

Unit 1: Self-Awareness

Grade 7 | Pre-Assessment

Name: _____ Date: _____

Student Directions: Circle the **BEST** answer.

- 1** How can you demonstrate self-compassion when you make a mistake?

 - A Avoid negative self-talk
 - B Stay upset about the situation
 - C Remind yourself that everyone makes mistakes
 - D Both A and C

- 2** True or False. Research shows that when we focus on building our strengths we grow faster than when trying to improve our weaknesses.

 - A True
 - B False

- 3** What are the two skills that we need to be able to adapt to challenges?

 - A Growth and Fixed Mindsets
 - B Adaptability and resilience
 - C Honesty and kindness
 - D Hard work and self-criticism

- 4** What is an example of a healthy coping strategy someone can use when faced with adversity?

 - A Mindfulness
 - B Journaling
 - C Physical activity
 - D All of the above

- 5** What are values?

 - A The opinions of others
 - B A shared culture
 - C The things that we believe are important in our life
 - D None of the above

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