

NAME: _____

DATE: _____

Pre-Test: Setting Goals for Success

Instructions: Choose the correct answer for each question.

1. What is a goal?
 - a) An outcome we hope to avoid.
 - b) A future valued outcome that we plan and hope to achieve.
 - c) A present accomplishment.
 - d) A task we completed in the past.
2. Why do we set goals?
 - a) To stir us to do nothing.
 - b) To ensure we never face failure.
 - c) To give direction to our actions and motivate us.
 - d) To avoid challenges.
3. What is metacognitive awareness?
 - a) Awareness of other people's thoughts.
 - b) Awareness of our cognitive processes.
 - c) Awareness of our physical surroundings.
 - d) Awareness of our emotions.
4. What type of goal focuses on learning and acquiring abilities?
 - a) Performance goal.
 - b) Mastery goal.
 - c) Easy goal.
 - d) Social goal.
5. Why should goals have a deadline?
 - a) To make them harder to achieve.
 - b) To reduce motivation.
 - c) To improve motivation and persistence.
 - d) To make them vague and general.
6. What is self-efficacy according to Bandura?
 - a) The belief that failure is inevitable.
 - b) The belief in one's capabilities to achieve a goal.
 - c) The belief that goals are unnecessary.
 - d) The belief that others control our success.
7. Which of the following helps build self-efficacy?
 - a) Mastery experience.
 - b) Social persuasion.
 - c) High stress situations.
 - d) Avoiding challenges.
8. What mindset believes that training and effort can change one's qualities?
 - a) Fixed mindset.
 - b) Growth mindset.
 - c) Negative mindset.
 - d) Unchangeable mindset.

9. According to Goal Setting Theory, what type of goals lead to better task performance?

- a) Vague and easy goals.
- b) Specific and difficult goals.
- c) Impossible goals.
- d) Goals set by others.

10. What does SMART stand for in goal setting?

- a) Simple, Manageable, Achievable, Relevant, Time-Free.
- b) Specific, Manageable, Achievable, Relevant, Timely.
- c) Specific, Measurable, Achievable, Realistic, Time-Bound.
- d) Smart, Masterful, Achievable, Realistic, Time-Bound.

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