***P.O.W.E.R. Learning: Foundations of Student Success, 3e* (Feldman)**

**Chapter 1 P.O.W.E.R. Learning: Becoming an Expert Student**

1) Over a lifetime, a college graduate will earn approximately how much more than a high school graduate?

A) $100,000

B) $1 million

C) $1 billion

D) none

Answer: B

Explanation: Over their working lifetimes, college graduates earn about $1 million more than high school graduates.

Difficulty: 1 Easy

Topic: The Benefits of a Higher Education

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-01 Explain the benefits of a college education.

2) Which of the following is *not* a reason for attending college?

A) understanding cultural differences

B) learning to adapt to new situations

C) leading a life of community service

D) finally bringing your education to an end

Answer: D

Explanation: Education is a never-ending journey. A good college education should prepare you to become a lifelong learner.

Difficulty: 1 Easy

Topic: The Benefits of a Higher Education

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-01 Explain the benefits of a college education.

3) The most popular reason students give for enrolling in college is

A) to be more cultured.

B) to make learning a lifelong habit.

C) to be able to get a better job.

D) to develop skills to act with respect and civility.

Answer: C

Explanation: Students state that the top reason for attending college is they want to be able to get a better job. Other important reasons include to learn more about things that interest them and to get training for a specific career.

Difficulty: 1 Easy

Topic: The Benefits of a Higher Education

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-01 Explain the benefits of a college education.

4) Completing college doesn't have to be the end of your education. Attending college starts you down the path of

A) lifelong learning.

B) community service.

C) service learning.

D) P.O.W.E.R. Learning.

Answer: A

Explanation: Make learning a lifelong habit by attending college. It helps you prepare for learning new skills at your job.

Difficulty: 1 Easy

Topic: The Benefits of a Higher Education

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-01 Explain the benefits of a college education.

5) A college education improves your ability to

A) predict your future.

B) be a critical thinker.

C) suppress communication.

D) divert challenges.

Answer: B

Explanation: No matter where you are in this world, you'll need to analyze and solve problems. Your education helps you learn how to think critically and communicate effectively.

Difficulty: 1 Easy

Topic: The Benefits of a Higher Education

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-01 Explain the benefits of a college education.

6) The racial and ethnic composition of the United States is rapidly changing. College prepares you to live in a world of

A) technology.

B) making more money.

C) lifelong learning.

D) diversity.

Answer: D

Explanation: You won't be prepared for the future unless you understand others and their cultural backgrounds.

Difficulty: 1 Easy

Topic: The Benefits of a Higher Education

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-01 Explain the benefits of a college education.

7) Why is college becoming more of a necessity?

A) There are more jobs on the market.

B) Technology is becoming more sophisticated.

C) Everyone else is going to college.

D) Your parents are becoming too demanding.

Answer: B

Explanation: No one knows what the future holds, but education provides you with intellectual tools you can apply in this technology-driven world.

Difficulty: 1 Easy

Topic: The Benefits of a Higher Education

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-01 Explain the benefits of a college education.

8) The acronym P.O.W.E.R., as used in your textbook, stands for

A) prepare, originate, write, enlighten, review.

B) prepare, organize, work, evaluate, rethink.

C) plan, offer, work, earn, realize.

D) practice, organize, work, evaluate, research.

Answer: B

Explanation: P.O.W.E.R. is an acronym for Prepare, Organize, Work, Evaluate, and Rethink.

Difficulty: 1 Easy

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

9) According to your textbook, P.O.W.E.R. Learning is

A) a strategy for achieving higher test scores.

B) a way to make learning a lifelong habit.

C) a method to deal with fast-changing technology.

D) a system to increase your chances of success at any task.

Answer: D

Explanation: The principles behind the P.O.W.E.R. Learning process can help you in situations you will encounter in college and beyond.

Difficulty: 1 Easy

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

10) Plans that relate to major accomplishments and that take some time to achieve are referred to as

A) long-term goals.

B) short-term goals.

C) measurable changes.

D) organizational tools.

Answer: A

Explanation: It is important to set long-term goals that relate to a major accomplishment. These long-term goals should then be broken down into smaller, short-term goals.

