

Quiz
Course 1: Your Journey to Self-Determination

Name:

Date:

Instructions: Read each question or statement and answer carefully. Choose the best answer.

Multiple Choice

1. Self-determination is when you have:
 - a. the attitude and skills needed to positively influence what happens in your life and achieve your goals
 - b. people in your life that make decisions for you
 - c. no immediate plans for your future

2. Self-determination can lead to:
 - a. doing everything that you are told to do and making others happy
 - b. achieving your specific goals for the future
 - c. nowhere

3. What knowledge, skills, and opportunities will help you become self-determined?
 - a. knowing your interests, strengths, and needs and being able to communicate them to others
 - b. setting goals and making plans to meet those goals
 - c. knowing who you can turn to when you need help and working with them to find possible solutions to problems
 - d. managing conflicts and your emotions
 - e. knowing what your options are so that you can make good decisions
 - f. practicing your newly developed skills
 - g. all of the above

4. To become more self-aware, pay attention to:
 - a. your teacher in class
 - b. what your parents say to you
 - c. how you feel during activities and what you enjoy doing
 - d. what your friends tell you

True or False

5. It is always best if other people make decisions for you.
 - a. True
 - b. False

6. It takes time to figure out what you want and to develop the skills you need in order to reach your goals.
 - a. True
 - b. False