

Unit 3: Hard self - Multiple Choice Questions (Part 1 of 4)

Jordan High Note - Grade 12 - Semester 1

1. To truly achieve your goals, you need a strong sense of _____ and perseverance. a) laziness b) determination c) hesitation d) weakness **Correct Answer:** b) determination
2. If she _____ hard, she would have passed the exam easily. a) studies b) studied c) had studied d) has studied **Correct Answer:** c) had studied
3. The concept of "resilience" in psychology refers to: a) The ability to resist change. b) The capacity to recover quickly from difficulties. c) A strong desire for material wealth. d) A tendency to avoid challenges. **Correct Answer:** b) The capacity to recover quickly from difficulties.
4. Facing challenges helps to _____ character and build inner strength. a) destroy b) weaken c) forge d) ignore **Correct Answer:** c) forge
5. He regretted _____ to his friend about his struggles. a) not talking b) not to talk c) doesn't talk d) didn't talk **Correct Answer:** a) not talking
6. In a discussion about overcoming obstacles, a speaker might emphasize the importance of: a) Giving up quickly. b) Blaming others for problems. c) A positive mindset and



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learning from failures. d) Avoiding any difficult situations.

Correct Answer: c) A positive mindset and learning from failures.

7. To overcome a major setback, one must have great inner _____. a) fragility b) weakness c) fortitude d) softness **Correct Answer:** c) fortitude

8. The marathon runner was _____ exhausted after the race. a) absolutely b) very c) quite d) fairly **Correct Answer:** a) absolutely (used with extreme adjectives like exhausted)

9. Choose the sentence with the correct comma usage: a) Despite the difficulties he never gave up. b) Despite the difficulties, he never gave up. c) Despite the difficulties he, never gave up. d) Despite, the difficulties he never gave up. **Correct Answer:** b) Despite the difficulties, he never gave up.

10. A documentary featuring stories of individuals who overcame significant challenges would primarily aim to inspire viewers about: a) The benefits of avoiding risks. b) The power of human resilience. c) The importance of material possessions. d) The ease of achieving success. **Correct Answer:** b) The power of human resilience.



Unit 3: Hard self - Multiple Choice Questions (Part 2 of 4)

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11. The word 'perseverance' means: a) Giving up easily. b) Continuing in a course of action despite difficulties. c) Avoiding challenges. d) Relying on others for help. **Correct Answer:** b) Continuing in a course of action despite difficulties.
12. They _____ completed the project by the deadline. a) has b) have c) had d) were **Correct Answer:** b) have
13. Which trait is most crucial for developing a 'hard self' or mental toughness? a) Impatience. b) Optimism. c) Complacency. d) Indecisiveness. **Correct Answer:** b) Optimism.
14. To commend someone for their efforts in overcoming a challenge, you might say: a) "That was easy for you." b) "You didn't try hard enough." c) "Well done, you really pushed through!" d) "I could have done better." **Correct Answer:** c) "Well done, you really pushed through!"
15. It takes a lot of _____ to admit your mistakes. a) cowardice b) courage c) fear d) shyness **Correct Answer:** b) courage



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16. She mentioned that she _____ to learn a new skill every year. a) tries b) is trying c) had tried d) tried
Correct Answer: a) tries
17. Choose the sentence with the correct use of quotation marks: a) He said, "I will be there at 8 PM. b) He said, "I will be there at 8 PM." c) He said "I will be there at 8 PM." d) He said, I will be there at 8 PM". **Correct Answer:** b) He said, "I will be there at 8 PM."
18. A motivational poster showing a person climbing a steep mountain would best represent the theme of: a) Relaxation. b) Overcoming adversity. c) Leisure activities. d) Environmental pollution. **Correct Answer:** b) Overcoming adversity.
19. Many people find it difficult to _____ from major failures. a) surrender b) recoil c) recover d) abandon
Correct Answer: c) recover
20. If you _____ to work hard, you will achieve your goals. a) choose b) choosing c) chosen d) are choosing
Correct Answer: a) choose



