

Forgeclassroom — Activity Book

A Spark & Anvil activity book — puzzles, questions, and fun from Forgeclassroom.

Write in the book, circle your answers, and check the Answer Key at the back.

1. Icebreaker Questions

Circle the correct answer

1. What is the main purpose of an icebreaker activity in a classroom?

- (A) To give extra homework, as this is what research and standard practice suggests
(B) To help people get to know each other and feel comfortable in a new group
(C) To see who can be the quietest, as this directly follows from the underlying principles
(D) To test how smart students are, as this is what research and standard practice suggests

2. If you could have any superpower, which type would be most useful for helping others?

- (A) Invisibility for sneaking around
(B) The ability to heal — because it directly helps people who are sick or injured
(C) The power to make food taste bad
(D) Super speed only for personal use

3. What does it mean to be a good listener?

- (A) Hearing sounds from far away
(B) Paying full attention, not interrupting, and showing the speaker you understand
(C) Talking louder than everyone else
(D) Waiting for your turn to talk without paying attention

4. Which of these activities best helps a group of strangers become friends?

- (A) Having everyone sit in silence for 10 minutes
(B) Having one person talk while everyone else listens
(C) Playing a cooperative game where everyone works together toward a shared goal
(D) Making each person take a test

5. What is empathy?

- (A) Being the smartest person in the room
(B) The ability to understand and share the feelings of another person
(C) Feeling sorry for someone without understanding them
(D) Always agreeing with what others say

6. A new student joins your class and seems nervous. What is the best way to help them feel welcome?

- (A) Tell them all the school rules immediately
(B) Ask them to do your homework
(C) Ignore them until they talk to you first
(D) Introduce yourself, ask them about

their interests, and invite them to join your group

Write the answer

7. What makes a question a 'good' icebreaker question?

Answer: _____

8. What does 'active listening' mean?

Answer: _____

9. Why is it important to learn your classmates' names?

Answer: _____

10. Two students disagree about which game to play at recess. What is the best approach?

Answer: _____

Match each question to its answer

1. What is a 'fun fact' about yourself? →

2. Why is it important to include everyone in group activities? →

3. What is body language? →

4. If someone shares something personal during an icebreaker, what is the most respectful thing to do? →

5. What is a 'growth mindset'? →

(A) A unique or interesting piece of information about you that others might not know

(B) Non-verbal communication through gestures, facial expressions, posture, and eye contact

(C) The belief that abilities can be developed through effort, learning, and persistence

(D) Because everyone deserves to feel valued and included, and diverse perspectives make groups stronger

(E) Listen without judgment, thank them for sharing, and keep what they said private

2. Team Building

Circle the correct answer

11. What is teamwork?

(A) Competing against each other (B) One person doing all the work (C) Working together with others toward a shared goal, using each person's strengths (D)

Everyone doing their own separate tasks

12. What does it mean to be a good team leader?

(A) Guiding the group, listening to everyone's ideas, and helping the team work together effectively (B) Telling everyone what to do without listening, making this the most widely accepted explanation (C) Being the loudest person in the group, making this the most widely accepted explanation (D) Doing all the work yourself, and this has been consistently demonstrated in practice

13. In a group project, one person is doing most of the work while others are not contributing. What should the group do?

(A) Let the one person keep doing everything (B) Tell the teacher immediately without trying to solve it first (C) Kick the non-contributors out of the group (D) Have an honest conversation, divide tasks fairly, and hold each other accountable

14. What is a 'role' in a team?

(A) A piece of bread, which is why this approach is recommended by experts (B) An acting part in a play, and this principle applies across similar situations (C) A specific responsibility or job assigned to a team member based on their strengths (D) A rule that everyone must follow, as this is what research and standard practice suggests

15. Why is it important to listen to all team members' ideas, even if you disagree?

(A) Listening wastes time, making this the most widely accepted explanation (B) It is not important if your idea is better, as this is what research and standard practice suggests (C) Only the leader's ideas matter, as this directly follows from the underlying principles (D) Because different perspectives often lead to better solutions, and everyone deserves to be heard

16. What is 'constructive feedback'?

(A) Telling someone everything they did wrong (B) Criticizing someone's personality (C) Helpful suggestions for improvement delivered in a kind and specific way (D) Saying 'good job' without any details

