

## TAKE THIS LESSON QUIZ

### 2B Lesson — Alertness Improves Self-Awareness

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 reasons why it is important to have a watchful concern toward how skillfully and appropriately we are applying our minds.
- Explain why we can too easily attend to less meaningful priorities, inappropriate thoughts and behavior, and develop a false sense of security.
- Describe why driving is one of the best ways to practice increasing alertness and begin exercising self-awareness.
- Explain how alertness improves self-awareness.

**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.

## 2B Lesson — Alertness Improves Self-Awareness

### LESSON QUIZ (Study Format)

1. Oftentimes, we only realize in \_\_\_\_\_ that we weren't as alert as we thought we were about a particular subject of behavior, after experiencing unfortunate \_\_\_\_\_.

hindsight / consequences

2. As we go through each day, the most important direction of our lives takes place rather subtly, right inside our \_\_\_\_\_.

heads

3. Alertness is a valuable tool that can resourcefully help us to \_\_\_\_\_ our minds better.

navigate

4. This lesson notes eight sources that we rely on to direct ourselves. Name them.

- |          |          |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |

vision, hearing, thoughts, reasoning, emotions, memory, reminder to-do lists, schedules

5. Alertness activates the mind from a somewhat more natural casual mode of thinking to a \_\_\_\_\_ tactical mode.

keener

6. The practice of increasing our alertness helps to strengthen our \_\_\_\_\_ senses as well as our \_\_\_\_\_.

physical / sensibilities

7. Keen attention to our behavior reduces the risk of behaviorally \_\_\_\_\_ and inappropriate \_\_\_\_\_.

awkward / mannerisms

8. Without such alert scrutiny, we don't necessarily screen and grade our thoughts or behavior in action—or even upon later \_\_\_\_\_.

reflection

9. By \_\_\_\_\_, we can be less observant, less detailed and less cautious than we realize.

habit

**10.** With reduced alertness, it allows us to too easily attend to less meaningful \_\_\_\_\_, inappropriate \_\_\_\_\_ and \_\_\_\_\_, as well as develop a false sense of security.

priorities / thoughts / behavior

**11.** Alertness is about tuning in versus tuning out or tuning down the \_\_\_\_\_ of the moment..

important concerns

**12.** The importance of alertness in its broadest perspective can compare to structure programmed into our computer security software; it's about developing a subtle \_\_\_\_\_ - based structure to how we apply our minds that provides far greater \_\_\_\_\_.

conscientious / security

**13.** Paying closer attention to how well we are \_\_\_\_\_ a vehicle helps to provide us with a better understanding of the active \_\_\_\_\_ involved in becoming more self-aware.

driving / detailing

**14.** No matter how careful we think we are behind the wheel, all drivers should occasionally \_\_\_\_\_ the quality of their driving.

reevaluate

**15.** We endanger roadways when we don't recognize that our concern about the quality of our driving has become too \_\_\_\_\_ and \_\_\_\_\_.

casual / complacent

**16.** The overall objective of practicing alertness while driving is to look for ways to focus intentionally toward the following three skill sets: 1) being more directed in your driving, 2) being more \_\_\_\_\_ conscious and 3) being more \_\_\_\_\_.

safety / courteous

**17.** Practicing alertness while driving requires combining and coordinating with better precision a wide range of elements, \_\_\_\_\_, and \_\_\_\_\_ that you are currently aware of, as well as looking for new ways to improve.

rules / guidelines

**18.** No doubt, a requirement for safer driving is \_\_\_\_\_ attention to the job of driving.

optimum

**19.** \_\_\_\_\_ is the leading cause of most car wrecks, according to the U.S. National Highway Traffic Safety Administration (NHTSA) and the Virginia Tech Transportation Institute.

Inattentive driving

**20.** Driving is a strategic activity that requires our best perception, using our physical senses as well as our \_\_\_\_\_ to attend to direction, courtesy and caution.

sensibilities

**21.** To evaluate our driving manner, we need to reduce \_\_\_\_\_ .

casual distractions

**22.** Accidents can happen within as little as \_\_\_\_\_ of being distracted, according to the NAHTSA and Virginia Tech Transportation Institute.

three seconds

**23.** This lesson lists the top 10 driver distractions. Name them.

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

(See list of 10 distractions in the lesson)

**24.** Driving can, at any time, become \_\_\_\_\_ and \_\_\_\_\_.

complex / tricky

**25.** A driver's response skills may call for \_\_\_\_\_ - \_\_\_\_\_ thinking in order to make accurate safety maneuvers.

split-second

**26.** This lesson lists *Four Tips about Alert Driving* that are important to be aware of before you begin to practice increasing your alertness. Briefly define them:

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_

(See Four Tips about Alert Driving at end of this lesson.)

