

**Making the Most of High School**  
**Chapter 1: Where You Are Right Now**  
**Quiz**

***True or False***

1. Many students indicate that fear holds them back from getting the most out of high school.  
True                  False
2. Whatever tough environment you're faced with, there's always a solution.  
True                  False
3. Coping with cliques and social politics is an advantage of high school.  
True                  False
4. Feeling the pressure to do well in school is just a hassle and doesn't help at all.  
True                  False
5. Being self-absorbed at this time in your life is okay.  
True                  False

***Fill in the Blank***

1. High school can be complicated by \_\_\_\_\_ that are causing major changes in your body.
2. It is common for students to have \_\_\_\_\_ about the future.
3. High school gives you the chance to take on more \_\_\_\_\_.
4. When juggling many different activities and responsibilities, it's important to learn good \_\_\_\_\_ management.
6. Making good grades is important because both colleges and \_\_\_\_\_ will look at your transcripts.

***Multiple Choice***

1. In high school many teenagers ask the **important** question:
  - a. where am I?
  - b. are we having leftovers for dinner?
  - c. who am I?
  - d. when is this class going to be over?

2. You can make the choice to be bored in school or:
  - a. you can learn how to deal with friends and teachers
  - b. you can be active in sports and after school activities
  - c. you can take on new responsibilities
  - d. all of the above
  
3. As a teenager, your relationship with your parents may change because:
  - a. you are becoming an adult and this changes the family dynamics
  - b. your parents woke up the day you turned 13 and thought they'd start being mean all the time
  - c. you are too busy with school to have a meaningful relationship with your parents
  - d. you have nothing in common anymore
  
4. Many students have fears about:
  - a. getting along with people at school
  - b. going to college
  - c. the future
  - d. all of the above
  
5. The most important thing you can do in high school is:
  - a. get good grades
  - b. be popular
  - c. show up and be present
  - d. do well in sports

### ***Essay***

1. Describe three fears you have about high school and how you might deal with these fears.
  
2. What do you personally have to offer to your high school? What are you really good at? What do you know a lot about? What do you like to do?

### ***Oral Review***

1. What do you want to learn in high school, not just in class, but socially, athletically, artistically etc.?
  
2. Describe what types of responsibilities you would *like* to take on in high school and which responsibilities you *must* take on but fear. What can these responsibilities teach you?

**Making the Most of High School**  
**Chapter 2: Making the Most of Who You Are**  
**Quiz**

***True or False***

1. Genetics work like a lottery — completely at random.  
True                  False
2. Most people figure out what they are good at and feel passionate about early in life.  
True                  False
3. High school gives you the chance to discover some of your talents by letting you explore your interests.  
True                  False
4. Guidance counselors can only help you with choosing a college or career.  
True                  False
5. One of the best habits you can start in high school is keeping a journal.  
True                  False

***Fill in the Blank***

1. Everybody is different and \_\_\_\_\_.
2. Psychologists say that people are primarily shaped by \_\_\_\_\_ and \_\_\_\_\_.
3. Personality tests are like a \_\_\_\_\_.
4. There are two ways to get to know yourself better in high school: \_\_\_\_\_ and \_\_\_\_\_.
5. Experts say most people will have \_\_\_\_\_ different careers throughout their lifetime.

***Multiple Choice***

1. Self-knowledge is:
  - a. knowing a lot of stuff
  - b. knowing a lot about other people
  - c. knowing and understanding who you are
  - d. knowing about your family history

2. A formal evaluation of yourself involves all of the following **except**:
  - a. career exploration surveys
  - b. personality tests
  - c. interest inventories
  - d. all of the above
  
3. Knowing your personality type will help you:
  - a. relate better with others
  - b. become more popular
  - c. discover a career that will best suit you
  - d. both A and C
  
4. You can learn about yourself by doing all of these things **except**:
  - a. talking with friends
  - b. ignoring different perspectives
  - c. analyzing personal experiences
  - d. spending time by yourself
  
5. In high school you should not:
  - a. compare yourself to others
  - b. try to get good grades
  - c. establish a relationship with your teachers
  - d. show up

***Essay***

1. Who do you compare yourself to? What do you like about that person? Now think about your own qualities. What makes you unique, and how are you different from the person you compare yourself to?
  
