The 7 Habits of Highly Effective Teens

Directions: Read each question carefully. Bubble in the letter on the answer sheet that best answers each question. Do NOT write on these pages.

1. Which is not a definition of paradigm?
   A. A frame of reference
   B. The way you see something
   C. A principle
   D. A point of view

2. Which is a principle?
   A. Honesty
   B. Respect
   C. Integrity
   D. All of the above

3. What is the personal bank account?
   A. A savings account that you personally set up at your local bank
   B. A checking account that you personally set up at your local bank
   C. It is like a savings or checking account that measures how you feel about yourself.
   D. None of the above

4. Which of the following is not an example of a deposit into your personal bank account?
   A. keep promises to yourself
   B. do small acts of kindness
   C. be honest
   D. keep to yourself

5. Which of the following is a reactive response?
   A. I’ll do it.
   B. That’s just the way I am.
   C. Let’s look at our options.
   D. There’s got to be a way.

6. Which of these describes a proactive person?
   A. They think before they act.
   B. They find a way to make it happen.
   C. both of the above
   D. none of the above

7. Which of the following is/are in your circle of control?
   A. choices
   B. attitudes
   C. responses
   D. all of the above
8. What is a good way to “begin with the end in mind”?
   A. write a mission statement for your life
   B. let life happen; life is too short
   C. focus on the end of a movie and then watch the beginning
   D. focus on retirement and the joy it will bring you

9. What is the purpose of writing a mission statement?
   A. statements about missions are important for remembering California history
   B. it fills a class period and looks impressive all typed up
   C. it becomes a blueprint for the values in your life
   D. there is no purpose

10. What was the purpose of filling out a time management log?
    A. to help make you aware of how you are spending your time
    B. to demonstrate that you only have a finite amount of time
    C. to help you see the benefit of prioritizing your time
    D. All of the above

11. What are the “large rocks”?
    A. big wastes of time
    B. the most important uses of your time
    C. hard times
    D. none of the above

12. What is the problem with staying in your “comfort zone”?
    A. you will never realize your full potential
    B. there is no problem; life should be comfortable
    C. if you are too comfortable, you may zone-out
    D. both B and C

13. A relationship bank account with a large balance means?
    A. you have plenty of money
    B. you have plenty of relationships
    C. your relationship needs help
    D. your relationship is healthy

14. What is an example of a deposit into a relationship bank account?
    A. small acts of kindness
    B. keeping promises
    C. both A and B
    D. keeping to yourself

15. What is an example of thinking “the high-way”?
    A. win-win
    B. win-lose
    C. lose-lose
    D. none of the above
16. Which equation best represents synergy?  
   A. $1 + 1 = 3$  
   B. $1 + 1 = 1 \frac{1}{2}$  
   C. $1 + 1 = 2$  
   D. $2 - 1 = 1$

17. What was the purpose of taking the “self-image survey”?  
   A. to encourage you to look carefully at yourself in the mirror  
   B. to make you feel inferior/superior to others  
   C. to encourage you to avoid comparing yourself to others  
   D. to expose you to the dangers of Photoshop and airbrushing pictures

18. How is a win-win attitude like a buffet?  
   A. it’s not like a buffet  
   B. everyone gets to enjoy fruit  
   C. everyone gets dessert if they finish their meal  
   D. everyone gets something they want

19. Which of these sets of statistics represents what is noticed during genuine listening?  
   A. 35% body language, 48% feeling/tone, 17% words  
   B. 53% body language, 40% feeling/tone, 7% words  
   C. 53% interest, 40% concern, 7% words  
   D. none of the above

20. What is the purpose of “mirroring”?  
   A. to look carefully into a mirror  
   B. to reflect negative comments/energy away from you  
   C. to summarize what you just heard  
   D. to mimic the other person

21. What can you learn from geese flying together?  
   A. working together gets you more  
   B. geese can’t fly well together without fighting for the lead  
   C. both A and B  
   D. none of the above

22. How is working together in a group like a fruit salad?  
   A. each person should be “sweet” to one another  
   B. each person has a talent which, brought together, makes the project better than if it was worked on alone  
   C. working together with a group can seem “fruity” to outsiders  
   D. you might be “bowled over” by the quality of the fruit

23. What was the purpose of finding out what “fruit” you are?  
   A. to determine how “sweet” you are  
   B. to discover what personality type you are  
   C. to encourage various “fruits” to work together  
   D. both B and C
24. What is the problem with compromising while working in a group?
   A. everyone gives up something
   B. people’s feelings get hurt
   C. it’s a lose-lose situation
   D. it’s a win-lose situation

25. What does Sean Covey mean when he says you should “sharpen the saw”?
   A. file down the edge of a saw to make it cut better
   B. do your best to keep your mind “sharp”
   C. you should take time to relax
   D. all of the above

26. “Sharpening the saw” involves what key dimensions of your life?
   A. body and brain
   B. heart and emotions
   C. soul and heart
   D. both A and C

27. A healthy relationship bank account is good for
   A. retirement
   B. the heart
   C. the accountant
   D. the body

28. Which of the following is not a good way to care for your soul?
   A. writing in a journal
   B. eating healthy
   C. praying
   D. serving others

29. How does The 7 Habits of Highly Effective Teens support the Scholars program?
   A. it challenges teens to develop habits that are useful in high school, college, and in life.
   B. it challenges teens to question authority and begin thinking like an adult
   C. it provides “feel good” stories help teens with their self esteem
   D. it causes teens to kick seven bad habits that keep them from succeeding

30. A theme that runs through The 7 Habits of Highly Effective Teens is
   A. habits should be broken
   B. habits can be dangerous to your health
   C. teens should listen more than they speak
   D. relationships are important