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.

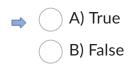
Question 1

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



Question 2

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



Question 3

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.



Question 4

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

0 / 1 point

0 / 1 point

0 / 1 point

0 / 1 point

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

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



Question 8

0 / 1 point

0 / 1 point

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



Done