Difficulty: 1 Easy

Topic: Setting Goals

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

11) The second step in P.O.W.E.R. Learning is to organize the tools you need to accomplish your goals. Which of the following types of organization does the author consider critical?

A) physical organization

B) strategic organization

C) mental organization

D) written organization

Answer: C

Explanation: According to the author, mental organization is critical. It helps pave the way for better subsequent learning of new material.

Difficulty: 1 Easy

Topic: Physical and Mental Organization

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

12) What is the inner power and psychological energy that directs and fuels your behavior?

A) responsibility

B) motivation

C) thinking

D) preparation

E) learning

Answer: B

Explanation: Motivation, the inner power and psychology energy that directs our behavior, is really the key to success.

Difficulty: 1 Easy

Topic: Motivation

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

13) The process of evaluation consists of

A) accepting that you can't control everything.

B) trying new experiences.

C) taking responsibility for your failures and successes.

D) determining how well the work you produced matches your goals.

Answer: D

Explanation: Even the greatest creation does not emerge in perfect form, immediately meeting all the goals of the producer. Evaluation will help you improve upon your initial efforts to produce truly top-notch work.

Difficulty: 1 Easy

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

14) The process of reanalyzing, questioning, and challenging an underlying assumption is referred to as

A) critical thinking.

B) P.O.W.E.R. Learning.

C) evaluation.

D) hypothesis.

E) revision.

Answer: A

Explanation: Critical thinking is an important part of the rethinking step in the P.O.W.E.R. Learning process.

Difficulty: 1 Easy

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

15) The rethinking step of the P.O.W.E.R. Learning process is meant to

A) help you develop perfectionism.

B) prove once and for all whether you can succeed in college.

C) increase the number of hours you can work on a project.

D) help you grow and understand your work process.

Answer: D

Explanation: The rethinking step is mostly meant to help you grow, to become better at whatever you've been doing.

Difficulty: 1 Easy

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

16) First-year college students enroll in college for a variety of reasons. Which reason listed below was *not* identified in a national survey?

A) to make their high school guidance counselor happy

B) to be able to get a better job

C) to improve reading and study skills

D) to be able to make more money

Answer: A

Explanation: There are many reasons students decide to enroll in college, ranging from learning new things to making more money and getting a better job.

Difficulty: 1 Easy

Topic: The Benefits of a Higher Education

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-01 Explain the benefits of a college education.

17) Which style is the preferred manner of acquiring, using, and thinking about knowledge?

A) processing style

B) learning style

C) personality style

D) teaching style

Answer: B

Explanation: Understanding your learning style will help you be more effective in college.

Difficulty: 1 Easy

Topic: Learning Styles

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-03 Identify your learning styles and how they affect your academic success.

18) When setting goals, it's important to remember that

A) you can achieve any long-term goal you set for yourself, no matter how unrealistic.

B) the long-term goal is independent of the short-term goal.

C) it's necessary to complete some long-term goals while in college.

D) many short-term goals must be completed in order to achieve a long-term goal.

Answer: D

Explanation: Short-term goals are relatively limited steps you take on the road to accomplishing your long-term goals.

Difficulty: 1 Easy

Topic: Setting Goals

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

19) A person who learns best by reading, watching, or recalling a mental picture would be referred to as a(n)

A) auditory/verbal learner.

B) read/write learner.

C) tactile/kinesthetic learner.

D) visual/graphic learner.

Answer: D

Explanation: Students with a visual/graphic learning style learn most effectively when material is presented visually in a diagram or picture.

Difficulty: 1 Easy

Topic: Learning Styles

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-03 Identify your learning styles and how they affect your academic success.

20) When you consider the academic skills you'll need to successfully complete the task at hand you use

A) mental organization.

B) physical organization.

C) goal-setting strategies.

D) a long-term approach.

Answer: A

Explanation: There are several types kinds of organization, but mental organization may be the most critical.

Difficulty: 1 Easy

Topic: Physical and Mental Organization

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

21) Students with spatial intelligence

A) may work well in a group, as they are sensitive to others' feelings.

B) may do well on history tests requiring memorization of a series of dates and events.

C) may perform well on geometry tests.

D) may prefer working with music.

