

Quiz Submissions - RCT-106 Quiz: Essential Workplace Skills

Submission View: Default View

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Attempt 1

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Submission View

Your quiz has been submitted successfully.

Question 1

0 / 1 point

Is this statement true or false? The brain can distinguish between a good habit and a bad habit.

- True
- ➔ False

Question 2

0 / 1 point

Is this statement true or false? Employability skills are skills you need to enter, stay in, and progress in the world of work?

- ➔ A) True
- B) False

Question 3

0 / 1 point

Which procrastination style is associated with: being overly concerned with not meeting high expectations and you work so hard you never finish (or sometimes, never start)? Select the correct response.

- Worrier
- Over-Doer
- ➔ Perfectionist
- Defier

Question 4

0 / 1 point

Which of the following are considered procrastination styles according to the Module 14 handout, 'Six Procrastination Styles'? Select the correct response.

- Micro-manager, fatalist, dreamer, over-doer
- Crisis-maker, responsibility dodger, heavy hitter, protagonist
- Critical thinker, browser, defier, worrier
- Dreamer, over-doer, worrier, perfectionist

Question 5

0 / 1 point

Is this statement true or false? Procrastination is a form of stress relief.

- A) True
- B) False

Question 6

0 / 1 point

What are the three basic steps at the heart of a habit? Select the correct response

- Cue, routine, reward
- Incentive, satisfaction, repetition
- craving, behaviour, change
- Control, ritual, reinforcement

Question 7

0 / 1 point

According to Duke University, what percentage of our daily routines are habit-based. Select the correct response

- 10%
- 40%
- 75%
- 67%

Question 8

0 / 1 point

Is this statement true or false? People who procrastinate are lazy.

- True
 - False
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Done