

Stem (Mr. Barnes) Students

Analyzing Influences Post-Assessment

Name: _____

Date: _____

Question 1

- _____ : Examples of forms of media include:
- Billboards
 - Fast food
 - Furniture
 - Cooking utensils

Question 2

- _____ : Which of the following statements is true?
- The media can affect how we think and act
 - Everything the media tells us is true
 - It's impossible to spend too much time with media
 - The images we see on the media are always realistic

Question 3

- _____ : Which of the following statements about advertisements is true?
- Advertisements often portray people in unrealistic ways
 - Advertisements target people in specific ways
 - Advertisements can sometimes make people feel pressure to look a certain way
 - All of the above

Question 4

- _____ : Which is an example of a positive peer influence?
- A friend encouraging you to try out for a team
 - A friend offering you an alcoholic drink
 - A friend inviting you to cut class
 - A friend bullying a younger student in front of you

Question 5

- _____ : Wanting to wear an expensive brand of jeans just because all of your friends are wearing them could be an example of:
- Unspoken peer pressure
 - Positive peer influence
 - Peer mentorship
 - None of the above

Question 6

- _____:
- People can use social media responsibly by:
- Never accepting friend requests from people they don't know
 - Limiting the amount of personal information they share online
 - Limiting the amount of time they spend online
 - All of the above

Question 7

- _____:
- Which of the following statements about social media is true?
- Some people feel more comfortable saying something online than in person
 - Cyberbullying never occurs on social media sites
 - People often use social media to make themselves look a certain way to others
 - Both A and C

Question 8

- _____:
- Which of the following statements about cyberbullying is true?
- If you are uncomfortable with a cruel message or post, chances are others are too
 - You should never speak up if you see a cruel post or comment online
 - People never cyberbully on social media sites
 - All of the above

Question 9

- _____:
- Before posting online, it's important to:
- Remember that online posts can be permanent
 - Think about how your post might make others feel
 - Consider whether your post reflects how you want to be perceived by others
 - All of the above

Question 10

- _____:
- We can successfully manage influences in our lives by:
- Having strong values and self-confidence
 - Not believing everything the media tells us
 - Making decisions based on our own sense of what's right and wrong
 - All of the above

Name: _____

Date: _____

Understanding and Managing Emotions Post-Assessment

Question 1

- _____ : Someone who is feeling warm and tingly throughout his or her whole body is likely feeling which of the following emotions?
- a. Anger
 - b. Sadness
 - c. Happiness
 - d. Fear

Question 2

- _____ : Which of the following emotions is often associated with fright, nervousness, or anxiety?
- a. Surprise
 - b. Fear
 - c. Happiness
 - d. Anger

Question 3

- _____ : What part of the brain is responsible for sending sensory signals like sights, smells, or sounds to the rest of the brain?
- a. Thalamus
 - b. Hippocampus
 - c. Liver
 - d. Amygdala

Question 4

- _____ : People often express their emotions through their facial expressions and body language. This is referred to as:
- a. Nonverbal communication
 - b. Verbal communication
 - c. Explicit communication
 - d. None of the above

Question 5

- _____ : After completing his final exam, Matt stands tall with his head lifted and his hands clasped behind his back. He is likely feeling:
- a. Confident
 - b. Sad
 - c. Angry
 - d. Scared

Question 6

- _____:
- When talking to others about their feelings, it's important to:
- Let them know you are listening by making regular eye contact
 - Ask them how you can help
 - Encourage them to talk to a trusted adult if they need extra support
 - All of the above

Question 7

- _____:
- When is it best to encourage others to seek extra support for their feelings?
- If you are worried about their safety or well-being
 - If their emotions are preventing them from meeting their goals
 - If their emotions are negatively impacting their relationships
 - All of the above

Question 8

- _____:
- To manage strong or challenging emotions, a good first step is to:
- Name or acknowledge the emotion you are experiencing
 - Choose how to react
 - Dismiss stronger feelings as "wrong" or "unnecessary"
 - Confide in a trusted adult or friend about how you are feeling

Question 9

- _____:
- True or False: There are no good or bad emotions
- True
 - False

Question 10

- _____:
- Which of the following would be considered an unhealthy reaction to an emotion?
- Throwing food at your sister for making fun of you
 - Talking calmly to a friend about how her jokes are making you feel embarrassed
 - Asking your teacher for extra help after getting a bad grade
 - Taking a walk to cool off after getting into an argument with a teammate