Answer: C

Explanation: Persons with spatial intelligence do well with tasks that involve spatial configurations, such as those used by artists and architects.

Difficulty: 1 Easy

Topic: Multiple Intelligences

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-03 Identify your learning styles and how they affect your academic success.

22) When considering personality styles, it is important to remember that

A) once an extrovert, always an extrovert.

B) thinkers are aware of others and their feelings.

C) perceivers consider themselves to be quick and decisive.

D) intuitors enjoy solving problems and being creative.

Answer: D

Explanation: When considering personality styles using the definitions provided by the MBTI, the only true statement in this question is that intuitors enjoy solving problems and being creative.

Difficulty: 2 Medium

Topic: Personality Styles

Bloom's: Understand

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-03 Identify your learning styles and how they affect your academic success.

23) Seeing yourself as a victim (i.e., not being smart enough) or being too confident (i.e., that test was so easy anyone could have done it) is considered

A) positive.

B) negative.

C) controlling.

D) counterproductive.

Answer: D

Explanation: When evaluating yourself and your performance, try to find a middle ground between being too hard and too easy on yourself. Being too hard on yourself can be counterproductive.

Difficulty: 1 Easy

Topic: Motivation

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

24) What type of processing concentrates more on tasks requiring verbal competence, such as speaking, reading, thinking, and reasoning?

A) left-brain

B) right-brain

C) frontal-brain

D) prefrontal-brain

Answer: A

Explanation: The left side of the brain processes information sequentially, one bit at a time.

Difficulty: 1 Easy

Topic: Personality Styles

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-03 Identify your learning styles and how they affect your academic success.

25) "Your future success depends on a single assignment, paper, or test," is an example of

A) a self-defeating thought.

B) a positive thought.

C) a realistic thought.

D) an effective strategy.

Answer: A

Explanation: Don't fall victim to self-defeating thoughts; there is almost always an opportunity to recover from a failure.

Difficulty: 1 Easy

Topic: Motivation

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

26) Setting short- and long-term goals relates to which step in P.O.W.E.R. Learning?

A) Prepare

B) Organize

C) Evaluate

D) Rethink

Answer: A

Explanation: Setting goals helps you achieve major accomplishments in your life. Short-term goals are the smaller steps that lead to your long-term goals, preparing you for your future endeavors.

Difficulty: 1 Easy

Topic: Setting Goals

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

27) Stating goals in terms of behavior that can be measured against current accomplishments relates to which step in P.O.W.E.R. Learning?

A) Prepare

B) Organize

C) Evaluate

D) Rethink

Answer: A

Explanation: Your goals should be represent change from your current situation.

Difficulty: 1 Easy

Topic: Setting Goals

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

28) Considering and reviewing the academic skills you need to successfully complete the task at hand relates to which step in P.O.W.E.R. Learning?

A) Prepare

B) Organize

C) Work

D) Rethink

Answer: B

Explanation: Mental organization is critical. It's important to make sure your basic skills are at the peak of readiness.

Difficulty: 1 Easy

Topic: Physical and Mental Organization

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

29) Involving the mechanical aspects of completing a task relates to which step in P.O.W.E.R. Learning?

A) Prepare

B) Organize

C) Work

D) Rethink

Answer: B

Explanation: Physical organization involves the mechanical aspects of the task you are focusing on completing.

Difficulty: 1 Easy

Topic: Physical and Mental Organization

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

30) Effort yields success relates to which step in P.O.W.E.R. Learning?

A) Prepare

B) Organize

C) Work

D) Evaluate

Answer: C

Explanation: Effort yields success is the key concept that underlies the control of motivation when working on your tasks at hand.

Difficulty: 1 Easy

Topic: Motivation

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

31) Taking responsibility for your successes and failures relates to which step in P.O.W.E.R. Learning?

A) Prepare

B) Organize

C) Work

D) Evaluate

Answer: C

Explanation: One way to keep your motivation alive is to take responsibility for both your failures and successes. Don't blame others, own up to your mistakes, learn from them, and make the change to do better next time.

Difficulty: 1 Easy

Topic: Motivation

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

32) Comparing your accomplishments to what you want to achieve relates to which step in P.O.W.E.R. Learning?

