

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

1. To truly excel, students must commit to \_\_\_\_\_ and continuous improvement. a) laziness b) mediocrity c) excellence d) failure Correct Answer: c) excellence
2. If you \_\_\_\_\_ to achieve your goals, you must put in the effort. a) want b) wanted c) had wanted d) will want Correct Answer: a) want
3. What does the phrase 'strive for perfection' imply? a) Accepting mistakes. b) Making no effort. c) Always aiming for the highest possible standard. d) Never finishing a task. Correct Answer: c) Always aiming for the highest possible standard.
4. A positive \_\_\_\_\_ is essential for overcoming academic challenges. a) attitude b) setback c) failure d) doubt Correct Answer: a) attitude
5. She advised him \_\_\_\_\_ his studies seriously. a) to take b) taking c) take d) took Correct Answer: a) to take
6. In a speech about academic success, a speaker might emphasize the importance of: a) Procrastination. b) Setting realistic goals and time management. c) Avoiding difficult subjects. d) Relying solely on luck. Correct Answer: b) Setting realistic goals and time management.



7. To reach your full \_\_\_\_\_, you need to constantly challenge yourself. a) weakness b) potential c) limitation d) setback Correct Answer: b) potential
8. By the time he graduates, he \_\_\_\_\_ all the required courses. a) will complete b) will have completed c) is completing d) completes Correct Answer: b) will have completed
9. Choose the sentence with the correct use of a comma before a coordinating conjunction: a) He studied hard and he passed the exam. b) He studied hard, and he passed the exam. c) He studied hard and, he passed the exam. d) He studied hard, and he passed the exam. Correct Answer: b) He studied hard, and he passed the exam.
10. A poster showing a ladder reaching to the sky with steps labeled 'Effort', 'Practice', 'Persistence' would best represent the theme of: a) Avoiding hard work. b) The journey towards achieving excellence. c) Immediate success without effort. d) Giving up easily. Correct Answer: b) The journey towards achieving excellence.

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**Unit 5: Do your best - Multiple Choice Questions (Part 2 of 4)**  
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11. What does it mean to 'set high standards' for oneself? a) To have unrealistic expectations. b) To aim for excellence and challenging goals. c) To be easily satisfied with minimal effort. d) To never try anything new.  
Correct Answer: b) To aim for excellence and challenging goals.
12. He regretted \_\_\_\_\_ more time to practicing his presentation. a) not dedicating b) not to dedicate c) didn't dedicate d) won't dedicate Correct Answer: a) not dedicating
13. Which factor is considered most important for achieving peak performance in any field? a) Natural talent alone. b) Consistent practice and dedication. c) Relying on others to do the work. d) Avoiding any form of criticism. Correct Answer: b) Consistent practice and dedication.
14. To motivate someone to continue working hard, you might say: a) "It's too difficult, just quit." b) "You're doing great, keep up the excellent work!" c) "Why are you even trying?" d) "You'll probably fail anyway." Correct Answer: b) "You're doing great, keep up the excellent work!"



