

STUDENT SUCCESS SKILLS PRE-/POST-TEST

Student Name: _____

Date: _____ Teacher Name: _____

Directions: Circle the BEST answer.

1. Listening with my eyes means making eye contact with the other person during our conversation.
True False

2. Looking and feeling good helps us to be better learners. To look and feel good I need to do which of the following?
 - A. Eat foods that are good for me and drink lots of water
 - B. Schedule fun, exercise, and periods of rest into my day
 - C. Be with people I like and who like me
 - D. All of the above

3. I increase my likelihood of success in school when I _____.
 - A. rush to get my assignments done so I can at least turn them in
 - B. see or imagine myself being successful and practice doing things that successful people do
 - C. put off doing my homework until later because I would rather do something else now
 - D. turn in my assignments without my name and date at the top

4. To improve my memory for a test I can do which of the following?
 - A. Use a graphic organizer to help identify important ideas
 - B. Write important ideas on index cards and review my index cards at least six times
 - C. Use memory pegs and acronyms
 - D. All of the above

5. To stay calm when I take a math test I can do which of the following?
 - A. Take a few deep breaths, go to my safe place, focus on how to do each math problem
 - B. Tell myself that I'm not very good at math
 - C. Answer the easy questions first and then go on to the harder questions
 - D. A & C above

6. Kaizen teaches students to notice _____.
 - A. failures
 - B. small improvements in ourselves and others
 - C. how people interact
 - D. problems that we face

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7. Being optimistic about what you can accomplish is important. If what you are doing is not working, it is best to _____.
- A. try harder
 - B. take a break
 - C. try something different
 - D. doubt your ability
8. Which of the following is an example of positive self-talk and encouraging statements?
- A. I am close . . . with practice I can do it.
 - B. It's me . . . I'm not good at math.
 - C. I will never be as good as . . .
 - D. I don't like doing that, so why should I do it . . .
9. Good learners are good listeners. To improve my grades in class it is **best** to listen in which way?
- A. When my name is called by the teacher
 - B. By facing the person who is talking to me
 - C. With my eyes, ears, and heart
 - D. All of the above
10. Listening with my ears means I turn my ears toward the other person during our conversation.
- True False

Retrieved from the companion website for *Facilitating Evidence-Based, Data-Driven School Counseling: A Manual for Practice* by Brett Zyromski and Melissa A. Mariani. Thousand Oaks, CA: Corwin, www.corwin.com.