2. How do you learn about yourself? What do you know about yourself so far, and what suggestions from the book can you use to get to know yourself even better?

***Oral Review***

1. Who are you? Give a detailed explanation of who you are at this moment (i.e. what do you like/dislike, what do you love to do/hate to do etc.).
  
2. What makes you unique? Which of your traits come from genetics and which come from your environment? Be specific and give support to back it up.

**Making the Most of High School**  
**Chapter 3: Managing Your Relationships**  
**Quiz**

***True or False***

1. Parents, friends, and crushes are the three relationships that most affect your life in high school.  
True                  False
2. Friendships often form for the purpose of survival.  
True                  False
3. You can ease tension over dating by going out in groups.  
True                  False
4. Compromise is when you get what you want.  
True                  False
5. Popular students can use their status to create a welcoming atmosphere at school.  
True                  False

***Fill in the Blank***

1. \_\_\_\_\_ can empower you to do things you might not be able to do on your own.
2. \_\_\_\_\_ is a serious and widespread problem that can happen with people you trust.
3. Problems with parents often occur due to a lack of \_\_\_\_\_.
4. One type of group that should be avoided at all costs is a \_\_\_\_\_.
5. \_\_\_\_\_ is a mixture of different people that come from varying backgrounds and are of different ethnicities.

***Multiple Choice***

1. The saying “birds of feather flock together” means:
  - a. birds with the same type of feathers fly together because they can go the same speed
  - b. people who are different get along better
  - c. you become like the people you hang out with
  - d. people who are similar stay to themselves and never meet different people

2. You can stand up for yourself by:
  - a. using humor
  - b. walking away
  - c. joining an antiviolence program
  - d. all of the above
  
3. The book gives tips for keeping your friends which include all of the following **except**:
  - a. talking behind your friend's back
  - b. saying you're sorry
  - c. listening and giving support
  - d. returning what you borrow
  
4. You can stay safe on the Internet by:
  - a. talking openly with strangers and giving them your personal information
  - b. not giving out your full name
  - c. agreeing to meet the person alone
  - d. not telling an adult about your plans to meet the person
  
5. When you're dating, the following should make you wary:
  - a. someone who makes all the decisions in the relationship
  - b. someone who loses their temper quickly
  - c. someone who checks up on you
  - d. all of the above

### ***Essay***

1. Are you popular? Do you want to be? Why? What makes someone popular? How do people benefit from being popular?
  
2. How are the relationships in your life? How is your relationship with your friends and parents? What is difficult in those relationships and how could you improve them?

### ***Oral Review***

1. Describe a situation when you had to stand up for yourself. How did you accomplish this? How can you use the suggestions in the book to get better at standing up for yourself?
  
2. Describe your circle of friends. How are you similar and how are you different? What do you learn from your friends and what do they learn from you?

**Making the Most of High School**  
**Chapter 4: Learning to Learn**  
**Quiz**

*True or False*

1. School, extracurricular activities, and people are all resources for valuable learning.  
True                  False
2. Extracurricular activities are a great outlet for your creative and physical energy.  
True                  False
3. Volunteering provides a great opportunity to learn outside the classroom.  
True                  False
4. Mentors are people who tell you what to do.  
True                  False
5. Athletics only teach you how to play a sport.  
True                  False

*Fill in the Blank*

1. Your brain simultaneously \_\_\_\_\_ and \_\_\_\_\_ material as you study.
2. If you have trouble learning despite trying your hardest you may have a \_\_\_\_\_.
3. Performing \_\_\_\_\_ in your neighborhood is a great way to get involved and help other people who need it.
4. A \_\_\_\_\_ is someone you look up to because he/she is admirable and inspires you to improve.
5. When you have a problem in school with a teacher or your grades, talk to your \_\_\_\_\_ or someone you can trust.