A) Organize

B) Work

C) Evaluate

D) Rethink

Answer: C

Explanation: Look back at the goals you've set for yourself and verify them against what you've achieved to make sure you're successful in what you set out to do.

Difficulty: 1 Easy

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

33) Congratulating yourself and feeling a sense of satisfaction relates to which step in P.O.W.E.R. Learning?

A) Organize

B) Work

C) Evaluate

D) Rethink

Answer: C

Explanation: Don't forget to give yourself the proper credit for doing something important like passing a test or writing a paper.

Difficulty: 1 Easy

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

34) Considering whether your initial goals are realistic or require modification relates to which step in P.O.W.E.R Learning?

A) Prepare

B) Organize

C) Evaluate

D) Rethink

Answer: D

Explanation: Use your critical thinking skills to evaluate whether you need to change your goals.

Difficulty: 1 Easy

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

35) Identifying and challenging your assumptions relates to which step in P.O.W.E.R Learning?

A) Prepare

B) Organize

C) Evaluate

D) Rethink

Answer: D

Explanation: Think about your original assumptions about the task at hand and determine if they were effective or if you should have done something different.

Difficulty: 1 Easy

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

36) Of the following, which is an example of preparation from the P.O.W.E.R. Learning sequence?

A) Ask yourself if your goal of graduating college is realistic or if you need to change what you set out to accomplish.

B) Set a goal to get your college degree.

C) Attend your classes and complete your homework.

D) Determine the best way to accomplish your goal of getting your college degree.

E) Finish your first two years of classes and double-check to make sure they still align with your original goal.

Answer: B

Explanation: When you set a goal, similar to finishing college and getting your degree, you are preparing for your future.

Difficulty: 1 Easy

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

37) Of the following, which is an example of organization from the P.O.W.E.R. Learning sequence?

A) Ask yourself if your goal of graduating college is realistic or if you need to change what you set out to accomplish.

B) Set a goal to get your college degree.

C) Attend your classes and complete your homework.

D) Determine the best way to accomplish your goal of getting your college degree.

E) Finish your first two years of classes and double-check to make sure they still align with your original goal.

Answer: D

Explanation: Now that you've decided you want to get a college degree, you need to organize the tasks you need to accomplish in order to meet your goal.

Difficulty: 1 Easy

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

38) Of the following, which is an example of work from the P.O.W.E.R. Learning sequence?

A) Ask yourself if your goal of graduating college is realistic or if you need to change what you set out to accomplish.

B) Set a goal to get your college degree.

C) Attend your classes and complete your homework.

D) Determine the best way to accomplish your goal of getting your college degree.

E) Finish your first two years of classes and double-check to make sure they still align with your original goal.

Answer: C

Explanation: Attending classes and completing your homework are examples of working toward your goal.

Difficulty: 1 Easy

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

39) Of the following, which is an example of evaluation from the P.O.W.E.R. Learning sequence?

A) Ask yourself if your goal of graduating college is realistic or if you need to change what you set out to accomplish.

B) Set a goal to get your college degree.

C) Attend your classes and complete your homework.

D) Determine the best way to accomplish your goal of getting your college degree.

E) Finish your first two years of classes and double-check to make sure they still align with your original goal.

Answer: E

Explanation: Stop and evaluate what you've accomplished. Compare what you've accomplished to the goal you're trying to achieve.

Difficulty: 1 Easy

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

40) Of the following, which is an example of rethinking from the P.O.W.E.R. Learning sequence?

A) Ask yourself if your goal of graduating college is realistic or if you need to change what you set out to accomplish.

B) Set a goal to get your college degree.

C) Attend your classes and complete your homework.

D) Determine the best way to accomplish your goal of getting your college degree.

E) Finish your first two years of classes and double-check to make sure they still align with your original goal.

Answer: A

Explanation: Look at your goal and ask yourself if it's achievable and realistic. If you're still on the path you want to achieve, then keep pushing forward.

Difficulty: 1 Easy

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

41) Which of the following statements best describes the key message of this chapter?

A) First-year students need to use their professors as resources more often than other students.

B) College is essentially the same as high school.

C) College isn't just about increasing future income, but also for refining social skills.

