Unit 1: Self-Awareness

Grade 7 | Pre-Assessment

Nam	e: _	Date:
Stud	ent	Directions: Circle the BEST answer.
1	Ηον	w can you demonstrate self-compassion when you make a mistake?
	Α	Avoid negative self-talk
	В	Stay upset about the situation
	С	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.	
	Α	True
	В	False
3	What are the two skills that we need to be able to adapt to challenges?	
	A	Growth and Fixed Mindsets
	В	Adaptability and resilience
	С	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?	
	Α	Mindfulness
	В	Journaling
	С	Physical activity
	D	All of the above
5	Wh	at are values?
	Α	The opinions of others
	В	A shared culture
	С	The things that we believe are important in our life

D None of the above

Unit 1: Self-Awareness

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
- **Both A and C**
- True or False. Research shows that when we focus on building our strengths we grow faster than when trying to improve our weaknesses.
 - True
 - **B** False
- 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
- What is an example of a healthy coping strategy someone can use when faced with adversity?
 - A Mindfulness
 - **B** Journaling
 - C Physical activity
 - All of the above
- What are values?
 - A The opinions of others
 - **B** A shared culture
 - The things that we believe are important in our life
 - D None of the above

