

NAME:_____

DATE:_____

Quiz: Learning to Be a Better Student

1. **Where does most of our learning occur?**
 - a) School
 - b) Home
 - c) Randomly throughout life
 - d) Churches
2. **Which part of the brain is divided into two hemispheres?**
 - a) Cerebellum
 - b) Brainstem
 - c) Cerebrum
 - d) Cortex
3. **What is the surface of the cerebrum called?**
 - a) Cortex
 - b) Thalamus
 - c) Basal Ganglia
 - d) Hypothalamus
4. **What is neuroplasticity?**
 - a) The brain's ability to learn in different ways
 - b) The storage of short-term memories
 - c) The division of the brain into lobes
 - d) The maintenance of information over time
5. **What type of encoding involves processing the meaning of information?**
 - a) Visual Encoding
 - b) Acoustic Encoding
 - c) Semantic Encoding
 - d) Sensory Encoding
6. **What is the shortest type of memory?**
 - a) Long-Term Memory
 - b) Short-Term Memory
 - c) Sensory Memory
 - d) Working Memory
7. **What type of memory includes facts and events?**
 - a) Procedural Memory
 - b) Semantic Memory
 - c) Episodic Memory
 - d) Explicit Memory
8. **Which retrieval process involves identifying previously learned information?**
 - a) Recall
 - b) Recognition
 - c) Relearning
 - d) Encoding
9. **What is the goal of learning in terms of memory?**
 - a) To move information to short-term memory
 - b) To move information to long-term memory
 - c) To improve sensory memory

- d) To enhance working memory
- 10. What does metacognition mean?**
 - a) Understanding the brain's structure
 - b) Learning to learn
 - c) Engaging in physical activities
 - d) Regulating emotions
- 11. Which stage of self-regulated learning involves establishing goals?**
 - a) Planning Stage
 - b) Performing Stage
 - c) Reflecting Stage
 - d) Encoding Stage
- 12. What is self-regulated learning?**
 - a) Learning in a regulated classroom
 - b) One's ability to control their learning environment
 - c) Teaching oneself new skills
 - d) Following strict academic guidelines
- 13. What should students do before going to school to become better students?**
 - a) Only focus on homework
 - b) Ensure enough rest and eat properly
 - c) Avoid extra-curricular activities
 - d) Skip breakfast
- 14. Why is using different resources important for learning?**
 - a) It limits information access
 - b) It provides more and updated information
 - c) It only helps with assignments
 - d) It distracts from learning
- 15. What advantage does self-regulated learning provide?**
 - a) Limited control over learning process
 - b) Time management and lifelong skills
 - c) Dependence on teacher's guidance
 - d) Focus on rote memorization

Upload the Results to this Link:

https://drive.google.com/drive/folders/1JXrjVTqWWD85TYKa_xaBFylhdm71rZvd?usp=sharing