*Multiple Choice*

1. You can make the grades you want by:
  - a. getting enough sleep
  - b. figuring out what type of learner you are
  - c. having a regular study area without distraction
  - d. all of the above

2. You can become a better listener and note taker by:
  - a. copying other people's notes
  - b. trying to write down everything the teacher says
  - c. writing down questions that you have
  - d. sitting towards the back of the room
  
3. You can establish a good relationship with your teachers by doing all of the following except:
  - a. showing interest in the class
  - b. speaking out of turn
  - c. volunteering to help
  - d. remembering that teachers are human
  
4. Being a teacher's pet can:
  - a. get you beat up at school by people who think you're uncool
  - b. be an embarrassment
  - c. be a great opportunity for you to get to know your teacher
  - d. help you get a better grade by kissing up to the teacher
  
5. You can connect with your school by:
  - a. being a part of a sports team
  - b. joining an extracurricular activity
  - c. going to school every day
  - d. both A and B

### *Essay*

1. What extracurricular activities or groups do you belong to? What do you gain from these activities? If you aren't a part of any extracurricular activities, what activity or group could you join? What would you gain from that activity?
  
2. What human resources do you have at school? Are there any teachers or counselors who serve as your mentors? Who can you ask for help with school or personal problems?

### *Oral Review*

1. What skills from the book can you use to help improve your learning habits? Be specific. Students should answer this personally with well-thought-out and specific examples.
  
2. How can you develop your relationship with your teacher? Students should answer this personally with well-thought-out and specific examples.



**Making the Most of High School**  
**Chapter 5: Becoming Motivated**  
**Quiz**

***True or False***

1. When you have a positive attitude, you feel better about life.  
True                  False
2. Achieving your practical goals might lead you toward a dream goal.  
True                  False
3. Setbacks usually offer valuable learning experiences.  
True                  False
4. Schedules are time consuming and worthless.  
True                  False
5. Your overall attitude can make the difference between success and failure.  
True                  False

***Fill in the Blank***

1. Your basic outlook on life is your\_\_\_\_\_.
2. The things that are important to you are your\_\_\_\_\_
3. It is important to set small\_\_\_\_\_on your way to accomplishing your bigger goals.
4. The big enemy of time management is\_\_\_\_\_.
5. All successful people are\_\_\_\_\_.

***Multiple Choice***

1. Initiative is when you:
  - a. invite people to do something
  - b. make the first move to do something
  - c. are inducted into a group
  - d. don't study
2. All of the following steps help you make decisions **except**:
  - a. thinking over the consequences
  - b. naming all the options
  - c. making the decision spontaneously
  - d. carrying out the best option

3. It is important to know what your priorities are because:
  - a. you can stop focusing on the less important values
  - b. it can bring purpose to your life
  - c. it can help you get out of the things you don't like to do
  - d. both a and b
  
4. To figure out what your goals are you should:
  - a. relate your goals to your interests and talents
  - b. look to your role models
  - c. trust your instincts
  - d. all of the above
  
5. You should use a schedule to:
  - a. keep track of exams, appointments, and studying times
  - b. hold your homework papers
  - c. have a spot to doodle
  - d. none of the above

***Essay***

1. What are your long-term and short-term goals? What are your practical and dream goals? What are your specific and general goals?
  
2. Discuss how you could manage your time better. What skills from the book could you use to help with this?

***Oral Review***

1. Discuss your general attitude about school. How can changing your attitude improve your high school experience?
  
2. In what area of your life are you lacking initiative or motivation? How can you change this? Be specific.

**Making the Most of High School**  
**Chapter 6: Taking Care of Yourself**  
**Quiz**

***True or False***

1. The best kind of exercise is aerobic exercise.  
True                  False
2. Taking diet pills is a warning sign of an eating disorder.  
True                  False
3. You can acquire HIV from getting a tattoo if the needle is not clean.  
True                  False
4. An unwanted pregnancy is easily solved and is not life changing.  
True                  False
5. One of the deadliest risks is drinking and driving.  
True                  False

***Fill in the Blank***

1. \_\_\_\_\_ not only keeps your body in shape but is good for your mental health as well.
2. A key part of a healthy lifestyle is the \_\_\_\_\_ you \_\_\_\_\_.
3. \_\_\_\_\_ can actually be good for you because the pressure you feel is sometimes motivating.
4. One of the best ways to deal with stress is to \_\_\_\_\_ stressful situations.
5. \_\_\_\_\_ are dangerous because it's impossible to tell if someone has one, and they are easily spread.