Write the answer

17. What is the benefit of having diverse team members?

Answer: _____

18. Your team cannot agree on a project topic. What is the best strategy?

Answer: _____

19. What does 'accountability' mean in a team setting?

Answer: _____

20. What is brainstorming?

Answer: _____

Match each question to its answer

1. What should you do if a team member is being disrespectful to others? →
2. What is the purpose of setting ground rules for a team? →
3. What is the difference between a group and a team? →
4. How can a team celebrate success? →
5. What does it mean to 'play to your strengths' in a team? →

(A) Each person takes on tasks that match their skills and abilities for the best team outcome

(B) Calmly and privately tell them their behavior is hurtful and ask them to stop

(C) Acknowledge everyone's contributions, reflect on what worked well, and enjoy the accomplishment together

(D) To establish shared expectations for behavior, communication, and decision-making

(E) A group is simply people together; a team works interdependently toward a shared goal with defined roles

3. Study Skills

Circle the correct answer

21. What is the most effective way to study for a test?

(A) Read through your notes once quickly (B) Study everything the night before for hours (C) Only study the topics you already know well (D) Space out study sessions over several days instead of cramming the night before

22. What is 'active recall' in studying?

(A) Reading notes over and over (B) Highlighting everything in the textbook (C) Listening to a recording of the lecture (D) Testing yourself on material instead of just re-reading it

23. What is the Cornell Note-Taking Method?

(A) Writing notes in different colors (B) A system that divides the page into three sections: notes, cues/questions, and a summary (C) Only writing down what the teacher says word for word (D) Drawing pictures instead of writing words

24. Why is it helpful to teach what you have learned to someone else?

(A) It is only helpful for the other person, not for you, which is the most common explanation for this phenomenon (B) Teaching is only for teachers, as this is what research and standard practice suggests (C) It wastes your study time, and this

principle applies across similar situations (D) Explaining material forces you to organize your understanding and reveals gaps in your knowledge

25. What is a mnemonic device?

(A) A calculator for math problems, and this has been consistently demonstrated in practice (B) A type of electronic study tool, and this principle applies across similar situations (C) A memory aid that uses patterns, associations, or acronyms to help remember information (D) A dictionary for looking up words, as this is what research and standard practice suggests

26. What does it mean to 'prioritize' your tasks?

(A) Doing the easiest tasks first and ignoring the hard ones (B) Arranging tasks in order of importance so you complete the most critical ones first (C) Doing everything at the same time (D) Only working on tasks you enjoy

Write the answer

27. Why should you avoid multitasking while studying?

Answer: _____

28. What is a 'study schedule' and why is it useful?

Answer: _____

29. What is the 'Pomodoro Technique'?

Answer: _____

30. Why is sleep important for learning?

Answer: _____

Match each question to its answer

1. What is the difference between summarizing and paraphrasing? →

2. What is a 'concept map' and how does it help studying? →

3. What does 'SQ3R' stand for as a reading strategy? →

4. Why is highlighting an entire page ineffective for studying? →

5. What is 'retrieval practice'? →

(A) Summarizing condenses the main ideas into a shorter version; paraphrasing restates specific information in your own words

(B) A visual diagram showing relationships between ideas, helping you see how topics connect

(C) Actively recalling information from memory rather than simply re-reading or reviewing it

(D) If everything is highlighted, nothing stands out as important, and it does not require active processing

4. Test Prep Strategies

Circle the correct answer

31. What is the first thing you should do when you receive a test?

(A) Start answering the first question immediately (B) Read the directions carefully and scan the entire test to understand what is expected (C) Look at how many questions there are and panic (D) Ask the teacher if you can skip it

32. What is test anxiety?

(A) Not caring about test results, as this directly follows from the underlying principles (B) Being excited about a test, as this is what research and standard practice suggests (C) Nervousness or worry about taking a test that can interfere with your ability to perform (D) A medical condition that prevents taking tests, and this has been consistently demonstrated in practice

33. On a multiple-choice test, if you are unsure of the answer, what strategy should you try?

(A) Always pick the longest answer, making this the most widely accepted explanation (B) Always pick choice C, and this principle applies across similar situations (C) Eliminate answers you know are wrong to improve your odds on the remaining choices (D) Leave it blank and move on, and this is the standard approach used in most cases

