[ZANG] - [Chuanjie] - ITCAssignment

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**PART A:**

Chapter 1 Questions

1. Briefly describe how being aware of your own multiple intelligences can help you thrive in higher education.

Becoming aware of your multiple intelligences can help me thrive in higher education. Understanding my strengths in different areas of intelligence can guide me in choosing subjects and majors that align with my abilities. Additionally, it enables me to more effectively utilize diverse learning methods and resources, ultimately improving academic performance. By leveraging the strengths of individual intelligences, I can approach academic challenges with greater confidence and motivation, laying the foundation for robust growth in higher education.

1. Give an example of the difference between intrinsic and extrinsic motivation.

Intrinsic Motivation:Imagine someone who loves playing the piano because they find joy and fulfillment in the act of creating music. Their motivation to practice and improve comes from the inherent satisfaction and pleasure they derive from playing the instrument. In this case, the individual is internally driven by their passion for music, and the activity itself is rewarding.

Extrinsic Motivation:Now, consider another person who is learning to play the piano primarily to win a cash prize in a music competition. Here, the external reward (the cash prize) serves as the motivation for practicing and improving piano skills. The individual may not have a deep personal interest in playing the piano, but the external incentive drives their efforts.

In summary, intrinsic motivation comes from within, driven by personal enjoyment or satisfaction derived from an activity, while extrinsic motivation arises from external factors or rewards.

1. Explain three ways that you can use knowledge of your learning styles to succeed in school.

Each mode of learning highlighted in the Learning Style Inventory represents a unique blend of concrete experience, reflective observation, abstract conceptualization, and active experimentation. I can explore new learning styles simply by adopting new habits related to each of these activities. 1.To gain concrete experiences; 2.To become more reflective; 3.To develop abstract thinking.

Chapter 2 Questions

1. Based on the definition of self-efficacy, what is one thing that you can influence based on your behaviour in your studies?

Set goals with care; If I want to boost self-efficacy, be picky about my goals as well. Set goals that call on me to overcome obstacles, make persistent effort, and even fail.

1. What are at least five of the 23 ways to get the most out of time now that you can apply to your own procrastination habits?

1 Study difficult (or “boring”) subjects first.

2 Be aware of your best time of day.

3 Use waiting time.

4 Study two hours for every hour you’re in class.

5 Monitor how much time you spend online.

Chapter 4 Questions

1. You must complete all nine steps of Muscle Reading to get the most out of any reading assignment. True or False? Explain your answer.

False.

This is because effective textbook reading is an active, exhausting, and purposeful endeavor. Like all learning, it requires self-control and self-regulation of your behavior. It requires effort. That's why it's important to stay focused at all times as we muscle read, and following any of the steps in Muscle Reading can help maintain focus on reading. For example, the fifth step of muscle reading-highlighting-requires us to consciously monitor our understanding of the text as we read, and consciously controlling our behavior is what self-regulation is all about.

Chapter 5 Questions

What are the three major steps to effective note-taking, as explained in the chapter? Summarize each step in one or two sentences.

Effective note-taking consists of three parts: observing, recording, and reviewing. Begin by observing an "event"-a teacher's presentation, a lab experiment, a slide of an artist's work, or a required reading chapter. Then, record the observation of that event, i.e., "take notes." Recordings can take a variety of forms-paragraphs, outlines, diagrams, etc. Finally, review what was recorded. Memorize, reflect, apply, and rehearse what you have learned. This step strips ideas from the page and stores them in the mind's workspace.

Each part of this process is essential and each part is dependent on the others. Observation determines recording. What you record determines what you review. And the quality of the review can determine the effectiveness of the next observation.

Chapter 6 Questions

1. Preparing for tests can include creating review tools. Name at least two of these tools.

1 Create study checklists

2 Monitoring my reviews

1. When answering multiple-choice questions, it is better to read all the possible answers before answering the questions in your head. True or False? Explain your answer.

False.

The first step is to answer the question in your head.Then look for this answer in the options or test each possible answer based on your memory of the handout. The process of answering questions in this way is based on your own understanding of the topic, with the benefit of avoiding the distraction of confusing options.

**PART B:**

Chapter 8 Questions

1. One suggested guideline for nonverbal listening is to respond frequently to the speaker. True or False? Explain your answer.

True.

Responses in nonverbal listening, such as nodding, smiling, and making eye contact, help convey the message that you are paying attention and understanding the speaker. Through positive nonverbal responses, you can show concern and respect for the other person's words and establish a favorable communication climate. This helps solidify the interaction between the two communicating parties and enhances the effectiveness of the communication.