***Multiple Choice***

1. You can eat healthier by:
  - a. ordering half portions
  - b. using mustard instead of mayonnaise
  - c. eating salads and vegetables
  - d. all of the above

2. A warning sign of an eating disorder is:
  - a. if you eat when you're hungry
  - b. if you eat a big meal and feel stuffed
  - c. if you eat when you feel sad or upset about something
  - d. if you weigh yourself every once and awhile
  
3. Chronic stress is when:
  - a. the pressure you're under is continuous and affects your body
  - b. you feel the pressure to do well on your test tomorrow
  - c. you're nervous about a job interview
  - d. you're worried about all the homework you must complete
  
4. All of the following are signs of depression **except**:
  - a. you feel depressed or sad most of the time
  - b. you have a lack of energy for a long period of time
  - c. you experience a change in sleep patterns
  - d. you have no desire to do homework because it's boring
  
5. You can relax by:
  - a. deep breathing
  - b. taking a nap
  - c. continuing to work until you get everything done
  - d. both a and b

### *Essay*

1. How do you feel about partying, drugs, and alcohol? Do you participate in these activities? If so, what are the consequences of that behavior, and what would be the advantages of stopping?
  
2. Discuss an issue from the book (i.e. eating disorders, drugs, alcohol abuse, chronic stress, depression, STD's, unwanted pregnancy, etc.) that you or someone you know has experienced. How can you get help for yourself or your friend?

### *Oral Review*

1. Discuss your current lifestyle. Do you work out? How is your diet? Do you party? What changes can you make to your current habits to improve your health?
  
2. What stresses you out? What techniques can you use from the book to help you relax? Be specific.

**Making the Most of High School**  
**Chapter 7: Getting Accepted**  
**Quiz**

***True or False***

1. Visiting the campus you're interested in is an important part of the application process.  
True                  False
2. You should apply to a college you like even if you're unsure about attending it.  
True                  False
3. You should take campus safety into consideration when deciding which colleges to apply to.  
True                  False
4. A need based scholarship is one that is given based on personal or academic achievement.  
True                  False
5. Colleges ask you to write an essay in the application to see if you're a good writer.  
True                  False

***Fill in the Blank***

1. The right college is one that values your\_\_\_\_\_.
2. When applying to colleges, there is a lot of paperwork and steps to remember so it is important to stay\_\_\_\_\_.
3. A\_\_\_\_\_ is a cash award that can help you pay for college.
4. Your greatest weapon against the fear of failure is your willingness to\_\_\_\_\_.
5. Scoring well on college admission\_\_\_\_\_ is important so you should study or take a preparation class.

***Multiple Choice***

1. You can start choosing a college by looking at:
  - a. your grades
  - b. your interests and abilities
  - c. your resume
  - d. what you can afford

2. A college application requires what information?:
  - a. personal information
  - b. essay questions
  - c. references
  - d. all of the above
  
3. When you visit a campus you should look for:
  - a. proximity to the beach
  - b. boy to girl ratio
  - c. campus atmosphere
  - d. how good the food service is
  
4. If you chose to put off college you may benefit by:
  - a. becoming more mature
  - b. gaining real-world experience
  - c. learning more about yourself
  - d. all of the above
  
5. You should start preparing for college when you're in:
  - a. Grade 9
  - b. Grade 10
  - c. Grade 11
  - d. Grade 12

***Essay***

1. What colleges have you thought about attending? What interests or abilities do you want to learn more about in college? Can the colleges you're interested in help foster these interests?
  
2. Make a list of the characteristics you want in a college (i.e. intramural sports, good business department etc.), and what colleges might meet this criteria.

***Oral Review***

1. Do you want to go to college? If so, why and where? If not, what is your plan? Have you thought about taking off a year? What could you do during that time?
  
2. Discuss your plan for college preparation. Which colleges interest you? How can you learn more about them? How can you look into financial aid? Be specific.

