

**Success in Middle School**  
**Chapter 1**  
**Quiz**

**Multiple Choice**

1. Middle school differs from elementary school in
  - a. that students get to start picking some of their own classes
  - b. that not one teacher oversees all classes
  - c. that students may use lockers
  - d. all of the above
  
2. In the profile about Josh, he shared how he had to become responsible for managing his
  - a. younger brother
  - b. bus ride to and from school
  - c. his diabetes
  - d. his honors classes

**True or False**

3. More freedom means more responsibility.  
True            False
  
4. Changes such as starting middle school can cause you to feel mixed emotions  
True            False

**Fill in the Blank**

5. In middle school you are \_\_\_\_\_ for getting to class on time and completing your assignments.
6. \_\_\_\_\_ often causes people to gravitate towards a person.

**Essay Question**

7. Which difference between middle school and elementary school excites you the most?

**Oral Review**

1. What are some of the changes you can expect in middle school?

**Success in Middle School**  
**Chapter 2**  
**Quiz**

**Multiple Choice**

1. Good note-taking techniques include
  - a. numerical or alphabetical bullets
  - b. diagrams
  - c. symbols
  - d. all of the above
  
2. Asking questions
  - a. helps keep you focused
  - b. is appreciated by your fellow students
  - c. lets your teacher know you're interested
  - d. all of the above

**True or False**

3. Eating fresh fruit and protein for breakfast will leave you tired and without energy.  
True                      False
  
4. Taking notes does not help you remember what you have learned in class.  
True                      False
  
5. Relating new knowledge to information you already know increases your chances of understanding and remembering it.  
True                      False

**Fill in the Blank**

6. Using your locker and a planner will help keep you \_\_\_\_\_.
  
7. After you make a list of all you need to accomplish, it is important to \_\_\_\_\_ your commitments.

**Essay Question**

8. How do you manage your time?

**Oral Review**

9. Discuss the ideas presented in this chapter that can enhance your study habits and learning both in and out of the classroom.

**Success in Middle School**  
**Chapter 3**  
**Quiz**

**Multiple Choice**

1. Being part of a group or close-knit team will help give you
  - a. an opportunity to make money
  - b. a sense of belonging
  - c. better test scores
  - d. none of the above
  
2. New friends can be found in
  - a. after-school clubs
  - b. extra-curricular activities
  - c. your classes
  - d. all of the above

**True or False**

3. Many people travel to foreign countries to experience other people and cultures.  
True                  False
  
4. Making new friends means you have to give up your old ones.  
True                  False

**Fill in the Blank**

5. Participating in activities with others means you share \_\_\_\_\_ interests.
  
6. Many people are fearful of those they don't understand, but lasting friendships can be \_\_\_\_\_ between people who outwardly appear to have very little in common.

**Essay Question**

7. Why is it important to choose friends wisely?

**Oral Review**

8. How can you choose friends wisely?

**Success in Middle School**  
**Chapter 4**  
**Quiz**

**Multiple Choice**

1. You can actively listen to someone by
  - a. asking questions
  - b. making eye contact
  - c. walking away
  - d. a and b
  
2. You can show your appreciation by
  - a. ignoring your friends
  - b. writing a thank you note
  - c. yelling at your little brother

**True or False**

3. When someone tries to change you they are practicing acceptance.  
True                  False
  
4. When you forgive a mistake you are practicing allowance.  
True                  False

**Fill in the Blank**

5. The five A's help you become more \_\_\_\_\_.
  
6. Sneaking a note into your sister's lunchbox, wishing her good luck on her test is a way of showing \_\_\_\_\_.

**Essay Question**

7. How will the five A's help your relationships grow and mature?

**Oral Review**

1. What are the five A's and how do they help us become more compassionate?

**Success in Middle School**  
**Chapter 5**  
**Quiz**

**Multiple Choice**

1. Toxic behavior
  - a. is harmful
  - b. is safe
  - c. is respectful
  - d. is helpful
  
2. Examples of authority figures are
  - a. teachers and counselors
  - b. parents or relatives
  - c. coaches
  - d. all of the above

**True or False**

3. Bullying only happens at school  
True            False
  
4. Queen bees are similar to bullies.  
True            False

**Fill in the Blank**

5. Using technology to bully someone is called \_\_\_\_\_.
  
6. \_\_\_\_\_ are a useful resource you can consult if you are unsatisfied with your schedule, need help planning for high school, or finding extra-curricular activities you'd like to pursue.

