

## Unit 03: Hard Self – MCQs (1–10)

Prepared by: موقع المناهج الدراسية الأردن

1. What does the term “resilience” mean as used in the unit?

- A) Being physically strong
- B) Being easily influenced
- C) The ability to recover from difficulties
- D) The habit of avoiding risks

☑ Correct answer: C) The ability to recover from difficulties

2. Which prefix gives the opposite meaning of “motivated”?

- A) im-
- B) un-
- C) dis-
- D) non-

☑ Correct answer: B) un-

3. What is the correct passive form of: “Stress affects mental health”?

- A) Mental health is affected by stress.
- B) Mental health affects stress.
- C) Stress is affecting mental health.

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D) Mental health was affect by stress.

🔍 Correct answer: A) Mental health is affected by stress.

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4. Which sentence uses a conditional type 1 correctly?

A) If I train harder, I will win.

B) If I had trained, I would win.

C) If I train, I won.

D) If I training, I would win.

🔍 Correct answer: A) If I train harder, I will win.

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5. In the reading text, which of the following is NOT a characteristic of grit?

A) Passion

B) Persistence

C) Giving up

D) Long-term goals

🔍 Correct answer: C) Giving up

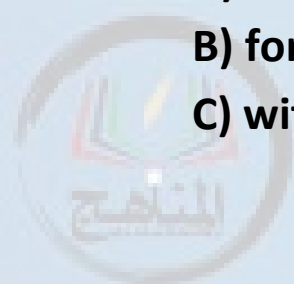
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6. Choose the correct form: "He succeeded \_\_\_\_ working under pressure."

A) in

B) for

C) with



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D) by

🔍 Correct answer: A) in

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7. Which expression from the unit means “to keep trying despite difficulties”?

A) Back off

B) Push through

C) Zone out

D) Pass over

🔍 Correct answer: B) Push through

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8. What does “self-discipline” help students to do?

A) Avoid planning

B) Rely on others

C) Manage their time and actions

D) Skip responsibilities

🔍 Correct answer: C) Manage their time and actions

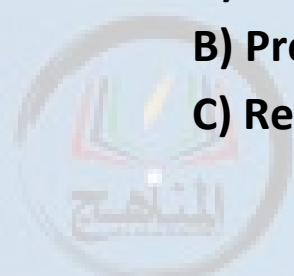
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9. In listening, what was the main advice given for handling failure?

A) Avoid talking about it

B) Pretend it didn't happen

C) Reflect and learn from it



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**D) Ignore future challenges**

**🔍 Correct answer: C) Reflect and learn from it**

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**10. Which of the following is an example of an internal motivation?**

