

Unit 5: Do your best - Multiple Choice Questions (Part 1 of 4)
Jordan High Note - Grade 12 - Semester 1

1. To achieve mastery in any skill, it requires consistent _____ and effort. a) negligence b) procrastination c) practice d) laziness Correct Answer: c) practice
2. If she _____ more time, she would have dedicated it to her personal development. a) had b) has c) will have d) would have Correct Answer: a) had
3. What does 'self-discipline' mean in the context of achieving goals? a) Relying on others to motivate you. b) The ability to control one's own feelings and overcome weaknesses. c) Giving up when faced with difficulties. d) Avoiding any form of routine. Correct Answer: b) The ability to control one's own feelings and overcome weaknesses.
4. Setting clear, _____ goals helps to maintain focus and motivation. a) ambiguous b) unrealistic c) measurable d) vague Correct Answer: c) measurable
5. He volunteered _____ extra hours to complete the project on time. a) working b) to work c) work d) works Correct Answer: b) to work
6. In a discussion about improving study habits, what advice is most likely to be given? a) Studying only at the last



minute. b) Avoiding breaks to maximize study time. c) Creating a study schedule and reviewing material regularly. d) Only studying subjects you enjoy. Correct Answer: c) Creating a study schedule and reviewing material regularly.

7. One must have the _____ to admit mistakes and learn from them. a) weakness b) courage c) fear d) reluctance Correct Answer: b) courage

8. They _____ their best work before the final deadline. a) have submitted b) had submitted c) will submit d) were submitting Correct Answer: b) had submitted

9. Choose the sentence with the correct use of a comma in a complex sentence: a) Because he was tired he went to bed early. b) Because he was tired, he went to bed early. c) Because, he was tired he went to bed early. d) Because he was tired he went to bed, early. Correct Answer: b) Because he was tired, he went to bed early.

10. A diagram illustrating a "SMART" goal (Specific, Measurable, Achievable, Relevant, Time-bound) would be most helpful for a presentation on: a) Random decision-making. b) Effective goal-setting strategies. c) Procrastination techniques. d) Avoiding responsibility. Correct Answer: b) Effective goal-setting strategies.



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11. What is the primary benefit of embracing a 'growth mindset'? a) Believing that intelligence is fixed. b) Becoming easily discouraged by failures. c) Viewing challenges as opportunities for learning and growth. d) Avoiding any effort. Correct Answer: c) Viewing challenges as opportunities for learning and growth.
12. He regretted not _____ his potential sooner in his career. a) realizing b) to realize c) realized d) realize Correct Answer: a) realizing
13. Which of the following is an effective strategy for overcoming procrastination? a) Waiting until the last minute to start tasks. b) Breaking down large tasks into smaller, manageable steps. c) Distracting yourself with social media. d) Blaming external factors for delays. Correct Answer: b) Breaking down large tasks into smaller, manageable steps.
14. To commend someone for their consistent effort, you might say: a) "You're lucky to be so good." b) "Your hard work and dedication are truly admirable!" c) "You should probably try harder." d) "It seems like you don't



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care much." Correct Answer: b) "Your hard work and dedication are truly admirable!"

