

Assessment

Concentration!

First Edition

The objectives of this book are:

- To explain the psychology of concentration
- To suggest methods for improving concentration
- To point out barriers to concentration

■ CRISP_{series}

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Assessment Questions for *Concentration! First Edition*

Select the best response.

1. Concentration is the discipline of focusing on a chosen project and:
 - A. Integrating irrelevant matters
 - B. Ignoring irrelevant matters

2. *Tenacity* and *courage* apply to concentration on the job because you:
 - A. Take charge of your environment
 - B. Do what others request
 - C. Attend to external events

3. Having low frustration tolerance means:
 - A. You are patient and determined
 - B. If something goes wrong, you quit

4. The progressive stages of learning a new skill are:
 - A. Applied, automatic, awkward
 - B. Awkward, applied, automatic
 - C. Automatic, awkward, applied

5. When giving yourself a time limit for a task, you should:
 - A. Allow more time than is probably necessary
 - B. Allow less time than is probably necessary

6. When someone interrupts your needed concentration, you should:
 - A. Tap a pencil impatiently
 - B. Look at your watch
 - C. Speak up and explain your need

7. A daily project list should:
 - A. Be prioritized
 - B. Contain no more than seven items
 - C. Be worked on one item at a time
 - D. All of the above

8. Visualizing exactly how you want to perform can be more beneficial than real-life practice.
 - A. True
 - B. False

9. Thinking of a winner's wreath to help remember Laurel's name uses the memory system called:
 - A. Association
 - B. Pattern
 - C. Visualization
 - D. Rhythm and rhyme
 - E. Acronym

10. Learning the *ABC song* makes use of the memory system called:
 - A. Association
 - B. Pattern
 - C. Visualization
 - D. Rhythm and rhyme
 - E. Acronym

11. To find his keys, Al pictured himself walking into his home last night. He used the memory system called:
 - A. Association
 - B. Pattern
 - C. Visualization
 - D. Rhythm and rhyme
 - E. Acronym

12. KISS, *Keep it simple, Sam* is an example of:
- A. Association
 - B. Pattern
 - C. Visualization
 - D. Rhythm and rhyme
 - E. Acronym
13. Householders set their clocks by the time Hegel passed their door each day.
This is a/an:
- A. Association
 - B. Pattern
 - C. Visualization
 - D. Rhythm and rhyme
 - E. Acronym
14. Concentration and memory must be exercised to be maintained.
- A. True
 - B. False
15. When your energy level is highest, you should do the:
- A. The most difficult work
 - B. The least difficult work
 - C. Whatever is first on your desk
16. Concentration courtesy is respecting the concentration efforts of others by not disturbing them.
- A. True
 - B. False
17. You can increase your energy by:
- A. Assigning problems a worry time
 - B. Taking breaks
 - C. Being physically fit
 - D. Using routines
 - E. All of the above

18. Attitude influences concentration ability.
- A. True
 - B. False
19. Stress is caused by:
- A. Events
 - B. Distractions
 - C. Your choice
 - D. Other people
20. People who waste time:
- A. Have plenty of time
 - B. Don't value time
 - C. Value the skills of concentration
21. "At the moment of truth, there will be either *reasons* or *results*" means that when you finish a project:
- A. You should give reasons why you did it a certain way
 - B. You will have achieved a goal or failed to reach it
22. The object of education should be:
- A. Learning facts
 - B. Developing ideas
 - C. Putting ideas into action
23. Listening skills involve:
- A. Suspending judgment
 - B. Paraphrasing
 - C. Empathizing
 - D. Not interrupting
 - E. All of the above

24. Concentration is to interest as lack of concentration is to:
- A. Ignorance
 - B. Immaturity
 - C. Boredom
 - D. Skill
25. It is possible to put yourself in a “want to concentrate” mode through positive thinking.
- A. True
 - B. False

Answer Key for Concentration! First Edition

Recommended response (Corresponding workbook page)

1. B (3)	6. C (40)	11. C (71)	16. A (75)	21. B (90)
2. A (6)	7. D (43)	12. E (71)	17. E (82-83)	22. C (92)
3. B (10)	8. A (51)	13. B (71)	18. A (85)	23. E (63-65)
4. B (18)	9. A (71)	14. A (72)	19. C (88)	24. C (10)
5. B (27)	10. D (71)	15. A (74)	20. B (89)	25. A (91)