**Making the Most of High School**  
**Chapter 8: Getting Hired**  
**Quiz**

***True or False***

1. Two of the best ways to get a sense of the real world are internships and jobs.  
True                  False
2. Working for yourself will not be as beneficial as working at a business.  
True                  False
3. A great way to find a job is by telling people you know that you're looking for one.  
True                  False
4. A cover letter is a way for you to relate personally with the potential employer.  
True                  False
5. When you go to a job interview you should dress professionally.  
True                  False

***Fill in the Blank***

1. An \_\_\_\_\_ gives students the opportunity to explore a chosen career field.
2. A \_\_\_\_\_ is a one page summary of who you are and what you have done.
3. After working somewhere for a couple of months you may be given a performance review, which is like a \_\_\_\_\_.
4. Another option for making money is finding a business that needs someone for short periods of time called \_\_\_\_\_ employment.
5. When you go to a job interview it is important to relax and be \_\_\_\_\_.

***Multiple Choice***

1. When job hunting you should look at:
  - a. the pay
  - b. job purpose
  - c. time frame
  - d. all of the above

2. When you call to make an appointment for a job interview you should:
  - a. make the call in between classes in the hallway
  - b. talk to the person like they're your best friend
  - c. be professional and ask them if they have any job openings
  - d. never call back if they tell you they don't have an open position
  
3. When you're filling out a job application you should do all of the following **except**:
  - a. write legibly
  - b. be honest
  - c. finish it quickly
  - d. be complete
  
4. You can make your money work for you by:
  - a. creating a budget
  - b. setting up a savings account
  - c. saving money in a box under your bed
  - d. both a and b
  
5. A job interview is when you can show the employer:
  - a. who you are and what you could bring to the job
  - b. your tattoos
  - c. your GPA
  - d. your athletic ability

### ***Essay***

1. What job would you be interested in having? How can you go about getting this job? If you already have a job what do you learn from working there?
  
2. If you could have any internship in the world, what would it be and why?

### ***Oral Review***

1. With a friend or the teacher, pretend to be in a job interview using the questions from page 164. Answer the questions honestly and professionally.
  
2. Discuss how you can manage your money better. What tools from the book can you use to do this?



**Making the Most of High School**  
**Chapter 9: Opening Doors**  
**Quiz**

***True or False***

1. It is never too early for career exploration.  
True                  False
2. It is okay to make mistakes.  
True                  False
3. The workplace is different from high school because the people you work for rely on you.  
True                  False
4. Being “street smart” means you live on the street.  
True                  False
5. You have rights at school and at work.  
True                  False

***Fill in the Blank***

1. Don't be afraid to ask\_\_\_\_\_.
2. \_\_\_\_\_ is a dangerous initiation ceremony used by some fraternities.
3. Just like in high school there are \_\_\_\_\_ in the workplace that can manipulate group dynamics.
4. Experts recommend that students spend two to three hour \_\_\_\_\_ outside of class, for every hour of class.
5. When you start a new class or job it is important that you follow \_\_\_\_\_.

***Multiple Choice***

1. Tools you can use to ease the transition from high school to college or a job are:
  - a. counseling centers
  - b. internships
  - c. interest surveys
  - d. all of the above
2. High school is different from college in the following way(s):
  - a. where you live
  - b. the amount and type of responsibility you have

- c. who you are
  - d. both a and b
3. You can develop “street smarts” by doing all of the following **except**:
- a. listening
  - b. observing
  - c. looking for mentors
  - d. doing the same things you’ve always done
4. When you start a new job you may have difficulty adjusting to:
- a. the work schedule
  - b. dressing nicer
  - c. using a computer
  - d. none of the above
5. You can best deal with a potentially bad situation by:
- a. staying in the situation but taking out your frustration on coworkers
  - b. quitting
  - c. trying to work out the problem with the source of it
  - d. telling everyone you know how bad the job or class is

***Essay***

1. Describe a difficult situation you’ve dealt with at school or work. Using the tools in the book, how could you have handled this differently?
2. Predict what it will be like to be a freshman in college. What is exciting, and what is scary? What part of the transition do you think will be the hardest?

***Oral Review***

1. Discuss what you are doing right now to prepare for college. What else can you do to get ready for this big change?
2. Discuss what kind of “street smarts” you have. Are they general or specific? Give specific examples.