**A) Getting a prize**

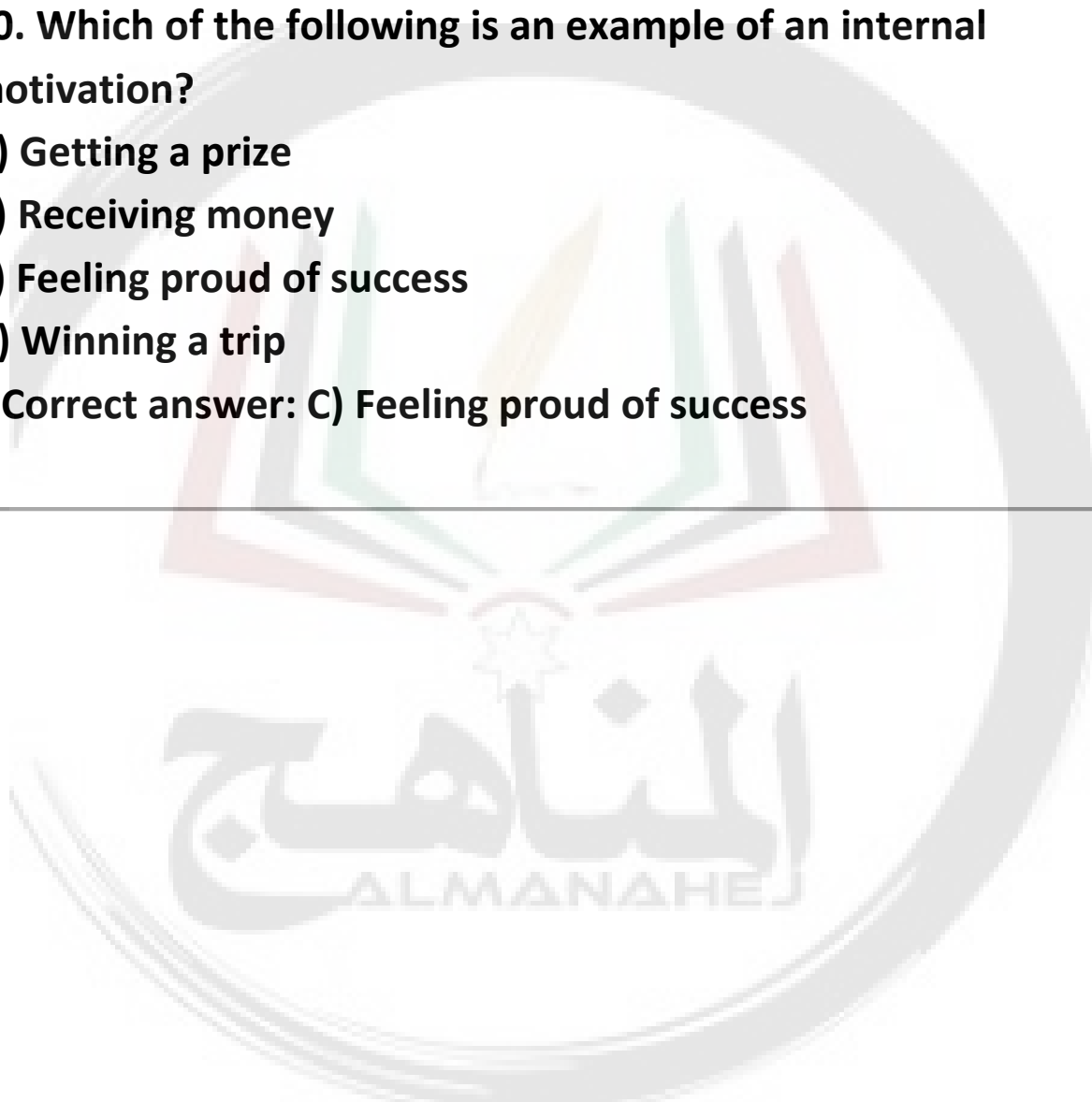
**B) Receiving money**

**C) Feeling proud of success**

**D) Winning a trip**

**🔍 Correct answer: C) Feeling proud of success**

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## Unit 03: Hard Self – MCQs (11–40)

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11. What does “mental toughness” mean?

- A) Never asking for help
- B) Ignoring emotions
- C) Staying focused under pressure
- D) Winning every challenge

☑ Correct answer: C) Staying focused under pressure

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12. Complete: “If she hadn’t panicked, she \_\_\_\_\_ better in the interview.”

- A) would do
- B) would have done
- C) did
- D) will do

☑ Correct answer: B) would have done

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13. In the context of personal growth, “reflection” means:

- A) Looking in the mirror
- B) Thinking about past experiences
- C) Reacting without thinking



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**D) Copying others**

**🔍 Correct answer: B) Thinking about past experiences**

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**14. What does “burnout” refer to?**

**A) Physical injury**

**B) Extreme fatigue from overwork**

**C) Fast exercise routine**

**D) A sunburn**

**🔍 Correct answer: B) Extreme fatigue from overwork**

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**15. Choose the correct sentence:**

**A) She made a big effort to stay focused.**

**B) She made an effort big to stay focused.**

**C) She efforted to stay focused.**

**D) She made big an effort.**

**🔍 Correct answer: A) She made a big effort to stay focused.**

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**16. “He bounced back quickly from failure.” What does “bounced back” mean?**

**A) Gave up**

**B) Improved steadily**

**C) Recovered**



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**D) Refused to continue**

**🔍 Correct answer: C) Recovered**

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**17. What is an example of a long-term goal?**

**A) Finishing homework**

**B) Studying for a quiz**

**C) Learning a new word**

**D) Becoming a doctor**

**🔍 Correct answer: D) Becoming a doctor**

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**18. Which word is a synonym of “challenge”?**

**A) Weakness**

**B) Struggle**

**C) Comfort**

**D) Delay**

**🔍 Correct answer: B) Struggle**

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**19. What’s the noun form of “persevere”?**

**A) Perseverance**

**B) Persevering**

**C) Persevered**

**D) Persuasion**

**🔍 Correct answer: A) Perseverance**



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**20. What is a suitable opening for a personal success story?**

- A) It was the worst day ever.**
- B) I never expected what happened next.**
- C) I hate talking about myself.**
- D) I had no idea what to do next.**

**🔍 Correct answer: B) I never expected what happened next.**

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**21. What is a benefit of self-awareness?**

- A) Becoming overconfident**
- B) Ignoring others**
- C) Understanding your strengths and limits**
- D) Reacting emotionally**

**🔍 Correct answer: C) Understanding your strengths and limits**

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**22. “Growth mindset” is the belief that:**

- A) Intelligence is fixed**
- B) You can improve with effort**
- C) Learning is only for young people**
- D) Success depends on luck**

**🔍 Correct answer: B) You can improve with effort**

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23. Choose the correct form: "She managed \_\_\_\_ her emotions."

