3C TAKE THIS LESSON QUIZ

To absorb more in-depth understanding of this lesson, it is important to drill and practice filling in the blanks of the study quiz. Take the final quiz only after adequate study. For a quick check, answers to actual quiz are listed on page 7.

3C Lesson — We can Improve the World— Emotionally

Review the disciplines that engineers must apply to do their jobs well that are similar to what we must also apply to be sure our complex minds are operating from an emotional intelligent stand point and exhibiting stability. Also practice ways you would explain the following to others in future casual conversations, and engineer situations to converse about them:

- Explain in your own words how we can improve the world—emotionally.
- Define ways that the planet is increasingly dependent upon more emotionally intelligent human beings.

After studying the vocabulary words, take time to write what you remember of the definitions:

1. **civility-** _____
2. **compassion-** _____
3. **competence-** _____
4. **conscience-** _____
5. **discretion-** _____
6. **resilience-** _____
7. **uneducated opinion-** _____

3C Lesson — QUIZ (Study Format)

1. Better understanding of healthy mind development can be a __ __ __ __ __ __ __ __ for making our world a safer and more peaceful place.

catalyst

2. Most every frustration, error, and endangerment we deal with fits within five categories of obstacles:



a._____ c._____

b._____ d._____

e._____

deficiencies, complexities, internal susceptibilities, external vulnerabilities, limitations of the mind

3. Quality reasoning requires that we consider many dynamics involved, such as whether our thoughts are sensible, credible, __ __ __ __, __ __ __ __ __ __ __ __ and __ __ __ __ __ __.

wise/ objective/ honest

4. Quality reasoning also requires understanding and avoiding possible distortions, such as:

a._____ e._____

b._____ f._____

c._____ g._____

d._____ h._____

irrationally assuming, justifying, generalizing, associating, exaggerating, discounting, denying, adhering to biased opinions, adhering to under-educated opinions

5. Learning to parent/govern ourselves with __ __ __ __ __ __ __ __ __ __ and __ __ __ __-__ __ __ __ __ __ __ helps us to avoid inappropriate persuasions, aggressions, neglect, and other poor behavior we might, otherwise, become __ __ __ __ __ __ __ __ __ __.

discretion/ self-honesty/ accustomed



6. Our concern for self-management empowers us to accept a healthy system of __ __ __ __ __, do's and don'ts, and other disciplines— especially when __ __ __ __ __ is necessary to endure challenging sacrifice.

rules/ force

7. By learning how to heighten __ __ __ __ __ __ __ __ __, broaden our __ __ __ __ __ of attention, and sharpen other mental skills, we can reduce common learning impairments.



alertness/ scope

8. We can build healthier behavior when we combine our talents, interests, and cultural knowledge with better understanding about the most __ __ __ __ __ __ __ __ and __ __ __ __ __ __ __ __ __ __ qualities to develop, and the __ __ __ __ __ __ __ __ __ __ and __ __ __ __ __ __ __ __ ones to avoid.

credible/ respectable/ unbecoming/ damaging

9. By considering the quality of what we __ __ __ __ __ __ __ in our diet and by prioritizing __ __ __ __ __ __ __ __, we are applying our emotional intelligence toward accepting healthful, yet difficult __ __ __ __ __ __ __ we must make to maintain our bodies.

include/ exercise/ choices

10. Seeing ourselves as we really are, and honestly appraising the capabilities and limitations of our minds can be simultaneously __ __ __ __ __ __ __ __ __ __ and __ __ __ __ __ __ __ __.

heartening / humbling

11. Moving beyond our self-centered perspective is important because such a narrow view-point easily allows us to accept being:

a._____ e._____

b._____ f._____

c._____ g._____

d._____ h._____

more biased, more unfair, less cooperative, less respectful, less appreciative, less discrete, less interested in others, less generous toward others

12. Improving professional standards reduces errors and minimizes __ __ __ __ __ __ __ __ __ behavior.

unethical

13. In the workplace, low standards can lead to __ __ __ __ __ __ __ __ __ __ __ __ __ __ __, reduced __ __ __ __ __ __ __ __, and __ __ __ __ __ __ __ __ __ __ __ __ __ to customers, employees, and employers.

dissatisfaction/ security/ endangerments

14. Our involvement in worthy causes helps us to respect and understand the needs and hardships of those outside our immediate circle of __ __ __ __ __ __ __ and __ __ __ __ __ __ __ __ __, which reduces the risk of __ __ __ __ __ __ __ __ __ __ __.

concern/ influence/ indifference

15. Emotional intelligence requires us to search out, identify, and act wisely on that which __ __ __ __ __ __ __.

matters

16. Sustaining life on earth and maintaining the __ __ __-__ __ __ __ __ __ __ is an EI essential, aimed at reducing the negative __ __ __ __ __ __ humanity has imposed upon the planet.

eco-balance/ impact

17. Emotionally intelligent __ __ __ __ __ __ __ __ __ __ __ and governing __ __ __ __ __ __ __ __ are important, if we are to develop a safer and healthier world.

citizenship/ policies

18. In order to build a better world, we must encourage EI __ __ __ __ __ __ __ __ __ __ __ and promote more emotionally intelligent __ __ __ __ __ __ __ __ __ __.

stewardship/ leadership

19. Emotional intelligence is, no doubt, the secret to __ __ __ __ __ __ __ __ healthier minds, getting the __ __ __ __ out of life, and developing a __ __ __ __ __ __ __ __ __ __ __ __ safer world.

building/ best/ behaviorally

3C Lesson — ACTUAL QUIZ

1. Better understanding of healthy mind development can be a __ __ __ __ __ __ __ __ for making our world a safer and more peaceful place.