D) By combining the concepts of preparation, organization, work, evaluation, and rethinking, students can achieve more in college and in life.

Answer: D

Explanation: Accurately knowing who you are, and your own competencies, can help you employ P.O.W.E.R. strategies to best ensure college success.

Difficulty: 1 Easy

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

42) Although almost three-quarters of first-year students report that they attend college to get a better job and make more money, there are many other excellent reasons for pursuing a college education. Please list five reasons that do not include career or financial considerations.

Answer: Answers could include being able to deal with advances in knowledge and technology (lifelong learning), adapting to new situations, living in a diverse world, leading a life of service, and understanding the meaning of your own contributions to the world.

Difficulty: 2 Medium

Topic: The Benefits of a Higher Education

Bloom's: Understand

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-01 Explain the benefits of a college education.

43) In your own words, describe how a college education prepares you to live in a world of diversity.

Answer: College gives me the opportunity to understand others and their cultural backgrounds, as well as how my own cultural background affects me.

Difficulty: 2 Medium

Topic: The Benefits of a Higher Education

Bloom's: Understand

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-01 Explain the benefits of a college education.

44) How does college improve your ability to understand the world?

Answer: College teaches me how to think critically and communicate effectively. In life, I need to be able to solve problems. My college experience prepares me to analyze various solutions and come up with the best one.

Difficulty: 2 Medium

Topic: The Benefits of a Higher Education

Bloom's: Understand

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-01 Explain the benefits of a college education.

45) In your own words, briefly describe each of the five basic steps of the P.O.W.E.R. Learning sequence and give an example of each.

Answer: Students should discuss aspects of planning, organizing, working, evaluating, and rethinking. Examples will vary.

Difficulty: 2 Medium

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

Bloom's: Understand

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

46) Although it feels great to finally complete a project, the author of P.O.W.E.R. Learning stresses the importance of taking time to evaluate how well the work you have produced matches your original goals. What are three of the steps that he suggests you can use to do this, and what does he say you should do once you have completed your evaluation?

Answer: The steps include taking a moment to congratulate yourself and feel some satisfaction, comparing your accomplishment with your goals, evaluating accomplishments from the point of view of someone else (i.e., a former teacher), evaluating what you've done from your current instructor's perspective, and being fair to yourself. Once the work has been evaluated, it then needs to be revised.

Difficulty: 1 Easy

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

47) Compare and contrast mental and physical organization. Explain how you've incorporated each into your current studies.

Answer: Physical organization involves the mechanical aspects of completing a task. I have incorporated physical organization into my studies by making sure that I have the proper tools (computer, pens, paper, calculator, study location, library hours, etc.) available. Mental organization is when you consider and review the academic skills you need to successfully complete the task at hand. I have incorporated mental organization into my studies when I reviewed the basics of the math before I completed my algebra assignment.

Difficulty: 1 Easy

Topic: Physical and Mental Organization

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

48) In your own words, explain motivation and give an example of how to stay motivated.

Answer: Motivation is the inner power and psychological energy that directs and fuels behavior. To stay motivated, I should take responsibility for my failures and successes, think positively, and accept that I can't control everything.

Difficulty: 1 Easy

Topic: Motivation

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

49) Explain critical thinking and give an example of a recent task that has required you to apply critical thinking.

Answer: Critical thinking is a process involving the reanalysis, questioning, and challenge of underlying assumptions. I've recently applied critical thinking at my job. I was balancing the cash register at the end of the night and I was off by $250.00. I thought about the steps I'd taken to get the figure, and realized I had missed a step. I went through the process again, adjusting for my error, and came out with an equal balance.

Difficulty: 1 Easy

Topic: P.O.W.E.R. Learning: The Five Key Steps to Achieving Success

Bloom's: Remember

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-02 Identify the basic principles of P.O.W.E.R. Learning.

50) What is your preferred receptive learning style, and how do you make use of it?

Answer: Students should identify with one of the four receptive learning styles: read/write, visual/graphic, auditory/verbal, and tactile/kinesthetic.

Difficulty: 2 Medium

Topic: Learning Styles

Bloom's: Understand

Accessibility: (Chapter1) TBChap001

Learning Outcome: 01-03 Identify your learning styles and how they affect your academic success.