## **Unit 1: Self-Awareness**

Grade 9 | Pre-Assessment

Nam	e: _	Date:
Stude	ent l	Directions: Circle the <b>BEST</b> answer for each of the following questions and statements.
1	1.	The term "Neuroplasticity," refers to our brain's ability to
	A	change size over time.
	В	change and adapt as you learn over time.
	C	stay the same.
	D	change genetic makeup over time.
2	Pos	sitive self-talk helps you to
	A	see the reality and whole truth about yourself or a situation.
	В	feel good all of the time.
	C	grow and evolve as a person.
	D	always have a positive view no matter what.
3	True or False: Improving our self-talk starts with noticing our inner-voice and thoughts	
	Α	True
	В	False
4	Bed	coming the person we want to be
	Α	develops while we are in high school.
	В	develops at a faster rate in high school.
	С	develops while we are a child.
	D	develops over time and is a lifelong process.
5	Getting out of your comfort zone helps you to do all of the following except	
-	Α	develop your interests
	В	reach your goals
	С	become perfect

D find new passions

## **Unit 1: Self-Awareness**

Grade 9 | Answer Key

- 1. The term "Neuroplasticity," refers to our brain's ability to...
  - A change size over time.
  - change and adapt as you learn over time.
  - C stay the same.
  - D change genetic makeup over time.
- Positive self-talk helps you to...
  - see the reality and whole truth about yourself or a situation.
  - **B** feel good all of the time.
  - **C** grow and evolve as a person.
  - D always have a positive view no matter what.
- True or False: Improving our self-talk starts with noticing our inner-voice and thoughts
  - True
  - B False
- Becoming the person we want to be...
  - A develops while we are in high school.
  - B develops at a faster rate in high school.
  - C develops while we are a child.
  - develops over time and is a lifelong process.
- Getting out of your comfort zone helps you to do all of the following except...
  - A develop your interests
  - B reach your goals
  - become perfect
  - D find new passions