2. Most every frustration, error, and endangerment we deal with fits within five categories of obstacles:

a._____ c._____

b._____ d._____

e._____

3. Quality reasoning requires that we consider many dynamics involved, such as whether our thoughts are sensible, credible, __ __ __ __, __ __ __ __ __ __ __ __ __ and __ __ __ __ __ __.

4. Quality reasoning also requires that we understand and avoid what can distort it, such as:

a._____ e._____

b._____ f._____

c._____ g._____

d._____ h._____

5. Learning to parent/govern ourselves with __ __ __ __ __ __ __ __ __ __ and __ __ __ __-__ __ __ __ __ __ __ helps us to avoid inappropriate persuasions, aggressions, neglect, and other poor behavior we might, otherwise, become __ __ __ __ __ __ __ __ __ __.

6. Our concern for self-management empowers us to accept a healthy system of __ __ __ __ __, do's and don'ts, and other disciplines— especially when __ __ __ __ __ is necessary to endure challenging sacrifice.

7. By learning how to heighten __ __ __ __ __ __ __ __ __, broaden our __ __ __ __ __ of attention, and sharpen other mental skills, we can reduce common learning impairments.

8. We can build healthier behavior when we combine our talents, interests, and cultural knowledge with better understanding about the most __ __ __ __ __ __ __ __ and __ __ __ __ __ __ __ __ __ __ qualities to develop, and the __ __ __ __ __ __ __ __ __ __ and __ __ __ __ __ __ __ __ ones to avoid.

9. By considering the quality of what we __ __ __ __ __ __ __ in our diet and by prioritizing __ __ __ __ __ __ __ __, we are applying our emotional intelligence toward accepting healthful, yet difficult __ __ __ __ __ __ __ we must make to maintain our bodies.

10. Seeing ourselves as we really are, and honestly appraising the capabilities and limitations of our minds can be simultaneously __ __ __ __ __ __ __ __ __ __ and __ __ __ __ __ __ __ __.

3C

11. Moving beyond our self-centered perspective is important because such a narrow viewpoint easily allows us to accept being:

a._____ e._____

b._____ f._____

c._____ g._____

d._____ h._____

12. Improving professional standards reduces errors and minimizes __ __ __ __ __ __ __ __ __ behavior.

13. In the workplace, low standards can lead to __ __ __ __ __ __ __ __ __ __ __ __ __ __, reduced __ __ __ __ __ __ __ __, and __ __ __ __ __ __ __ __ __ __ __ __ __ to customers, employees, and employers.

14. Our involvement in worthy causes helps us to respect and understand the needs and hard-ships of those outside our immediate circle of __ __ __ __ __ __ __ and __ __ __ __ __ __ __ __, which reduces the risk of __ __ __ __ __ __ __ __ __ __ __.

15. Emotional intelligence requires us to search out, identify, and act wisely on that which __ __ __ __ __ __ __.

16. Sustaining life on earth and maintaining the __ __ __-__ __ __ __ __ __ __ is an EI essential, aimed at reducing the negative __ __ __ __ __ __ humanity has imposed upon the planet.

17. Emotionally intelligent __ __ __ __ __ __ __ __ __ __ __ and governing __ __ __ __ __ __ __ __ are important, if we are to develop a safer and healthier world.

18. In order to build a better world, we must encourage EI __ __ __ __ __ __ __ __ __ __ and promote more emotionally intelligent __ __ __ __ __ __ __ __ __.

19. Emotional intelligence is, no doubt, the secret to __ __ __ __ __ __ __ __ healthier minds, getting the __ __ __ __ out of life, and developing a __ __ __ __ __ __ __ __ __ __ __ safer world.

3C Lesson — ACTUAL QUIZ ANSWERS

1. catalyst
2. deficiencies, complexities, internal susceptibilities, external vulnerabilities, limitations of the mind
3. wise/ objective/ honest
4. irrationally assuming, justifying, generalizing, associating, exaggerating, discounting, denying, adhering to biased, under educated opinions
5. discretion/ self-honesty/ accustomed
6. rules/ force
7. alertness/ scope
8. credible/ respectable/ unbecoming/ damaging
9. include/ exercise/ choices
10. heartening / humbling
11. more biased, more unfair, less cooperative, less respectful, less appreciative, less discrete, less interested in others, less generous toward others
12. unethical
13. dissatisfaction/security/ endangerments
14. concern/ influence/ indifference
15. matters
16. eco-balance/ impact
17. citizenship/ policies
18. stewardship/ leadership
19. building/ best/ behaviorally

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