

Sophomore Guide to College and Career
Chapter 1: Make Your Dream a Reality
Quiz

True or False

1. Visualizing can help you create the life of your dreams.
True False
2. Right now is the best time to begin planning for life after high school.
True False
3. A key factor in reaching success is realizing you should handle the process alone.
True False
4. The things that are important for our well-being remain the same throughout life.
True False
5. Setting goals is easier when you know your needs and wants.
True False

Fill in the Blank

1. Without _____, your dreams can never materialize.
2. Being _____ can lead to a better understanding of what will make you happy in the future.
3. Soul searching, real-world research, and a willingness to try new things will help you discover your _____.
4. The more you involve yourself with people and activities, the more you learn about your _____ and interests.
5. Learn to make wise decisions and discover what _____ you.

Multiple Choice

1. When thinking about college and career, a basic question to consider is:
 - a. "What are my friends' plans?"
 - b. "What is the easiest course of action?"
 - c. "What do I enjoy?"
 - d. "How will I make the most money?"
2. Self-reflection is essential for:
 - a. getting good grades
 - b. understanding why you think and feel certain ways
 - c. making friends
 - d. seeing how you look in a mirror

3. When interviewing a professional in a field of interest you should ask all of the following **except**:
 - a. "Have you always felt talented in this area?"
 - b. "Is your job boring?"
 - c. "What kind of training is necessary for your profession?"
 - d. "When did you decide to pursue this profession?"

4. While pursuing your dreams you will have to:
 - a. make sacrifices
 - b. face failure
 - c. deal with rejection
 - d. all of the above

5. An important area of life for goal setting is:
 - a. communication
 - b. health
 - c. personal
 - d. both B and C

Essay

1. What is a career or field that interests you? What obstacles might you face when pursuing this career? How can you overcome these setbacks?

2. Who could serve as a mentor and help you reach your goals? Why would this person make a great mentor? What could you learn from them?

Oral Review

1. How will self-awareness lead to happiness? Why is discovering your likes and dislikes so important in this process? What holds people back from self-awareness?

2. Do you think it's important to explore each of the ten goal-setting areas of life? Are any of these areas more important than the others? Why or why not?

Sophomore Guide to College and Career
Chapter 2: Gain the Right Equipment
Quiz

True or False

1. Creating a toolbox will help you make informed decisions about your future.
True False
2. Your school's guidance office is one of the best places to obtain information.
True False
3. You can train your brain to think critically.
True False
4. Problems always have quick fixes, especially when they involve feelings.
True False
5. High school provides adequate preparation for everything needed to compete in today's marketplace.
True False

Fill in the Blank

1. One of your most important tools is _____.
2. Your _____ determines how peers relate to you.
3. Weaknesses often reflect the skills and knowledge you _____.
4. _____ is the driving force behind much of today's fast-paced learning environment.
5. It is up to you to take the _____ to close the skills gap and become a competitive and contributing employee.

Multiple Choice

1. Something that is **not** vital to your toolbox is:
 - a. valuable resources
 - b. research skills
 - c. a positive attitude
 - d. popularity
2. This resource can help you assess your abilities and interests:
 - a. interest inventories
 - b. teachers
 - c. the Internet
 - d. all of the above

3. All of the following are levels of thinking **except**:
 - a. factual
 - b. realistic
 - c. analysis
 - d. synthetic

4. Incubation is a problem-solving technique that involves:
 - a. just “getting it done”
 - b. thinking about the various ways to solve a problem
 - c. letting your subconscious mind work on the issue
 - d. writing down your assumptions and then reversing them

5. Most employers seek people who will make them an asset in the:
 - a. global economy
 - b. break room
 - c. local economy
 - d. none of the above

Essay

1. Which of the problem-solving techniques discussed in this chapter seems to work best for you? When have you solved a problem using one of these techniques?

2. Describe a life-changing event that you have experienced. What helped you (or can help you) through the healing process? If you have not personally experienced such an event, relay one that a friend or family member experienced.

Oral Review

1. How does your attitude affect friendships and success? Does a negative attitude hold you back? Why or why not?

2. Why is problem solving an important skill both now, in high school, and in the future? What are the benefits of weighing out a problem, as opposed to making a quick decision?