**Essay Question**

7. Why is teamwork important?

**Oral Review**

1. Describe some examples of toxic behavior.

**Success in Middle School**  
**Chapter 6**  
**Quiz**

**Multiple Choice**

1. Ignoring your boundaries can
  - a. make you sick to your stomach
  - b. can make your heart race
  - c. can trigger the little voice in your head
  - d. all of the above
  
2. The types of boundaries discussed in this chapter include
  - a. talking
  - b. emotional
  - c. physical
  - d. b and c

**True or False**

3. Rigid boundaries can isolate you.  
True                  False
  
4. Personal boundaries are permanent and can't be changed.  
True                  False

**Fill in the Blank**

5. Many boundaries are set to safeguard you from \_\_\_\_\_ or \_\_\_\_\_ harm.
6. Your \_\_\_\_\_ tells you when something isn't right or when your boundaries are being challenged.

**Essay Question**

7. What do your personal boundaries reflect about what you value, think, and feel?

**Oral Review**

8. What are personal boundaries and why are they important in middle school?

**Success in Middle School**  
**Chapter 7**  
**Quiz**

**Multiple Choice**

1. Your brain
  - a. shrinks over time
  - b. stays the same size
  - c. has endless potential
  - d. all of the above
  
2. Repetition and practice
  - a. keep information in your short-term memory
  - b. move information to your long-term memory
  - c. make you forget information
  - d. move information to the front of your brain

**True or False**

3. Early alcohol use increases the likelihood of alcohol abuse later in life.  
True                  False
  
4. Brain activity monitors and directs your breathing, muscle coordination, body temperature, sleep, consciousness, reflexes, and secretion of hormones.  
True                  False

**Fill in the Blank**

5. The brain is made up of tiny nerve cells called \_\_\_\_\_.
  
6. The more you stimulate your brain by exposing it to new material and activities, the more connections form between \_\_\_\_\_.

**Essay Question**

7. How does your brain process messages?

**Oral Review**

8. Discuss ways you can improve and perfect your brain's ability to function.

**Success in Middle School**  
**Chapter 8**  
**Quiz**

**Multiple Choice**

1. Taking risks can
  - a. get you closer to your goals
  - b. teach you about yourself and others
  - c. help you grow as a person
  - d. all of the above
  
2. Supportive people can provide
  - a. discouragement and negative attitudes
  - b. peer pressure and toxic behavior
  - c. encouragement, insight and direction
  - d. ideas for dangerous activities

**True or False**

3. All risks should be taken.  
True            False
  
4. You should only take a risk if success is guaranteed.  
True            False

**Fill in the Blank**

5. Taking risks will help you become a \_\_\_\_\_ person.
  
6. To face your fears you must \_\_\_\_\_ them.

**Essay Question**

7. How do you decide what risks are appropriate?

**Oral Review**

1. Discuss what Ralph Wald Emerson meant when he said “There are always two choices, two paths to take. One is easy. And the only reward is that it is easy.”



**Success in Middle School**  
**Chapter 9**  
**Quiz**

**Multiple Choice**

1. Being optimistic can help you
  - a. compensate for your weaknesses
  - b. give up on your goals
  - c. embarrass yourself
  - d. all of the above
  
2. Overcoming defeat can teach you
  - a. what worked well
  - b. what didn't work
  - c. how to prepare for next time
  - d. all of the above

**True or False**

3. Adversity means defeat.  
True            False
  
4. Assessing a situation can help you deal with defeat.  
True            False

**Fill in the Blank**

5. \_\_\_\_\_ keeps you working until a job or project is done despite difficulties.
  
6. The more you remind yourself that failure and \_\_\_\_\_ don't necessarily mean defeat, the more you develop a mindset of success.

**Essay Question**

7. How has envisioning their success helped some Olympic divers and gymnasts?

**Oral Review**

8. Discuss ways you can develop a mindset of success.