## 2B Lesson — Alertness Improves Self-Awareness

### ACTUAL QUIZ

1. Oftentimes, we only realize in \_\_\_\_\_ that we weren't as alert as we thought we were about a particular subject of behavior, after experiencing unfortunate \_\_\_\_\_.
2. As we go through each day, the most important direction of our lives takes place rather subtly, right inside our \_\_\_\_\_.
3. Alertness is a valuable tool that can resourcefully help us to \_\_\_\_\_ our minds better.
4. This lesson notes eight sources that we rely on to direct ourselves. Name them.
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
  6. \_\_\_\_\_
  7. \_\_\_\_\_
  8. \_\_\_\_\_
5. Alertness activates the mind from a somewhat more natural casual mode of thinking to a \_\_\_\_\_ tactical mode.
6. The practice of increasing our alertness helps to strengthen our \_\_\_\_\_ senses as well as our \_\_\_\_\_.
7. Keen attention to our behavior reduces the risk of behaviorally \_\_\_\_\_ and inappropriate \_\_\_\_\_.
8. Without such alert scrutiny, we don't necessarily screen and grade our thoughts or behavior in action—or even upon later \_\_\_\_\_.
9. By \_\_\_\_\_, we can be less observant, less detailed and less cautious than we realize.
10. With reduced alertness, it allows us to too easily attend to less meaningful \_\_\_\_\_, inappropriate \_\_\_\_\_ and \_\_\_\_\_, as well as develop a false sense of security.
11. Alertness is about tuning in versus tuning out or down the \_\_\_\_\_ of the moment.
12. The importance of alertness in its broadest perspective can compare to structure programmed into our computer security software; it's about developing a subtle \_\_\_\_\_ - based structure to how we apply our minds that provides far greater \_\_\_\_\_.
13. Paying closer attention to how well we are \_\_\_\_\_ a vehicle helps to provide us with a better understanding of the active \_\_\_\_\_ involved in becoming more self-aware.

14. No matter how careful we think we are behind the wheel, all drivers should occasionally \_\_\_\_\_ the quality of their driving.
15. We endanger roadways when we don't recognize that our concern about the quality of our driving has become too \_\_\_\_\_ and \_\_\_\_\_.
16. The overall objective of practicing alertness while driving is to look for ways to focus intentionally toward the following three skill sets: 1) being more directed in your driving, 2) being more \_\_\_\_\_ conscious and 3) being more \_\_\_\_\_.
17. Practicing alertness while driving requires combining and coordinating with better precision a wide range of elements, \_\_\_\_\_, and \_\_\_\_\_ that you are currently aware of, as well as looking for new ways to improve.
18. No doubt, a requirement for safer driving is \_\_\_\_\_ attention to the job of driving.
19. \_\_\_\_\_ is the leading cause of most car wrecks, according to the U.S. National Highway Traffic Safety Administration (NHTSA) and the Virginia Tech Transportation Institute.
20. Driving is a strategic activity that requires our best perception, using our physical senses as well as our \_\_\_\_\_ to attend to direction, courtesy and caution.
21. To evaluate our driving manner, we need to reduce \_\_\_\_\_.
22. Accidents can happen within as little as \_\_\_\_\_ of being distracted, according to the NAHTSA and Virginia Tech Transportation Institute.
23. This lesson lists the top 10 driver distractions. Name them.
- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |
24. Driving can, at any time, become \_\_\_\_\_ and \_\_\_\_\_.
25. A driver's response skills may call for \_\_\_\_\_ - \_\_\_\_\_ thinking in order to make accurate safety maneuvers.
26. This lesson lists *Four Tips about Alert Driving* important to be aware of before you begin to practice increasing your alertness. Briefly describe them:
- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_

## 2 B Lesson — Alertness Improves Self-Awareness

### ACTUAL QUIZ ANSWERS

1. hindsight / consequences
2. heads
3. navigate
4. vision, hearing, thoughts, reasoning, emotions, memory, reminder to-do lists, schedules
5. keener
6. physical / sensibilities
7. awkward / mannerisms
8. reflection
9. habit
10. priorities / thoughts / behavior
11. important concerns
12. conscientious / security
13. driving / detailing
14. reevaluate
15. casual / complacent
16. safety / courteous
17. rules / guidelines
18. optimum
19. Inattentive driving
20. sensibilities
21. casual distractions
22. three seconds
23. (see top 10 driving distractions in lesson)
24. complex / tricky
25. split-second
26. (see list below)

### Four Tips about Alert Driving

1. Increasing our alertness is an energy investment that doesn't take extra time to study. You can practice it while doing most anything.
2. If you haven't been exercising alertness, doing so may cause a slight headache at first, similar to muscle aches that we get in other parts of our bodies when exercising after being sedentary for a while.
3. You can improve your chances of remaining alert by maintaining a healthy, erect posture.
4. There are four peripheral directions to scan while driving. Be aware of how frequently you scan them, especially the areas you can only see through your side and rear view mirrors.