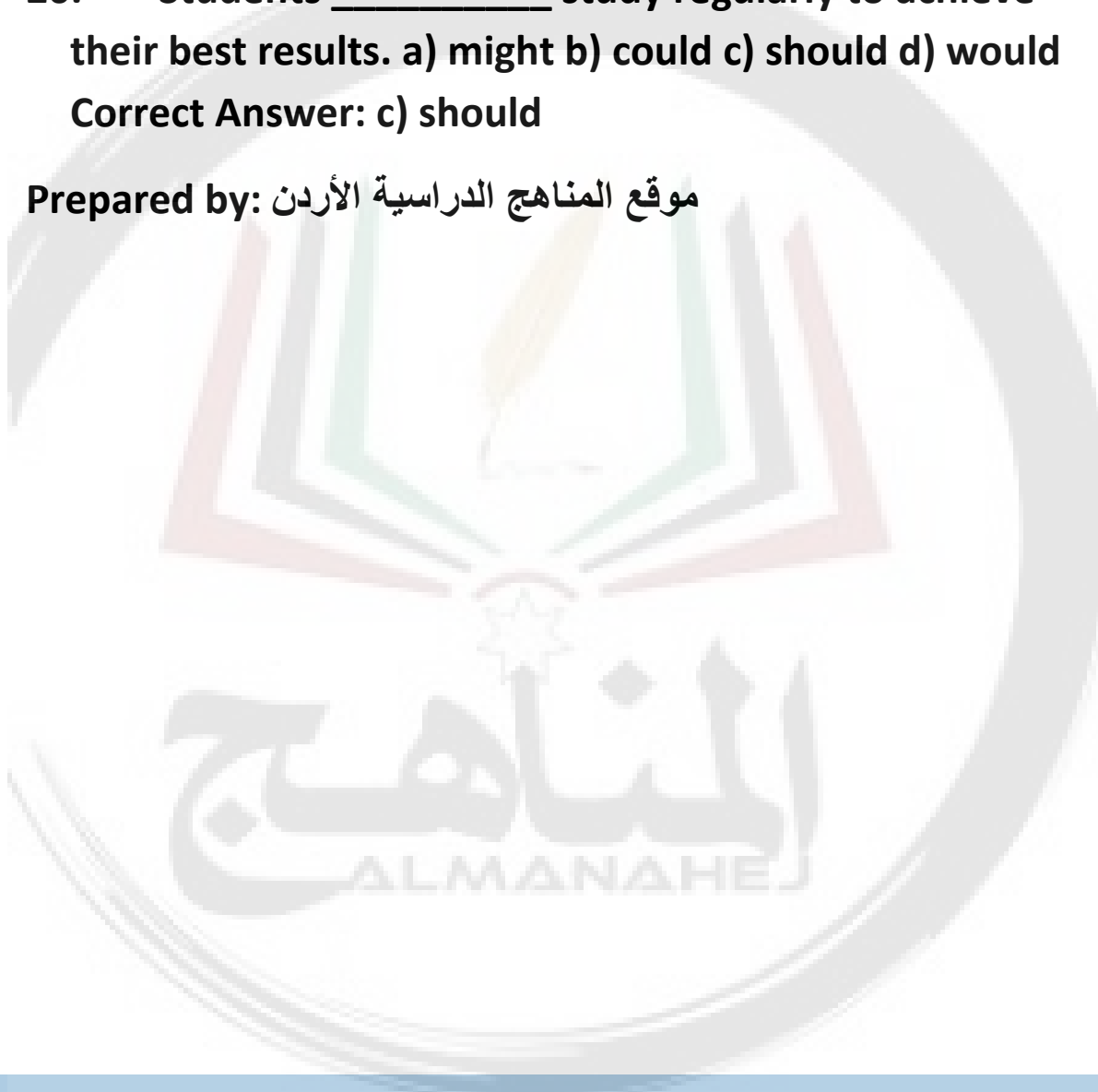
15. Successful individuals often show great \_\_\_\_\_ in the face of adversity. a) apathy b) weakness c) resilience d) indifference Correct Answer: c) resilience
16. She wished she \_\_\_\_\_ more confident when speaking in public. a) is b) were c) has been d) will be Correct Answer: b) were
17. Choose the sentence with the correct use of a comma to separate introductory elements: a) To be honest I don't think that's the best approach. b) To be honest, I don't think that's the best approach. c) To be honest I don't think, that's the best approach. d) To be honest I, don't think that's the best approach. Correct Answer: b) To be honest, I don't think that's the best approach.
18. A timeline showing the milestones in a famous athlete's career (e.g., first competition, winning a medal, overcoming an injury) would be most effective in a presentation about: a) The history of sports. b) The importance of setting and achieving personal bests. c) The rules of a game. d) Team dynamics. Correct Answer: b) The importance of setting and achieving personal bests.



