

CHAPTER 7 QUIZ: COMMON CONCERNS OF THE ONLINE LEARNER

1. Vincent Tinto isolated nine factors that contribute to students' decision to leave college. When students feel unprepared and are unable to make a successful transition to college, what type of problem is it?
 - a. Academic difficulty
 - b. Adjustment
 - c. Uncertainty
 - d. Isolation

Answer: b. Adjustment.

When students feel unprepared and are unable to make a successful transition to college, it is known as an adjustment problem.

2. Another of Vincent Tinto's nine factors that contributes to students' decision to leave college early occurs when a college program is too challenging, or conversely, not challenging enough. When the student finds that his interactions do not support his needs, this is known as:
 - a. Goals
 - b. Commitments
 - c. Incongruence
 - d. Integration and community membership

Answer: c. Incongruence.

Incongruence results when a student finds that his interactions do not support his needs.

3. Bringing real world and job skills to the academic experience is a form of academic readiness.
 - a. True
 - b. False

Answer: a. True.

Many learners bring real world and job skills to the academic experience. These skills are good ways to become academically ready for school.

4. Which of the following describes the problem of negative thinking?
 - a. It undermines success because it reduces self-confidence.
 - b. It establishes a failure scenario.
 - c. It immobilizes the student with worry, doubt, and fatalism.
 - d. All of the above.

Answer: d. All of the above.

Negative thinking undermines success because it reduces self-confidence; immobilizes the student with worry, doubt, and fatalism; and establishes a failure scenario. When you

establish a success scenario instead, you encourage yourself to take action and bring your dreams to fruition.

5. It is natural to experience an ebb and flow of enthusiasm about your coursework.
 - a. True
 - b. False

Answer: a. True.

It is natural to experience an ebb and flow of enthusiasm about your coursework. However, if you find yourself becoming too apathetic and notice that your productivity is dropping, take time to consider factors that could be influencing this.

6. Setting goals is a way to aim high and avoid complacency. Which of the following is *not* a characteristic of good goal setting?
 - a. Set goals based on things that are important to you and that you desire.
 - b. Set high goals that are not achievable so that you will feel challenged.
 - c. State your goals positively and share them with people in your life.
 - d. Write down your goals.

Answer: b. Set high goals that are not achievable so that you will feel challenged.

It is important to set your goals high enough to be challenging, but make them reasonable enough to be achievable. If you set goals that are not achievable, you will have little motivation to try. This will result in complacency. Your goals should be achievable, based on things that are important to you, stated positively, and written down.

7. One of the ways to overcome procrastination is to avoid the least enjoyable tasks.
 - a. True
 - b. False

Answer: b. False.

If you avoid the least enjoyable tasks, you will continue to procrastinate them and not move forward. Instead, dive right in. Get the least enjoyable tasks out of the way and reward yourself for your accomplishments.

8. To perform at peak productivity, you need:
 - a. Mental and physical energy
 - b. A silent study space
 - c. A peer study group
 - d. Caffeine

Answer: a. Mental and physical energy.

To perform at peak productivity, you need mental energy—the kind that comes from cultivating your intellectual resource—and physical energy—the kind that comes from being healthy, rested, and strong.

9. Physical, mental, or emotional strain or tension that occurs when a person has trouble coping with a situation, event, or change is known as stress.
 - a. True
 - b. False

Answer: a. True.

Stress is physical, mental, or emotional strain or tension that occurs when a person has trouble coping with a situation, event, or change.

10. Which of the following is *not* a relaxation technique to help cope with stress?
- a. Meditation
 - b. Deep breathing
 - c. Writing in a journal
 - d. Cramming for a test

Answer: d. Cramming for a test.

Cramming for a test is *not* a relaxation technique to help cope with stress. Instead, study in advance and if you feel anxious before the test, try meditating, deep breathing, or writing your thoughts in a journal.