Sophomore Guide to College and Career
Chapter 3: Capitalize on Your Assets
Quiz

True or False

1. Your intelligence stays the same; it does not have the capacity to grow.
True False
2. Time is a valuable resource that you'll use throughout your life.
True False
3. Learning to budget finances is not really important during college.
True False
4. Networking means managing your social life.
True False
5. You should stay in touch with people who might be an asset to your future.
True False

Fill in the Blank

1. Your most valuable tool is your _____.
2. _____ helps you be more realistic about how much time is needed to complete tasks.
3. _____ is a way of putting things in order.
4. Spending less time using technology for _____ reflects better time management.
5. Managing your money is important because college and life are _____.

Multiple Choice

1. A brain trust consists of:
 - a. your circle of friends
 - b. internal thinking
 - c. self-talk
 - d. all of the above
2. An advantage of good time management is:
 - a. not having to study as much
 - b. staying organized
 - c. feeling less panic and stress
 - d. both B and C

3. Over-scheduling can lead to:
 - a. balance in life
 - b. better grades
 - c. burn out
 - d. spare time

4. A benefit of technology is:
 - a. wasting time
 - b. staying connected
 - c. it excuses you from being present with others
 - d. both B and C

5. All of the following are central to college and career success **except**:
 - a. spending only what you can afford
 - b. living within your means
 - c. getting credit cards
 - d. learning to save

Essay

1. What is an area of your life that could benefit from better scheduling? How could you improve your time management in this area?

2. What are your top three priorities in life? Do your daily activities reflect these priorities? If not, how can you change this?

Oral Review

1. Why is someone's brain trust their most valuable tool? How can a circle of friends hinder a brain trust? How can they help it?

2. At what point in life should people begin to learn about managing finances? What are the benefits of budgeting? What problems can result from failing to budget your money?

Sophomore Guide to College and Career
Chapter 4: Match Interests to Future Colleges and Careers
Quiz

True or False

1. It is important that you honor your gifts and talents by taking them seriously.
True False
2. Your strengths have no bearing on your future.
True False
3. There's really no way to make the process of preparing for life after high school less daunting.
True False
4. High school offers few opportunities to broaden your experience base.
True False
5. You can learn by asking others about their experiences and choices.
True False

Fill in the Blank

1. Figuring out who you are and what you want to do is a _____.
2. Being _____ about college planning translates into a meaningful career later.
3. _____ are a great way to explore your interests, relax, and have fun.
4. People often change _____ several times throughout their life.
5. Thousands of _____ are awarded every year to deserving students.

Multiple Choice

1. All of the following are essential to figuring out your strengths **except**:
 - a. noticing what you love to do
 - b. ignoring what makes you different
 - c. recognizing personal preferences
 - d. realizing what kind of environments inspire you
2. You can gain experience in an area of interest through:
 - a. hobbies
 - b. part-time jobs
 - c. community service
 - d. all of the above

3. College majors are really just broad categories of:
 - a. high school
 - b. hobbies
 - c. career fields
 - d. clubs

4. Scholarships cover:
 - a. room and board
 - b. food
 - c. extra costs
 - d. all of the above

5. Taking advantage of everything that's out there will help you:
 - a. find your best college and career path
 - b. avoid hard work
 - c. graduate more quickly
 - d. none of the above

Essay

1. What extracurricular activities can help you explore your interests? Are you already a part of these groups? If not, how can you join them?

2. What type of part-time job interests you? Who specifically can aid you in your search for such a job? Where can you apply for a job in this field of work?

Oral Review

1. What are gifts and talents? How does learning about one's skills and abilities relate to their future? How can people learn about their skills?

2. What are some opportunities in this high school and community for students to learn about themselves and what they enjoy? How will taking advantage of these opportunities benefit students?

Sophomore Guide to College and Career
Chapter 5: Explore Alternative Paths
Quiz

True or False

1. College is the right choice for everyone.
True False
2. People who don't go to college often earn less than those who do.
True False
3. Almost any job today requires a high school diploma.
True False
4. Starting your own business is one way to create an opportunity outside of college.
True False
5. You should not question yourself before making big decisions.
True False

Fill in the Blank

1. A _____ college generally offers smaller class sizes and individual attention.
2. Taking a year off after high school is sometimes called a(n) _____.
3. A(n) _____ is someone who organizes, manages and assumes the risks of a business or enterprise.
4. Many people who want to be their own boss, but don't want to start their own company, look into owning a _____.
5. Many careers offer _____ opportunities that pay while you learn.

