_ 4. How you feel about yourself is called your \_\_\_\_\_.
- A. self-concept
  - B. self-esteem
  - C. self-confidence
  - D. heredity
- \_\_\_\_\_ 5. All of the following are ways to improve your self-esteem *except* \_\_\_\_\_.
- A. looking at your positive qualities
  - B. comparing yourself with others
  - C. learning to give and accept compliments
  - D. developing new interests
- \_\_\_\_\_ 6. Certain skills and behavior patterns that should be achieved within each stage of life are called \_\_\_\_\_.
- A. adolescence
  - B. growth spurts
  - C. developmental tasks
  - D. hormones
- \_\_\_\_\_ 7. \_\_\_\_\_ changes affect how you feel about situations and how you express those feelings.
- A. Physical
  - B. Intellectual
  - C. Emotional
  - D. Social

Name \_\_\_\_\_ Date \_\_\_\_\_

- \_\_\_\_\_ 8. The different roles you will have in your life are examples of \_\_\_\_\_ changes.
- A. physical
  - B. intellectual
  - C. emotional
  - D. social
- \_\_\_\_\_ 9. Which of the following is a way to achieve independence?
- A. Allow others to influence you and make decisions for you.
  - B. Ignore responsibilities to the community.
  - C. Wait until asked to do responsibilities.
  - D. Accept more responsibilities.
- \_\_\_\_\_ 10. People who help guide the behaviors of others in the community are called \_\_\_\_\_.
- A. authority figures
  - B. optimists
  - C. citizens
  - D. roles