Unit 1: Self-Awareness

Name: _____   Date: _____

Student Directions: Circle the **BEST** 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.

B   change and adapt as you learn over time.

C   stay the same.

D   change genetic makeup over time.

2   **Positive self-talk helps you to...**

A   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.

3   **True or False: Improving our self-talk starts with noticing our inner-voice and thoughts**

A   True

B   False

4   **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.

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*...**

A   develop your interests

B   reach your goals

C   become perfect

D   find new passions

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