Multiple Choice

1. Which of the following careers requires a traditional college degree:
 - a. banker
 - b. surgeon
 - c. cosmetologist
 - d. salesperson
2. A common concern that holds students back from college is:
 - a. it's too expensive
 - b. it will be boring
 - c. it won't be necessary
 - d. all of the above

3. All of the following can be benefits of a gap year **except**:
 - a. traveling
 - b. learning about yourself
 - c. avoiding college
 - d. exploring future careers

4. A practical step toward starting your own business is:
 - a. get advice
 - b. craft a business plan
 - c. just do what feels right
 - d. both A and B

5. Franchises generally:
 - a. are inexpensive
 - b. come in few shapes and sizes
 - c. are expensive
 - d. have similar rules and requirements

Essay

1. What options are you considering after high school (college, gap year, career without college, etc.)? What are the benefits and drawbacks of this plan?

2. If you could start any business, what would it be? How would you go about this? What risks would accompany this venture? What would the pay-offs be?

Oral Review

1. Why should you carefully weigh a decision to not attend college? What are the benefits of college?

2. If a local student wanted to take a gap year, but couldn't afford to travel very far, what are some learning opportunities in this community and state?

Sophomore Guide to College and Career
Chapter 6: Make Things Happen
Quiz

True or False

1. Leaders do not usually lend a helping hand to others.
True False
2. Everyone has experienced failure at some point in their lives.
True False
3. Failure can be used as a motivator to improve at something.
True False
4. Depression is very common and affects as many as one in eight teenagers.
True False
5. Some people don't have shortcomings or areas of struggle.
True False

Fill in the Blank

1. _____ are often magnets; people love being around them because they are full of positive energy.
2. You'd have a(n) _____ finding at least five people who haven't failed at least once in their life.
3. We have the power to make many _____.
4. People who are _____ to drugs and alcohol may promise over and over that they'll stop.
5. Anorexia and _____ are the most common forms of eating disorders.

Multiple Choice

1. One way that people lead is:
 - a. by example
 - b. by offering advice and help
 - c. with their ideas
 - d. all of the above
2. The first rule for dealing with failure and rejection is:
 - a. give up
 - b. don't take risks
 - c. become discouraged
 - d. do not be afraid of failure

3. Teenagers sometimes drink alcohol:
 - a. due to curiosity
 - b. to fit in
 - c. because it's healthy
 - d. both A and B

4. All of the following are symptoms of depression except:
 - a. lack of energy
 - b. withdrawal from family and friends
 - c. regular sleep patterns
 - d. inability to concentrate

5. A common personal weakness is:
 - a. being motivated
 - b. procrastination
 - c. thinking through decisions
 - d. all of the above

Essay

1. Give an example of when you could have been more accountable for your actions. What did you learn from this experience?

2. Do you consider yourself to be a leader? Why or why not? Taking into account your personal strengths, what type of leadership role would be best for you (leading with ideas, by example, etc.)?

Oral Review

1. What do you consider to be the qualities of a good leader? Who are the leaders of your community? Of your state?

2. Why do teenagers sometimes experiment with drugs and alcohol? Why are these behaviors unsafe? When do these behaviors form into an addiction?

Sophomore Guide to College and Career
Chapter 7: Connect to Yourself and Others
Quiz

True or False

1. People with a high degree of emotional intelligence are self-aware.
True False
2. Becoming emotionally intelligent does not help you succeed in relationships.
True False
3. Your parents are responsible for you and the decisions you make.
True False
4. College campuses tend to be more diverse than high school; students and faculty there are typically more accepting of differences.
True False
5. Managing your independence includes taking care of yourself.
True False

Fill in the Blank

1. Learning how to cope with _____ is an important tool for success.
2. As with acquiring any skill, _____ intelligence takes practice.
3. It is important to seek healthy ways of dealing with _____.
4. _____ is inevitable in life.
5. Knowing who you are as a person is vital to your success and _____ in life.

Multiple Choice

1. People with emotional intelligence manage themselves and others by having:
 - a. impulse control
 - b. self-esteem
 - c. people skills
 - d. all of the above
2. It's important to choose a college with:
 - a. a good counseling program
 - b. a good party scene
 - c. fun dorms
 - d. easy classes

3. A potentially dangerous situation at college could be:
 - a. drugs and alcohol
 - b. spring break
 - c. high-intensity sports
 - d. all of the above

4. Instincts are crucial to:
 - a. making friends
 - b. studying
 - c. happiness and success
 - d. taking tests

5. Change offers an opportunity to:
 - a. ignore possibilities
 - b. avoid scary situations
 - c. learn and grow as a person
 - d. resist new experiences

Essay

1. What are your personal fears about change and increased independence? How can you explore these fears?

2. How can you take on more responsibility in life? In what ways will this prepare you for the future? What role will emotional intelligence play in this?