2. The suggested techniques of verbal listening include which of the following?

a) Parrot exactly what another person says.

b) Pay attention to the speaker’s words and not the emotions behind the words. c) Always put your own concerns aside in order to listen attentively.

d) Look for the requests hidden in complaints.

D.

Looking for requests hidden in complaints is an effective way to listen to them. If a verbal response is delayed, it also avoids the one-sidedness of the conversation. Simply put, respond at the right time during the listening process

1. Define plagiarism and explain ways to avoid it.

Using another person's words, ideas or pictures without proper attribution is called plagiarism. The basic rule to prevent plagiarism is to give credit for any new facts or ideas. This includes words and pictures created by others. The overall goal is to make a clear distinction between your own work and the work of others. A secondary goal is to provide enough information about the source so that readers can easily find it.

Plagiarism can be avoided by, for example, citing sources correctly, using quotation marks, paraphrasing correctly, tracking down sources, knowing how to cite, seeking permission, using plagiarism detection tools, and practicing good research and writing habits.

Chapter 9 Questions

1. Explain the differences among stereotypes, prejudice, and discrimination as defined in the text. Be sure to use your own words as much as possible.

Stereotype:

A stereotype is a generalized opinion or assumption about a particular group. It is usually based on simplified or exaggerated characteristics and applies to all members of that group.

Prejudice :

A prejudice is a preconceived opinion or judgment about a person or group, for which there is usually no solid basis or direct experience. This includes negative or positive prejudice based on factors such as race, gender, religion or other characteristics.

Discrimination:

Discrimination is the unfair or unequal treatment of an individual or group of people because of certain characteristics. Discrimination can take the form of behavior, action or conduct leading to unequal treatment.

In other words, a stereotype is a generalization about a group. Prejudice is a preconceived judgment or opinion about a person based on their membership of a group. Discrimination is the unfair or unequal treatment of a person because of certain characteristics.

1. Explain the differences between self-fulfilling prophecy and self-justification when it comes to detecting stereotypes.

When it comes to detecting stereotypes, the self-fulfilling prophecy is often thought to be the cause of detecting stereotypes, whereas self-justification would be thought to be the result of prejudice.

Alternatively, Self-Fulfilling Prophecy refers to the potential for stereotypes to shape behavior in a way that confirms the original stereotype.

Self-justification is the cognitive process of rationalizing or justifying one's biased beliefs or behaviors, usually to protect one's self-esteem or to maintain internal consistency.

1. Describe at least one way to overcome stereotypes with critical thinking.

I believe that using critical thinking to avoid stereotypes is based on "recognizing and acknowledging stereotypes" and realizing that everyone may hold certain biases due to cultural influences, personal experiences, or societal norms.

Chapter 12 Questions

1. Explain how work content skills and transferable skills differ. Give one example of each kind of skill.

A work content skill is a specific and tangible ability or knowledge related to a particular job or field, and is directly applicable in the workplace. For example, programmers need to be able to write code, etc.

Transferable skills are generic skills that can be applied to a variety of roles and industries. Communication, for example, is a transferable skill, and in a variety of occupations, effective communication is essential for conveying ideas, working with others and building strong relationships.

Chapter 7 Questions

1. In your own words what is egocentric thinking? Recall a time that you were involved in a moment of egocentric thinking.

In my own words, "Egocentric thinking" refers to perceiving and interpreting the world primarily from one's own perspective, often ignoring or downplaying the perspectives of others. One's own thoughts, feelings and interests dominate the process.

I often find myself engaged in egocentric thinking while driving. For example, when navigating through narrow city roads and encountering cyclists, I get frustrated about having to yield to them. In those moments, I might think, "This place is neither scenic nor safe, why can't these cyclists ride in suburban areas with better scenery?"

I only think this way because I need to duck in parallel when sharing the road with bike, so this is "Egocentric thinking" made entirely from my own thoughts and feelings.

1. Name at least one fallacy involved in this statement: “Everyone who’s ever visited Toronto has agreed that it’s the best city in the country.”

Jumping to conclusions & Thinking in all-or-nothing terms.

This view is a generalization that ignores individual differences and the different perspectives of people. In fact, an individual's evaluation of a city is influenced by factors such as subjective experience, preferences and cultural background, so it cannot be assumed that everyone holds the same view.

1. Which fallacy are you guilty of committing? Why?

My most common fallacy is 'Appealing to authority'. When I'm shopping and come across a new product, I tend to go for the well-known brands without thinking twice, even if they are more expensive.The most reason I do this is because I don't want to spend time comparing similar products.

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