

Unit 2: Self-Management

Grade 6 | Pre-Assessment

Name: _____ Date: _____

Student Directions: Circle the **BEST** answer.**1 What is anxiety?**

- A A feeling of confusion about the future
- B A feeling of worry that something bad will happen in the future
- C A feeling of boredom
- D A feeling of being excited about the future

2 When we feel anxious it sets off our body's...

- A fight or flight response.
- B need for food.
- C relaxation response.
- D ability to stay focused.

3 A reliable person is NOT:

- A Consistent
- B Honest
- C Untrustworthy
- D Dependable

4 True or False: Writing your goals down makes you more likely to achieve them.

- A True
- B False

5 What are the things in your life that you can control?

- A Your thoughts and actions
- B Your actions
- C Your support system
- D All of the above

1 What is anxiety?

- A A feeling of confusion about the future
- B A feeling of worry that something bad will happen in the future**
- C A feeling of boredom
- D A feeling of being excited about the future

2 When we feel anxious it sets off our body's...

- A fight or flight response.**
- B need for food.
- C relaxation response.
- D ability to stay focused.

3 A reliable person is NOT:

- A Consistent
- B Honest
- C Untrustworthy**
- D Dependable

4 True or False: Writing your goals down makes you more likely to achieve them.

- A True**
- B False

5 What are the things in your life that you can control?

- A Your thoughts and actions
- B Your actions
- C Your support system
- D All of the above**