

NAME: _____

DATE: _____

Quiz: Chapter 13 - Setting Goals for Success

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. What are short-term goals?
 - a) Goals that take years to achieve.
 - b) Goals that are achieved within a week to several months.
 - c) Goals with no specific deadline.
 - d) Goals set by someone else.
3. Which of the following is NOT a reason to set goals?
 - a) To enhance metacognitive and self-regulation skills.
 - b) To give direction to our actions.
 - c) To serve as our motivation.
 - d) To ensure we never face failure.
4. 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 financial status.
5. Which type of goal is focused on learning and acquiring abilities?
 - a) Performance goal.
 - b) Mastery goal.
 - c) Easy goal.
 - d) Social goal.
6. Why should goals have a deadline?
 - a) To make them harder to achieve.
 - b) To improve motivation and persistence.
 - c) To make them vague and general.
 - d) To reduce effort.
7. What is self-efficacy according to Bandura?
 - a) The belief in one's capabilities to achieve a goal.
 - b) The belief that goals are unnecessary.
 - c) The belief that failure is inevitable.
 - d) The belief that others control our success.
8. Which of the following helps build self-efficacy?
 - a) Mastery experience.
 - b) Social modeling.
 - c) Social persuasion.
 - d) All of the above.
9. What mindset believes that training and effort can change one's qualities?
 - a) Fixed mindset.
 - b) Growth mindset.
 - c) Static mindset.

- d) Negative mindset.
10. 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.
11. What does SMART stand for in goal setting?
- a) Specific, Measurable, Achievable, Realistic, Time-Bound.
 - b) Simple, Manageable, Achievable, Relevant, Time-Free.
 - c) Specific, Manageable, Achievable, Relevant, Timely.
 - d) Simple, Measurable, Achievable, Realistic, Time-Free.
12. Which principle of goal setting involves finding the best balance between pressure and performance?
- a) Clarity.
 - b) Challenge.
 - c) Commitment.
 - d) Feedback.
13. What role does feedback play in goal setting?
- a) It clarifies expectations and adjusts goal difficulty.
 - b) It reduces motivation.
 - c) It eliminates the need for a deadline.
 - d) It discourages effort.
14. How can positive emotions influence self-efficacy?
- a) By lowering it.
 - b) By building a positive insight for high self-efficacy.
 - c) By having no impact.
 - d) By only affecting physical health.
15. What is the benefit of having a growth mindset?
- a) It attributes success to learning and continuous practice.
 - b) It attributes success to innate abilities.
 - c) It makes one afraid of failure.
 - d) It reduces the need for effort.

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