

## TAKE THIS LESSON QUIZ

### 2B1 Lesson — Identifying Criteria to be Alert About

By taking the time required to perform the activities and study for lesson quizzes, you will gain far greater in-depth understanding and ability to apply what you learn about each lesson's content than otherwise possible. Such understanding will improve your self-awareness, your ability to converse about emotional intelligence, as well as improve your EQ. Take time to note, study, and memorize what this lesson has revealed to you about the following. Consider and practice ways you could share this knowledge with others in future casual conversation.

- Give at least two specific criteria about getting to know our minds better that are important to be alert about.
- Explain how alertness helps us improve our emotional intelligence.

**QUIZ INSTRUCTIONS:** Quiz questions are presented in two different formats. Review the study format quiz as much as necessary to absorb the answers to each question well. Once you feel confident that you know the answers, take the actual quiz. For a quick check, answers to actual quiz are listed on the separate page.

## 2B1 Lesson — Identifying Criteria to be Alert About

### LESSON QUIZ (Study Format)

1. Having a watchful concern toward how \_\_\_\_\_ and \_\_\_\_\_ we are applying our minds overall is essential to developing healthier minds.  
skillfully / appropriately
2. Having a watchful concern to observe the \_\_\_\_\_ quality of our driving is how we become more particular about our driving skills.  
current
3. Improving alertness overall relies on knowing what \_\_\_\_\_ to pay attention to.  
criteria
4. To become more *self-aware*, we need to know the \_\_\_\_\_ of paying closer attention to the \_\_\_\_\_ involved and know the criteria involved, as well.  
value / detailing
5. Webster's Dictionary defines *alertness* as: keenly attentive, watchful, trenchant, and actively \_\_\_\_\_ .  
observant
6. When we combine active attention with \_\_\_\_\_ of the particular detailing involved, we have a clearer basis to work from in order to improve any skill.  
familiarity
7. Without being purposeful about alertness, our minds can stray from engaged, guarded alertness to \_\_\_\_\_ attention or even \_\_\_\_\_ without our realizing that it is happening.  
casual / complacency
8. We might further compare the complexity of practicing alertness while driving to that of an orchestra conductor's \_\_\_\_\_ skills or other high-tech approaches to how we use the mind.  
multitasking
9. While driving, our \_\_\_\_\_ of the moment is paying close attention to our driving.  
priority
10. Alertness can expose a higher concentration of \_\_\_\_\_ than casual attention.  
detailing

11. With the unpredictable dynamics of driving, it may at any time be the one place we practice \_\_\_\_\_ that saves our lives or the lives of others.

alertness

12. Driving can go awry within as little as \_\_\_\_\_ seconds of distraction.

three

13. The most common accidents that result in the most debilitating injuries are on the \_\_\_\_\_.

roadways

14. There are many life experiences that require heightened attention. Four mentioned in this lesson, besides driving, are:

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

D. \_\_\_\_\_

A. Justifying a pay raise or keeping a job

B. Gaining points and winning . . . or losing a game

C. Playing a musical instrument without making mistakes

D. Improving grades in school

## 2B1 Lesson — Identifying Criteria to be Alert About

### ACTUAL QUIZ

1. Having a watchful concern toward how \_\_\_\_\_ and \_\_\_\_\_ we are applying our minds overall is essential to developing healthier minds.
2. Having a watchful concern to observe the \_\_\_\_\_ quality of our driving is how we become more particular about our driving skills.
3. Improving alertness overall relies on knowing what \_\_\_\_\_ to pay attention to.
4. To become more *self-aware*, we need to know the \_\_\_\_\_ of paying closer attention to the \_\_\_\_\_ involved and know the criteria to pay attention to.
5. Webster’s Dictionary defines *alertness* as: keenly attentive, watchful, trenchant, and actively \_\_\_\_\_ .
6. When we combine active attention with \_\_\_\_\_ of the particular detailing involved, we have a clearer basis to work from in order to improve any skill.
7. Without being purposeful about alertness, our minds can stray from engaged, guarded alertness to \_\_\_\_\_ attention or even \_\_\_\_\_ without our realizing that it is happening.
8. We might further compare the complexity of practicing alertness while driving to that of an orchestra conductor’s \_\_\_\_\_ skills or other high-tech approaches to how we use the mind.
9. While driving, our \_\_\_\_\_ of the moment is paying close attention to our driving.
10. Alertness can expose a higher concentration of \_\_\_\_\_ than casual attention.
11. With the unpredictable dynamics of driving, it may at any time be the one place we practice \_\_\_\_\_ that saves our lives or the lives of others.
12. Driving can go awry within as little as \_\_\_\_\_ seconds of distraction.
13. The most common accidents that result in the most debilitating injuries are on the \_\_\_\_\_ .
14. There are many life experiences that require heightened attention. Four mentioned in this lesson, besides driving, are:
  - A. \_\_\_\_\_
  - B. \_\_\_\_\_
  - C. \_\_\_\_\_
  - D. \_\_\_\_\_

## 2B1 Lesson — Identifying Criteria to be Alert About

### ACTUAL QUIZ ANSWERS

1. skillfully / appropriately
2. current
3. criteria
4. value / detailing
5. observant
6. familiarity
7. casual / complacency
8. multitasking
9. priority
10. detailing
11. alertness
12. three
13. roadways
14. A. Justifying a pay raise or keeping a job  
B. Gaining points and winning . . . or losing a game  
C. Playing a musical instrument without making mistakes  
D. Improving grades in school