Oral Review

1. How do people develop emotional intelligence? How does emotional intelligence help people effectively deal with problems?

2. Why might people ignore their instincts? Why do people place themselves in dangerous situations despite the risks?

Sophomore Guide to College and Career
Chapter 8: Excel in Today's World
Quiz

True or False

1. Technology has made us more independent.
True False

2. Not all conflicts are a bad thing because disagreements can serve as a catalyst for change.
True False

3. The labels people receive in school do not follow them throughout life.
True False

4. Traveling abroad enhances your understanding of other countries and your own.
True False

5. High school students can't do much to make the world safe for future generations.
True False

Fill in the Blank

1. Despite tremendous global opportunities, social _____ often remain firmly in place.

2. Every seven minutes, a student in the U.S. is _____.

3. Sometimes the first things kids receive in school are _____.

4. _____ is usually a defining moment in a young person's life.

5. Getting outside your comfort zone is crucial to making powerful _____.

Multiple Choice

1. The following is true about bullying:
 - a. 1,600 students miss school every day because of bullying
 - b. 61 percent of those bullied don't tell their parents
 - c. bullying is not that big of an issue
 - d. both A and B

2. A **myth** about traveling abroad is it:
 - a. broadens your outlook on life
 - b. is an impossible, unachievable dream
 - c. improves future job perspectives
 - d. enhances understanding of your native country

3. You can learn about different cultures by:
 - a. visiting museums
 - b. attending a cultural event
 - c. befriending someone of a different ethnic background than you
 - d. all of the above

4. The following is **true** about tolerance:
 - a. words cannot be weapons
 - b. people should be viewed as groups, not individuals
 - c. tolerating unacceptable behavior is part of tolerance
 - d. none of the above

5. You can make the environment healthier by:
 - a. leaving lights on when you exit a room
 - b. using paper towels
 - c. recycling newspapers and cans
 - d. buying products that contain harmful toxins

Essay

1. How can you incorporate more diversity into your life? How would these changes positively impact you?

2. If you could choose one place to travel abroad, where would it be? What is it about this place that interests you? What are some specific ways you could work toward visiting this place?

Oral Review

1. Do you think racial tension and social barriers exist in your school? What are some examples? How can students work together to combat such obstacles?

2. What are some specific local places where one can gain cultural experiences? How would you benefit from visiting these places?

Sophomore Guide to College and Career
Chapter 9: Optimize Your Track Record
Quiz

True or False

1. Everything you do as a student reflects on you later as an adult and professional.
True False
2. An application doesn't really affect whether you get a job; it's how you interview that matters.
True False
3. Preparing for an interview is very important to having a successful outcome.
True False
4. Written recommendations can give you a competitive edge over others applying for the same job.
True False
5. Credit cards are very common and rarely lead to financial troubles.
True False

Fill in the Blank

1. Your _____ will be an enduring quality that people remember.
2. People are impressed by students who are _____ and respectful.
3. Most companies require you to go through at least one _____.
4. Dress _____ for an interview.
5. One way to make your resume stand out and build your reputation is by _____.

Multiple Choice

1. Most people get jobs and gain entrance into career-training companies through:
 - a. references from teachers and other adults
 - b. friends
 - c. test scores
 - d. none of the above
2. The following helps you become more marketable:
 - a. personality, skills and abilities
 - b. your grades
 - c. what college you get into
 - d. popularity

3. The most important thing when filling out paperwork for a job is to:
 - a. write in cursive
 - b. falsify information
 - c. be honest
 - d. skip questions you don't know

4. Something that helps students observe a typical career day is:
 - a. developing a career portfolio
 - b. researching a company
 - c. job shadowing
 - d. reference letters

5. A professional career portfolio should include:
 - a. consistent headings and placement
 - b. updated contact lists
 - c. sheet protectors
 - d. all of the above

Essay

1. Which companies seem like an enjoyable place to work? Why? What specific steps could you take to pursue a job with one of these organizations?

2. What are your personal strengths and achievements that you could highlight on a resume? Who could help you prepare for an interview?

Oral Review

1. Why are reputations so important throughout life? What are some ways to build a positive reputation? How do people build negative reputations?

2. What do you think employers look at most when someone fills out an application? What about when someone interviews? How can you stand out to employers?