- A) control
- B) controlling
- C) to control
- D) controlled

🔍 Correct answer: C) to control

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24. What's a synonym for "determined"?

- A) Unmotivated
- B) Committed
- C) Uncertain
- D) Passive

🔍 Correct answer: B) Committed

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25. "Time management" helps with:

- A) Sleeping more
- B) Avoiding responsibility
- C) Using time effectively
- D) Skipping deadlines

🔍 Correct answer: C) Using time effectively

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**26. In speaking, how can you express uncertainty politely?**

- A) I know for sure.**
- B) I'm not really sure, but...**
- C) That's wrong.**
- D) It must be false.**

**🔍 Correct answer: B) I'm not really sure, but...**

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**27. What does “stay grounded” mean in the unit?**

- A) Be lazy**
- B) Stay humble and realistic**
- C) Remain indoors**
- D) Get punished**

**🔍 Correct answer: B) Stay humble and realistic**

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**28. What’s a strategy for writing a motivational speech?**

- A) Use emotional language and real examples**
- B) Focus only on facts**
- C) Criticize mistakes**
- D) Avoid positive words**

**🔍 Correct answer: A) Use emotional language and real examples**

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**29. What is “self-regulation”?**

- A) Following others**
- B) Managing your own emotions and actions**
- C) Ignoring responsibilities**
- D) Telling people what to do**

**🔍 Correct answer: B) Managing your own emotions and actions**

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**30. Which is an example of positive self-talk?**

- A) I can't do anything right.**
- B) I'll fail again.**
- C) I'm capable of improving.**
- D) This is hopeless.**

**🔍 Correct answer: C) I'm capable of improving.**

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**31. Choose the correct collocation:**

- A) Set a confidence**
- B) Gain confidence**
- C) Lose a grit**
- D) Reach discipline**

**🔍 Correct answer: B) Gain confidence**

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**32. "He tends to procrastinate." What does "procrastinate" mean?**

- A) Focus deeply**
- B) Delay doing things**
- C) Work hard**
- D) Try new things**

**? Correct answer: B) Delay doing things**

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**33. What's the purpose of setting SMART goals?**

- A) To impress people**
- B) To set unrealistic targets**
- C) To define clear, achievable objectives**
- D) To avoid planning**

**? Correct answer: C) To define clear, achievable objectives**

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**34. Which sentence shows contrast?**

- A) He was tired, so he rested.**
- B) He was confident, although nervous.**
- C) He ran because he was late.**
- D) He worked and improved.**

**? Correct answer: B) He was confident, although nervous.**

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**35. What's a good visual for a presentation on personal development?**

- A) A photo of food**
- B) A map of the world**
- C) A graph showing habits vs results**
- D) A weather chart**

**🔍 Correct answer: C) A graph showing habits vs results**

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**36. "She's been working out regularly." What tense is this?**

- A) Present simple**
- B) Present perfect**
- C) Past perfect**
- D) Present perfect continuous**

**🔍 Correct answer: D) Present perfect continuous**

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**37. Choose the best title for a motivational blog:**

- A) My Lazy Life**
- B) Struggles Without Solutions**
- C) Building Strength Through Setbacks**
- D) Why Nothing Works**

**🔍 Correct answer: C) Building Strength Through Setbacks**

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**38. In speaking, what's a good way to emphasize a key point?**

- A) Say it very quickly**
- B) Say it once**
- C) Repeat it with strong tone**
- D) Skip it**

**🔍 Correct answer: C) Repeat it with strong tone**

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**39. What is one way to deal with negative feedback?**

- A) Argue immediately**
- B) Reflect and learn from it**
- C) Ignore it always**
- D) Blame others**

**🔍 Correct answer: B) Reflect and learn from it**

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**40. The phrase "come a long way" means:**

- A) Travelled a long distance**
- B) Improved significantly**
- C) Delayed progress**
- D) Gave up**

**🔍 Correct answer: B) Improved significantly**