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21. What is meant by 'mental toughness' in the context of self-improvement? a) Being physically strong. b) The ability to ignore feelings. c) The capacity to perform consistently under pressure and recover from setbacks. d) Never experiencing any negative emotions. **Correct Answer:** c) The capacity to perform consistently under pressure and recover from setbacks.
22. People who possess great _____ can endure difficult situations without giving up. a) fragility b) resilience c) laziness d) fear **Correct Answer:** b) resilience
23. He _____ his best to succeed, even when things were tough. a) always doing b) is always doing c) always does d) had always done **Correct Answer:** c) always does
24. When encouraging someone to persevere, you might say: a) "It's impossible." b) "Just give up." c) "Keep pushing, you're almost there!" d) "You'll never make it." **Correct Answer:** c) "Keep pushing, you're almost there!"
25. The _____ of a strong work ethic is essential for long-term success. a) absence b) development c) decline d) destruction **Correct Answer:** b) development



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26. She wishes she _____ more time to dedicate to her personal growth. a) has b) had c) will have d) would have **Correct Answer:** b) had
27. Choose the sentence with the correct use of apostrophes: a) The students books are on the table. b) The student's books are on the table. c) The students' books are on the table. d) The student's' books are on the table. **Correct Answer:** c) The students' books are on the table. (Plural possessive)
28. A flowchart illustrating the steps to achieve a goal, from setting it to overcoming obstacles, is a good visual aid for a presentation on: a) Physical exercise routines. b) Goal setting and achievement strategies. c) Historical events. d) Cooking recipes. **Correct Answer:** b) Goal setting and achievement strategies.
29. Despite facing numerous _____ she never lost her determination. a) advantages b) successes c) obstacles d) opportunities **Correct Answer:** c) obstacles
30. He _____ used to be quite shy, but now he's very outgoing. a) would b) often c) used d) always **Correct Answer:** c) used



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31. Which of the following is a key component of emotional intelligence, important for building a 'hard self'?
- a) Suppressing all emotions. b) Blaming others for your feelings. c) Understanding and managing your own emotions, and recognizing others'. d) Never showing any weakness. **Correct Answer:** c) Understanding and managing your own emotions, and recognizing others'.
32. Setting _____ goals is crucial for staying motivated and persistent. a) unrealistic b) vague c) achievable d) impossible **Correct Answer:** c) achievable
33. By the time he was 30, he _____ a successful business. a) has started b) had started c) will start d) starts **Correct Answer:** b) had started
34. When giving advice on building resilience, you might say: a) "Don't bother trying." b) "Just give up when it gets tough." c) "Focus on what you can control and learn from setbacks." d) "It's all about luck." **Correct Answer:** c) "Focus on what you can control and learn from setbacks."
35. Developing a growth mindset involves believing that your abilities can be improved through _____ and



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dedication. a) fixedness b) effort c) talent d) complacency

Correct Answer: b) effort

36. She decided _____ her challenges head-on. a) to face b) facing c) face d) faced **Correct Answer:** a) to face

37. Choose the sentence with correct subject-verb agreement: a) The team members is highly motivated. b) The team members are highly motivated. c) Every one of the students are ready. d) Neither the coach nor the players was ready. **Correct Answer:** b) The team members are highly motivated.

38. A video showing testimonials from people who overcame significant life challenges would be effective in a presentation about: a) Financial planning. b) Personal development and strength. c) Geographic locations. d) Scientific discoveries. **Correct Answer:** b) Personal development and strength.

39. True _____ is not about never failing, but about rising every time you fall. a) weakness b) failure c) strength d) surrender **Correct Answer:** c) strength

40. He committed himself _____ his personal development goals. a) achieve b) to achieve c) to achieving d) for achieving **Correct Answer:** c) to achieving

