

Unit 2: Self-Management

Grade 10 | Pre-Assessment

Name: _____ Date: _____

Student Directions: Circle the **BEST** answer for each of the following questions and statements.**1 What is a strategy you can use to handle academic stress?**

- A Get 5-7 hours of sleep a night
- B Take time for self-care and have self-compassion
- C Take diligent notes and study hard
- D Exercise often to reduce stress

2 An optimistic person has a tendency to think...

- A with a fixed mindset.
- B negatively and with little hope for the future.
- C both positively and negatively.
- D positively and is generally hopeful.

3 A pessimistic person has a tendency to think...

- A with a fixed mindset.
- B negatively and with little hope for the future.
- C both positively and negatively.
- D positively and is generally hopeful.

4 The SOLD Method used to handle tough life situations stands for...

- A Start, Open, Lead, Determine
- B Stop, Open, Look, Divide
- C Stop, Observe, Look, Decide
- D Start, Observe, Lead, Draw

5 True or False: You don't have to be physically isolated to feel lonely.

- A True
- B False

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