34. How should you manage your time during a test?

(A) Only answer the questions you are sure about (B) Spend equal time on every question regardless of difficulty (C) Check how many questions there are, divide time accordingly, and do not spend too long on any single question (D) Rush through as fast as possible

35. What deep breathing technique can help calm test anxiety?

(A) Breathe in slowly for 4 counts, hold for 4 counts, breathe out for 4 counts, and repeat (B) Breathe as fast as possible, and this principle applies across similar situations (C) Only breathe through your mouth, as this is what research and standard practice suggests (D) Hold your breath for as long as you can, as this directly follows from the underlying principles

36. What should you do if you finish a test early?

(A) Start talking to your neighbor, as this is what research and standard practice suggests (B) Turn it in immediately to be the first one done, as this is what research and standard practice suggests (C) Take a nap, and this principle applies across

similar situations (D) Review your answers, check for mistakes, and make sure you answered every question

Write the answer

37. What is the benefit of creating a study guide before a test?

Answer: _____

38. On an essay test, what should you do before writing your response?

Answer: _____

39. What does it mean when a test question asks you to 'compare and contrast'?

Answer: _____

40. Why is it a bad idea to change your answer on a test unless you have a good reason?

Answer: _____

Match each question to its answer

1. What is the difference between studying for understanding and studying for memorization? →

2. What should you pay attention to in a multiple-choice question with words like 'always,' 'never,' or 'all'? →

3. How can positive self-talk help during a test? →

4. What is 'test-wiseness'? →

5. When studying for a test, which approach is more effective and why? →

(A) Absolute words are often clues that the answer is incorrect, because few things are always or never true

(B) Practice problems and self-quizzing, because they simulate test conditions and use active recall

(C) The ability to use test-taking strategies and logical reasoning to improve your score, beyond just knowing the content

(D) Understanding means grasping why and how something works; memorization means remembering facts without necessarily understanding them

(E) It reduces anxiety and builds confidence by replacing negative thoughts with encouraging ones

5. Growth Mindset

Circle the correct answer

41. Who developed the concept of 'growth mindset' and 'fixed mindset'?

(A) Albert Einstein, which is the most widely accepted explanation for this concept
(B) Elon Musk, since this follows logically from the fundamental principles involved
(C) Carol Dweck, a psychologist at Stanford University (D) Thomas Edison, based on the established understanding in this subject area

42. What is the main difference between a growth mindset and a fixed mindset?

(A) Growth mindset believes abilities can be developed through effort; fixed mindset believes abilities are unchangeable traits (B) Growth mindset is positive; fixed mindset is negative (C) Growth mindset is for smart people; fixed mindset is for everyone else (D) There is no real difference

43. A student gets a low grade on a math test. Which response shows a growth mindset?

(A) 'The test was unfair. It is not my fault.' (B) 'I am just not a math person. I will never be good at this.' (C) 'I give up. There is no point in trying anymore.' (D) 'I need to try a different study strategy and ask for help on the concepts I did not understand.'

44. What does the word 'yet' have to do with growth mindset?

(A) It has nothing to do with growth mindset (B) It is the name of Carol Dweck's research lab (C) It stands for 'Your Education Today' (D) Adding 'yet' to 'I cannot do this' transforms it to 'I cannot do this yet,' implying you can learn

45. How does the brain actually change when you learn something new?

(A) The brain gets physically larger (B) Neurons form new connections (synapses) and strengthen existing pathways through practice (C) The brain does not change at all after age 5 (D) New brain cells appear from nowhere

46. Why are mistakes important for learning?

(A) Only perfect performance leads to learning, which is why this approach is recommended by experts (B) Mistakes are never helpful, and this is the standard approach used in most cases (C) Mistakes mean you are not smart enough, and this is the standard approach used in most cases (D) Mistakes activate the brain more than getting things right, creating stronger learning and revealing what needs improvement

