

1. The following are principles that can help to manage stress in a more constructive way and have a positive effect, except for...
d. assume your stress is going to last forever
2. What is the best way to describe emotional resilience?
 - a. The ability to connect well with others and to support each other through difficult times
 - b. The way we challenge our feelings and negative emotions
 - c. The ability to work with change and develop solutions to issues as they arise**
 - d. The way we manage our feeling and negative emotions
3. We all can become adept to managing uncertainty and empower ourselves to step confidently into the unknown and seize the opportunity it presents by applying the four principles. The following items are valid. Except...
c. focus on the potential downsides
4. To survive in an extremely uncertain situation, these strategies need to applied by an organization/company
b. willingness to adapt, inbuilt flexibility, dynamic planning
5. You have been working as a front-end developer for a year in your new company. One day. Your supervisor asks you to consider training as a full stack engineer. Which response that you are willing to consider this change
c. you appreciate the opportunity and ask a few questions before deciding if you'll say yes
6. The skill where you can think through different potential scenarios and plan for various outcomes is the definition of..
a. Cognitive adaptability
7. Michael is a new machine learning engineer on danny's team. Danny is getting used to briefing someone by using stack, but Michael is having difficulties understanding written information since he is more comfortable communicating verbally and taking notes by himself. What should danny do in order to interact with Michael?
B. explain verbally to Michael about to brief details until is getting clear, then also write it in slack as a backup
8. Which of the following is not true of the reframe your situation principle
 - a. The way you frame things affects how you make decisions
 - b. Recognize uncertainty as an essential part that adds an element of surprise and possibility and enables them to challenge their roles and the parameters
 - c. Taking action is one of the essential parts of facing uncertainty since you learn with each step you take
 - d. Showing resilience and bravery by exploring all possible next steps and holding out for the right one**
9. Every innovation, every change, and every transformation comes with potential upsides and downsides. Moreover, though most of us instinctively focus on the latter, it is possible to shift that mindset and decrease our fear using the "infinite game" approach
A. true
10. These are reasons why adaptability is the best strategy, except...
b. A more precise prediction system

11. According to shawn achor, you can reframe stress for better outcomes by...
- c. viewing stress as a challenge rather than a threat
12. All the following traits are part of an adaptability skill set, except...
- a. Trusting that all advices is good advice
13. Most successful breakthroughs are produced by a series of big steps, not small efforts.
- d. false
14. knowing which risks you tolerate well can help you see where to push bboldly onto the frontier while knowing which you don't will help you prepare to approach them more confidently
- a. true
15. which of the following is true about the definition of "the butterfly effect" that was popularized by meteorologist Edward Lorenz
- b. small things can have big impacts
16. which of the following is not true of the reframe your situation principle?
- a. Taking action is one of the essential parts of facing uncertainty since you learn with each step you take
 - b. Showing resilience and bravery by exploting all possible next steps and holding out for the right one
 - c. The way you frame thing affects how you make decisions
 - d. Recognize uncertainty as an essential part that adds an element of surprise and possibility and enables them to challenge their roles and the parameters
17. Below is the benefit of being adaptive, except ...
- c. Increasing dissatisfaction in life
18. Which of the following is true abot how to prime yourself for uncertainty?
- b. getting to know the kinds of risk you have a natural aversion to or an affinity with
- 19.