Communicating Effectively Post-Assessment

Name: _____

Date: _____

Question 1

- _____ : Which of the following is true about message channels?
- a. They are used to transmit information
 - b. They sometimes involve technology
 - c. They can be written, spoken or visual
 - d. All of the above

Question 2

- _____ : A challenge of written communication is that:
- a. You can't hear the speaker's tone
 - b. You can't see a person's body language or facial expressions
 - c. It isn't convenient
 - d. Both A and B

Question 3

- _____ : Which is an example of using gestures to express your emotions?
- a. Pointing
 - b. Smiling
 - c. Opening your eyes wide
 - d. All of the above

Question 4

- _____ : You can practice active listening when talking to others by:
- a. Nodding your head in agreement
 - b. Facing the other person while he or she speaks
 - c. Maintaining eye contact
 - d. All of the above

Question 5

- _____ : Which would be the best situation for sending a group text?
- a. When organizing a trip to the mall with a group of friends
 - b. When breaking up with your boyfriend or girlfriend
 - c. When inviting your friends over to study
 - d. Both A and C

Question 6

- _____:
- You can communicate effectively using technology by:
- a. Carefully selecting which technology tool to use to reach your audience
 - b. Making sure your words are clear and specific
 - c. Avoiding sending group texts
 - d. Both A and B

Question 7

- _____:
- True or False: Once you send a photo or text, you have no way of taking it back.
- a. True
 - b. False

Question 8

- _____:
- In healthy relationships, it's important to:
- a. Be honest with each other about how you feel
 - b. Avoid having serious conversations or arguments over text
 - c. Pay attention to each other's nonverbal cues
 - d. All of the above

Question 9

- _____:
- True or False: There is never a good time to use sarcasm.
- a. True
 - b. False

Question 10

- _____:
- When listening to others, it can be helpful to repeat back to the speaker what we've heard them say. This is referred to as:
- a. Analyzing
 - b. Summarizing
 - c. Enunciating
 - d. Comprehending

Name: _____

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Resolving Conflicts Post-Assessment

Question 1

- _____:
- Which of the following is true about conflicts?
- They can happen internally, within yourself
 - They never occur with people you are really close to
 - They can occur because of hurt feelings or differences in opinions
 - Both A and C

Question 2

- _____:
- True or False: Conflicts can be difficult to resolve when people have strong emotions.
- True
 - False

Question 3

- _____:
- Which of the following is a good strategy for preventing a conflict from getting out of control?
- Stopping to consider how the other person is feeling
 - Keeping your thoughts, feelings or concerns to yourself
 - Focusing on identifying who is right and who is wrong
 - All of the above

Question 4

- _____:
- When resolving conflicts, you can use "I" statements to:
- Describe a person in negative ways
 - Get your points across while being sympathetic to the other person
 - Express how the other person's personality makes you feel
 - All of the above

Question 5

- _____:
- An example of an effective "I" statement would be:
- "I'm so mad at you for ignoring my texts. What's going on?"
 - "I feel upset when you ignore my texts because it feels like you don't care about our friendship."
 - "I don't think you care about our friendship. Why are you ignoring my texts?"
 - Both B and C

Question 6

- _____ : A solution to a conflict where both people are happy is called a:
- a. Lose-Win
 - b. Win-Lose
 - c. Lose-Lose
 - d. Win-Win

Question 7

- _____ : Leo and Rashid tied for first place in the Science Fair but there is only one prize. Instead of flipping a coin to see who gets to take home the prize money, they decide to split it. The solution to this conflict would be considered a:
- a. Lose-Lose
 - b. Win-Lose
 - c. Win-Win
 - d. Lose-Win

Question 8

- _____ : During a conflict, sometimes each person eases up to come to a solution. This is referred to as:
- a. A compromise
 - b. A mediation
 - c. A negotiation
 - d. None of the above

Question 9

- _____ : Which of the following statements about compromising is true?
- a. It's okay to compromise our deepest values in order to resolve conflict
 - b. Compromises always leave both people unhappy
 - c. We should never compromise if it means breaking important rules, or risking our safety
 - d. None of the above

Question 10

- _____ : Good apologies are:
- a. Genuine
 - b. Specific
 - c. Full of excuses
 - d. Both A and B