19. It is important to receive constructive \_\_\_\_\_ to improve your performance. a) criticism b) praise c) feedback d) blame Correct Answer: c) feedback

20. Students \_\_\_\_\_ study regularly to achieve their best results. a) might b) could c) should d) would Correct Answer: c) should

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21. What is the benefit of 'deliberate practice' for improving skills? a) Mindless repetition. b) Focused effort on specific areas for improvement, with feedback. c) Practicing only what you are already good at. d) Avoiding any challenges. Correct Answer: b) Focused effort on specific areas for improvement, with feedback.
22. People who display great \_\_\_\_\_ are able to withstand pressure and setbacks without giving up. a) fragility b) apathy c) fortitude d) hesitation Correct Answer: c) fortitude
23. He asked if I \_\_\_\_\_ finished reading the book by the next day. a) will have b) would have c) have d) had Correct Answer: b) would have
24. When providing constructive criticism to help someone improve, you might say: a) "You're terrible at this." b) "You should give up." c) "I think you could improve by focusing on X." d) "There's no hope for you." Correct Answer: c) "I think you could improve by focusing on X."

25. The coach always encourages his team to push their \_\_\_\_\_ and achieve new personal bests. a) limits b)



comfort zones c) boundaries d) all of the above Correct Answer: d) all of the above

26. She insisted on \_\_\_\_\_ her own goals for the project. a) setting b) to set c) set d) sets Correct Answer: a) setting

27. Choose the sentence that correctly uses a dash to indicate a sudden break in thought: a) I was going to tell you something important but I forgot. b) I was going to tell you something important—but I forgot. c) I was going to tell you something important, but I forgot. d) I was going to tell you something important; but I forgot. Correct Answer: b) I was going to tell you something important—but I forgot.

28. A performance chart tracking an individual's progress over time (e.g., test scores, race times) would be an excellent visual for a presentation on: a) Random events. b) Demonstrating improvement and achieving personal bests. c) Economic fluctuations. d) Artistic expression. Correct Answer: b) Demonstrating improvement and achieving personal bests.

29. Continuous \_\_\_\_\_ is crucial for anyone aiming for long-term success. a) stagnation b) learning c) resistance d) regression Correct Answer: b) learning



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30. He was committed \_\_\_\_\_ his best effort in every task. a) giving b) to give c) to giving d) give Correct Answer: c) to giving

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31. What is the main characteristic of a 'growth mindset'? a) Believing that abilities are fixed and cannot change. b) Believing that abilities can be developed through effort and dedication. c) Avoiding challenges to protect self-esteem. d) Focusing only on outcomes, not the learning process. Correct Answer: b) Believing that abilities can be developed through effort and dedication.
32. Effective learners possess strong \_\_\_\_\_ skills, allowing them to manage their time and tasks efficiently. a) procrastination b) organizational c) avoidance d) distraction Correct Answer: b) organizational
33. By the end of the semester, students \_\_\_\_\_ several challenging projects. a) will complete b) will have completed c) are completing d) complete Correct Answer: b) will have completed
34. When celebrating someone's achievement of a personal best, you might say: a) "It was just luck." b) "You didn't try hard enough." c) "That's incredible, you truly outdid yourself!" d) "I expected more." Correct Answer: c) "That's incredible, you truly outdid yourself!"



35. To achieve your best, you need to set clear, \_\_\_\_\_ and time-bound goals. a) vague b) unachievable c) specific d) irrelevant Correct Answer: c) specific
36. He proposed \_\_\_\_\_ a study group to help everyone improve their grades. a) forming b) to form c) form d) forms Correct Answer: a) forming
37. Choose the sentence with the correct use of a comma to separate items in a series (Oxford comma): a) For the project, we need pens, paper and glue. b) For the project, we need pens, paper, and glue. c) For the project we need pens, paper, and glue. d) For the project, we need pens paper and glue. Correct Answer: b) For the project, we need pens, paper, and glue.
38. A video showcasing different study techniques (e.g., active recall, spaced repetition, mind mapping) would be most beneficial for a presentation on: a) How to avoid studying. b) Strategies for maximizing academic performance. c) The history of education. d) The importance of physical fitness. Correct Answer: b) Strategies for maximizing academic performance.
39. The most \_\_\_\_\_ way to learn is by actively engaging with the material. a) ineffective b) passive c) efficient d) boring Correct Answer: c) efficient



40. She looks forward \_\_\_\_\_ her final exam results. a) getting b) to get c) to getting d) get Correct Answer: c) to getting

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