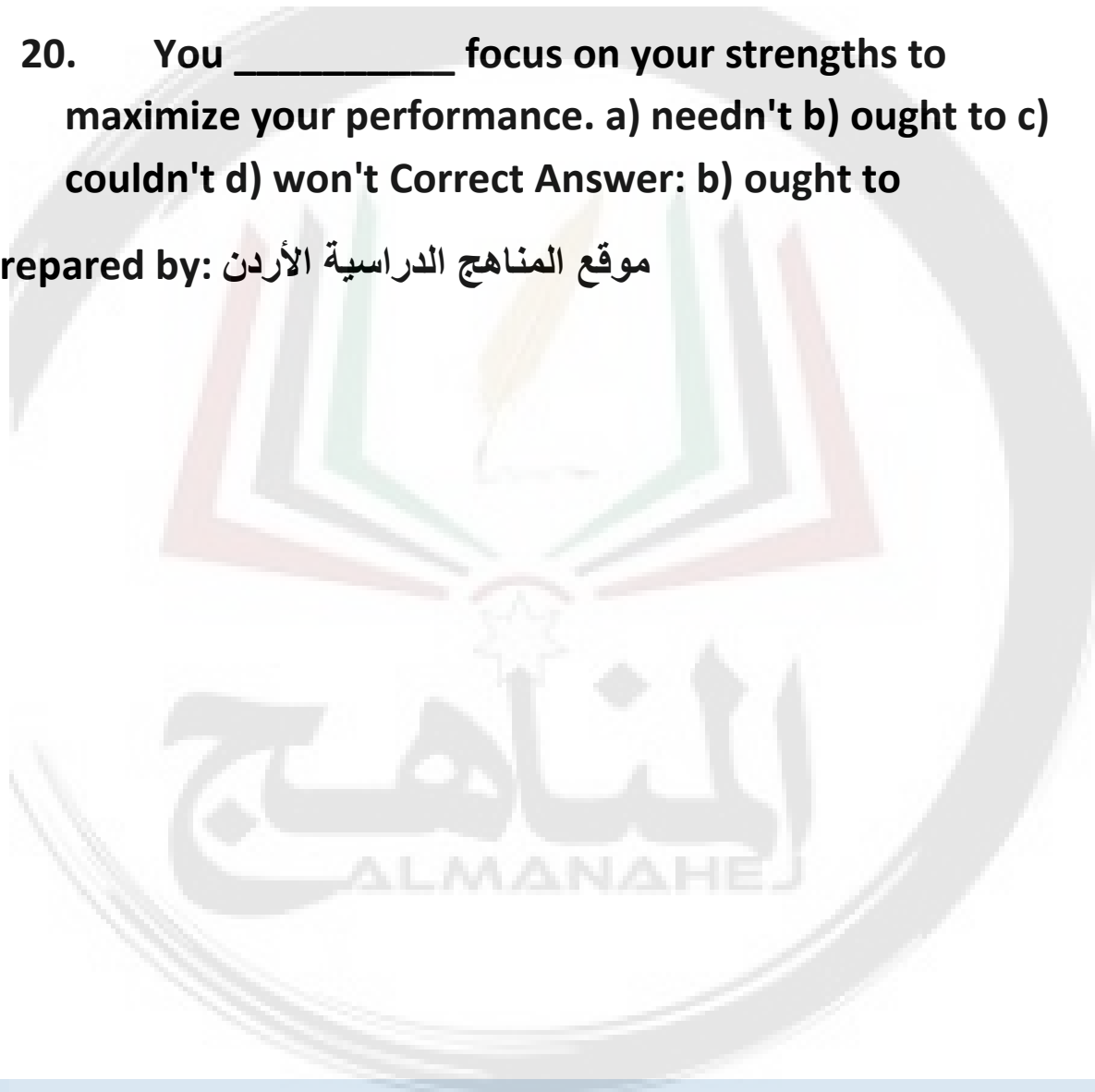
15. Effective goal setting involves making your goals _____, so you can track progress. a) vague b) measurable c) imaginary d) irrelevant Correct Answer: b) measurable
16. If she _____ to practice regularly, her skills would have improved significantly. a) decides b) had decided c) decided d) would decide Correct Answer: b) had decided
17. Choose the sentence that uses a colon correctly to introduce an explanation: a) He had one goal: to finish the marathon. b) He had one goal, to finish the marathon. c) He had one goal; to finish the marathon. d) He had one goal. To finish the marathon. Correct Answer: a) He had one goal: to finish the marathon.
18. A diagram showing a personal learning cycle (e.g., plan, act, reflect, adapt) would be most useful for a presentation on: a) Random learning. b) Strategies for continuous self-improvement. c) Avoiding self-assessment. d) Team sports. Correct Answer: b) Strategies for continuous self-improvement.



