2C TAKE THIS LESSON QUIZ



Take time to study the important highlights of this lesson and test yourself. As mentioned in earlier lessons, quiz questions are presented in two different formats. Review the study 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 the actual quiz are listed on page 8.

2C Lesson — ALERTNESS IMPROVES SELF-AWARENESS

Also study to absorb what this lesson has revealed to you about the following. Consider and practice ways you could share this knowledge with others in future 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.

2C 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. Alertness is a valuable tool that can resourcefully help us to __ __ __ __ __ __ __ __ our minds better.

navigate

3. 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

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

physical / sensibilities

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

awkward / mannerisms

6. Having a watchful concern toward how _ _ _ _ _ _ _ _ _ _ _ and _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ we are applying our minds overall is essential to developing healthier minds.

skillfully / appropriately

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

reflection

8. Reduced alertness allows us to attend to less meaningful _ _ _ _ _ _ _ _ _ _, inappropriate _ _ _ _ _ _ _ _ and _ _ _ _ _ _ _ _, as well as develop a false sense of security.

priorities / thoughts / behavior

9. Alertness is a mental preparedness that requires us to carefully _ _ _ _ _ _ _ our thinking, providing far greater _ _ _ _ _ _ _ _ toward creating healthier minds.

process /security

10. 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

11. We endanger roadways by failing to recognize _ _ _ _ _ _ or _ _ _ _ _ _ _ _ _ _ driving behavior.

casual / complacent



12. The United Nations named the second decade of the 21st Century (2011 – 2020) as "Decade of Action for __ __ __ __ __ __ __ __ __ __."

Road / Safety

13. No doubt, a requirement for safer driving is __ __ __ __ __ __ __ focus on the job of driving.

optimum

14. __ is the leading cause of most accidents, according to the U.S. National Highway Traffic Safety Administration (NHTSA) and the Virginia Tech Transportation Institute.

Inattentive driving

15. Driving is a strategic activity that requires our constant perception and focus, channeling the full array of our senses and __ __ __ __ __ __ __ __ __ __ __ __ __ for direction, courtesy, and caution.

sensibilities

16. To accurately evaluate our driving manner, it is important to eliminate __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ .

all distractions

17. A driver's response skills may call for __ __ __ __ __ – __ __ __ __ __ __ thinking in order to make critical safety maneuvers.

split-second

18. Name the top 10 driver distractions listed in this lesson.

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

(See list of 10 distractions in the lesson)

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

A._____

B._____

C._____

D._____

2C

A. Justifying a pay raise or keeping a job

B. Gaining points to win a game

C. Playing a musical instrument without making mistakes

D. Improving grades in school

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

A._____

B._____

C._____

D._____

(See *Seven Alert Driving Tips* on quiz page 8.)

2C 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. Alertness is a valuable tool that can resourcefully help us to __ __ __ __ __ __ __ __ our minds better.

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

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

4. The practice of increasing our alertness helps to strengthen our __ __ __ __ __ __ __ __ senses as well as our __ __ __ __ __ __ __ __ __ __ __ __ __.

5. Keen attention to our behavior reduces the risk of behaviorally __ __ __ __ __ __ __ and inappropriate __ __ __ __ __ __ __ __ __ __.

6. Having a watchful concern toward how __ __ __ __ __ __ __ __ __ __ and __ __ __ __ __ __ __ __ __ __ __ __ __ we are applying our minds overall is essential to developing healthier minds.

7. Without alert scrutiny, we don't necessarily screen and grade our thoughts or behavior in action—or even upon later __ __ __ __ __ __ __ __ __ __.

8. Reduced alertness allows us to attend to less meaningful __ __ __ __ __ __ __ __ __ __, inappropriate __ __ __ __ __ __ __ __ and __ __ __ __ __ __ __ __, as well as develop a false sense of security.

9. Alertness is a mental preparedness that requires us to carefully __ __ __ __ __ __ __ our thinking, providing far greater __ __ __ __ __ __ __ __ toward creating healthier minds.

10. To become more self-aware, we need to know the __ __ __ __ __ of paying closer attention to the __ __ __ __ __ __ __ __ __ involved and know the criteria involved, as well.



11. We endanger roadways by failing to recognize __ __ __ __ __ __ or __ __ __ __ __ __ __ __ __ __ driving behavior.

12. The United Nations named the second decade of the 21st Century (2011 – 2020) as "Decade of Action for __ __ __ __ __ __ __ __ __ __."

13. No doubt, a requirement for safer driving is __ __ __ __ __ __ __ focus on the job ofdriving.

14. __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ is the leading cause of most accidents, according to the U.S. National Highway Traffic Safety Administration (NHTSA) and the Virginia Tech Transportation Institute.

15. Driving is a strategic activity that requires our constant perception and focus, channeling the full array of our senses and __ __ __ __ __ __ __ __ __ __ __ __ __ for direction, courtesy, and caution.

16. To accurately evaluate our driving manner, it is important to eliminate __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ .

17. A driver's response skills may call for __ __ __ __ __ – __ __ __ __ __ __ thinking in order to make critical safety maneuvers.

18. Name the top 10 driver distractions listed in this lesson.

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

(See list of 10 distractions in the lesson)

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

A. _____
B. _____
C. _____
D. _____

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

A. _____

B. _____

C. _____

D. _____



2C Lesson — ALERTNESS IMPROVES SELF-AWARENESS

ACTUAL QUIZ ANSWERS

1. hindsight / consequences
2. navigate
3. vision, hearing, thoughts, reasoning, emotions, memory, reminder-to-do lists, and schedules
4. physical / sensibilities
5. awkward / mannerisms
6. skillfully/appropriately
7. reflection
8. priorities / thoughts / behavior
9. process /security
10. value / detailing
11. casual / complacent
12. Road / Safety
13. optimum
14. Inattentive driving
15. sensibilities
16. all distractions
17. split-second
18. (see top 10 driving distractions in lesson)
19. A. Justifying a pay raise or keeping a job
    B. Gaining points to win a game
    C. Playing a musical instrument without making mistakes
    D. Improving grades in school
20. See below

SEVEN ALERT DRIVING TIPS

1. Increasing our alertness is an energy investment that does not take extra time. We can practice alertness while driving or doing most any other task.
2. Exercising alertness is important, but doing so while driving may initially cause a slight headache, similar to muscle aches that we incur when exercising after being sedentary for a while.
3. Maintaining good posture while driving can improve our chances of remaining alert.
4. Scanning the side/rear view mirrors frequently is an important exercise for safety.
5. Too narrow a focus allows us a false sense of security.
6. Vehicle maintenance problems can arise with little or no warning. Perform regular service to avoid unnecessary stress and to keep safe.
7. We must be especially cautious of our mental state while driving and listening to music or paying attention to other factors, as we can become mesmerized and feel very comfortable while reducing our attention to safety matters more than we realize.

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