INTRODUCTION: The Master Student

Making Transitions

Multiple Choice

1. A textbook reconnaissance can show you all of the following except
   a. where your course is going.
   b. the big picture of the course.
   c. what ideas you can use.
   d. how to earn an A for the course.

2. Characteristics of a Master Student include
   a. willingness to take responsibility for everything in one’s life.
   b. inability or unwillingness to accept paradox.
   c. cautiousness about change.
   d. great concern with grades.

3. The purpose of Discovery Statements is to
   a. articulate what you want.
   b. force you to make the extra effort to write.
   c. make the process as long and detailed as possible.
   d. allow you to stop when you fail to complete an intended task.

4. A method for enhancing your use of Discovery Statements is to
   a. block out your mental pictures.
   b. tell the truth.
   c. stop writing when you become uncomfortable with the statement.
   d. label your behaviors as “bad” or “stupid.”

5. A self-regulated learner
   a. sets specific goals and monitors his or her progress toward those goals.
   b. spends a fixed amount of time studying for each course.
   c. follows instructions provided by instructors.
   d. is optimistic about the future.

6. An academic advisor will most often
   a. sign you up for extracurricular activities.
   b. help you select courses, choose a major, and become aware of available resources.
   c. make a list of habits you should change.
   d. sign your financial aid forms.

7. Which of the following is an effectively written affirmation?
   a. I have abundant energy and vitality throughout the day.
   b. You are energetic.
   c. I will have energy every morning of every day.
   d. I am not lazy.

8. The value of Becoming A Master Student textbook lies in
   a. the cost of the paper.
   b. whether you read it or not.
c. whether you memorize the Power Processes or not.
d. whether you take action and use the ideas in it.

9. Which of the following is not a technique for developing motivation?
   a. Change your mind.
   b. Ignore your goals.
   c. Compare the payoffs to the costs.
   d. Ask for support.

10. The goal of classroom civility is to
    a. make everyone a passive, but receptive, learner.
    b. make classrooms as quiet as possible.
    c. enrich the learning environment.
    d. stifle individual freedom for the benefit of the many.

11. Who is the authority of what study strategy works best for a student?
    a. the Teacher/Professor
    b. the Academic Advisor
    c. Parents
    d. Himself/Herself

12. When writing Intention Statements it is important to
    a. use the word “try” in your statements.
    b. challenge yourself with difficult goals.
    c. refrain from setting timelines.
    d. pick rewards that are an integral part of the goal.

13. The name of the Power Process described in the Introduction is
    a. “Making Transitions.”
    b. “Discover What You Want.”
    c. “Tell the Truth.”
    d. “Affirm Your Intention.”

14. The purpose of the textbook journal system is to
    a. increase your effectiveness by showing you how to focus your energy.
    b. allow you to stop when you fail to complete an intended task.
    c. force you to try harder.
    d. keep the process from becoming automatic.

15. Common differences to expect between secondary and post-secondary education include all of the following except
    a. new academic standards.
    b. more student diversity.
    c. a wider variety of teaching styles.
    d. a smaller playing field

16. A technique to use when changing a habit is to
    a. deny any changes that you are going to make.
    b. make sure that you understand all of the instructions before beginning to change.
    c. stop practicing the new behavior when it, or if it, starts to feel uncomfortable.
    d. get feedback and support from others.
17. Suggestions for adult learners who want to ease their transition into higher education include all of the following except
   a. acknowledging concerns.
   b. finding common ground with instructors.
   c. jumping right into higher education.
   d. finding common ground with traditional students.

18. A strategy for mastering the transition to higher education is to
   a. deny your feelings – whatever they are.
   b. not assume that you already know how to study.
   c. increase the number of unknowns about you.
   d. master the transition immediately.

19. Reasons for using your college success textbook actively include all of the following except you can
   a. learn about YOU.
   b. can choose from hundreds of success strategies.
   c. find excuses for not changing destructive habits.
   d. get the best suggestions submitted by thousands of students.

True/False

20. The process of changing habits is effective only if you concentrate on making major changes in behavior.

21. The power of the Power Processes is that, if it works for you, one small change can open the door to many changes.

22. You can sometimes rearrange a whole pattern of behaviors by changing one small habit.

23. Since only young children can experience laughter and learning together, adults must mentally prepare for drudgery in higher education in order to succeed.

24. The master student is spontaneous and willing to take risks.

25. Rewards for carrying out intentions should be immediate, as withholding rewards for later is counterproductive.

26. Adult learners and nontraditional students frequently share common ground with younger students.

27. Avoid using the word “try” when writing Intention Statements.

28. Given that you are not required to be in college, you can forgo civil behavior because it is your environment by choice and nothing is to be gained by giving others a chance to shine.

COMPLETION

29. When planning your calendar for a class, you should schedule _____ hours of study time for each hour that you spend in class.
30. _____ learners set goals, monitor their progress toward those goals, and change their behavior based on the results they get.

31. To get the most out of your college experience, it is important to both know about and access college _________.

SHORT ANSWERS
32. Explain how discovering what you want enhances your odds of succeeding in higher education.

33. Discuss at least three strategies for getting the most out of your college success textbook.

34. Describe five traits of a Master Student.