19. Overcoming academic challenges often requires strong _____ and self-discipline. a) laziness b) persistence c) apathy d) hesitation Correct Answer: b) persistence

20. You _____ focus on your strengths to maximize your performance. a) needn't b) ought to c) couldn't d) won't Correct Answer: b) ought to

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21. What is the main idea behind the concept of 'kaizen' (continuous improvement)? a) Making large, revolutionary changes quickly. b) Making small, incremental improvements over time. c) Maintaining the status quo without any changes. d) Relying on external factors for improvement. **Correct Answer: b) Making small, incremental improvements over time.**
22. A strong sense of _____ allows individuals to recover quickly from failures and learn from them. a) inflexibility b) fragility c) resilience d) dependence **Correct Answer: c) resilience**
23. She would have succeeded if she _____ her efforts consistently. a) maintains b) maintained c) had maintained d) has maintained **Correct Answer: c) had maintained**
24. When encouraging someone to learn from their mistakes, you might say: a) "Don't bother trying again." b) "Failure is the end of the road." c) "Every mistake is a learning opportunity." d) "You're not good enough." **Correct Answer: c) "Every mistake is a learning opportunity."**



25. Effective time management involves _____ tasks and avoiding distractions. a) delaying b) prioritizing c) ignoring d) multitasking Correct Answer: b) prioritizing
26. He admitted _____ some difficulties in his early attempts. a) to face b) facing c) faced d) to have faced Correct Answer: b) facing
27. Choose the sentence with the correct use of a comma in a list of adjectives: a) She wore a beautiful long red dress. b) She wore a beautiful, long, red dress. c) She wore a beautiful, long red dress. d) She wore a beautiful long, red dress. Correct Answer: b) She wore a beautiful, long, red dress.
28. A visual representation showing a person gradually mastering a skill, from beginner to expert, would be excellent for a presentation on: a) The impact of luck on success. b) The benefits of consistent effort and practice. c) How to avoid learning. d) The importance of natural talent only. Correct Answer: b) The benefits of consistent effort and practice.
29. To achieve your best, you need to develop a strong sense of personal _____. a) apathy b) accountability c) irresponsibility d) complacency Correct Answer: b) accountability



30. They decided _____ their best in the upcoming competition. a) doing b) to do c) do d) did Correct

Answer: b) to do

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31. What is the main idea behind the concept of 'personal best' in sports or academics? a) Competing only against others. b) Achieving a result that is better than one's previous personal performance. c) Always being the best among all competitors. d) Not setting any goals. Correct Answer: b) Achieving a result that is better than one's previous personal performance.
32. Effective learners are able to _____ feedback and use it for improvement. a) ignore b) reject c) incorporate d) criticize Correct Answer: c) incorporate
33. By the time he retires, he _____ over 30 years of experience in his field. a) will have b) will have had c) has d) had Correct Answer: b) will have had
34. When advising someone on how to overcome setbacks, you might say: a) "Just dwell on your failures." b) "It's impossible to recover from that." c) "Learn from your mistakes, adapt, and keep moving forward." d) "Blame someone else." Correct Answer: c) "Learn from your mistakes, adapt, and keep moving forward."



35. A key aspect of doing your best is maintaining _____ in your abilities. a) doubt b) disbelief c) confidence d) arrogance Correct Answer: c) confidence
36. She aims _____ a perfect score on her final exams. a) achieving b) to achieve c) achieve d) achieved Correct Answer: b) to achieve
37. Choose the sentence with the correct use of quotation marks for a title: a) Have you read the article "The Power of Positive Thinking"? b) Have you read the article "The Power of Positive Thinking"? c) Have you read the article "The Power of Positive Thinking?" d) Have you read the article "The Power of Positive Thinking".Correct Answer: b) Have you read the article "The Power of Positive Thinking"?
38. A short video showcasing individuals overcoming physical disabilities to achieve athletic feats would be most inspiring for a presentation on: a) The limitations of the human body. b) The spirit of perseverance and human potential. c) Medical advancements. d) The rules of adapted sports.Correct Answer: b) The spirit of perseverance and human potential.
39. The most _____ approach to learning a new language is daily practice. a) sporadic b) inconsistent c) effective d) rare Correct Answer: c) effective



40. They are determined _____ their full potential in their careers. a) reaching b) to reach c) reach d) reached Correct Answer: b) to reach

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