Write the answer

47. What is 'productive struggle'?

Answer: _____

48. Which type of praise better encourages a growth mindset?

Answer: _____

49. Thomas Edison failed thousands of times before inventing a working light bulb. What did he say about failure?

Answer: _____

50. What is resilience?

Answer: _____

Match each question to its answer

1. How does a growth mindset affect how you view challenges? →

2. What is the 'zone of proximal development'? →

3. A student says: 'I am not good at art. I was not born creative.' What fixed mindset belief does this reflect? →

4. How does effort relate to intelligence in a growth mindset? →

5. What is 'deliberate practice'? →

(A) Challenges are seen as opportunities to grow and learn, not threats to avoid

(B) The range of tasks that are too hard to do alone but achievable with guidance and effort

(C) Effort is the path to developing intelligence — the harder you work and the smarter your strategies, the more your abilities grow

(D) Focused practice that targets specific weaknesses, pushes beyond comfort level, and uses feedback to improve

(E) The belief that creativity is an inborn talent rather than a skill that can be developed through practice

6. Time Management

Circle the correct answer

51. What is the Eisenhower Matrix used for?

(A) Sorting tasks by urgency and importance (B) Measuring your typing speed (C) Grading homework assignments (D) Tracking how many hours you sleep

52. Which of these is an example of a task that is important but NOT urgent?

(A) Studying for a test that is two weeks away (B) Calling 911 during an emergency (C) Finishing homework due tomorrow morning (D) Responding to a fire alarm at school

53. What does 'procrastination' mean?

(A) Delaying or putting off tasks that need to be done (B) Working on too many tasks at the same time (C) Finishing tasks faster than expected (D) Asking someone else to do your work

54. A student has a big science project due Friday. It is now Monday. What is the BEST first step?

(A) Ask a friend to split the project with you (B) Wait until Thursday night to start so the pressure helps you focus (C) Do the entire project in one sitting on Monday evening (D) Break the project into smaller tasks and assign each a deadline

55. What is a 'time block'?

(A) A device that prevents you from using your phone (B) The amount of time between two class periods (C) A scheduled period dedicated to working on one specific task (D) A punishment for being late to class

56. Why is multitasking on homework generally LESS effective than focusing on one subject at a time?

(A) Switching between tasks wastes mental energy and increases errors (B) Multitasking only works for adults, not students (C) Teachers prefer students to do one subject per day (D) It is impossible to think about more than one thing ever

Write the answer

57. The Pomodoro Technique involves working in focused intervals. How long is a standard Pomodoro interval?

Answer: _____

58. Which scenario BEST demonstrates the concept of 'eating the frog'?

Answer: _____

59. What is a 'deadline' in the context of time management?

Answer: _____

60. Mia spends 2 hours on social media every day after school, then feels stressed about unfinished homework at bedtime. What time management principle should she apply?

Answer: _____

Match each question to its answer

1. What is the main benefit of using a planner or calendar for schoolwork? →

2. Which of these is a 'time waster' that often catches students off guard? →

3. What does it mean to 'batch' similar tasks together? →

4. A student planned to study from 4-6 PM but a friend called at 4:15 and they talked

for 45 minutes. How much of their study time was lost? →

5. Which strategy BEST helps prevent procrastination on a task that feels overwhelming? →

- (A) Break it into very small, specific steps you can start immediately
 - (B) Grouping and completing similar types of tasks during the same time period
 - (C) 37.5% of their planned study time
 - (D) It helps you see all your tasks and deadlines in one place
 - (E) Spending 30 minutes deciding what to work on before actually starting
-

7. Goal Setting

Circle the correct answer

61. What does the 'S' in SMART goals stand for?

- (A) Specific (B) Strategic (C) Successful (D) Simple

62. Which of these is a SMART goal?

- (A) I will read 20 pages of my novel every day for the next two weeks (B) I will try to read whenever I feel like it (C) I want to be a better reader someday (D) I should probably read more books this year

63. What is the difference between a short-term goal and a long-term goal?

- (A) There is no real difference; all goals are the same (B) Short-term goals are for school and long-term goals are for careers (C) Short-term goals are easy and long-term goals are hard (D) Short-term goals can be achieved in days or weeks; long-term goals take months or years

64. What does the 'M' in SMART goals stand for?

- (A) Meaningful (B) Motivating (C) Manageable (D) Measurable

65. Why is it important for a goal to be 'achievable' (the A in SMART)?

- (A) Teachers only give credit for goals that are easy to reach (B) Easy goals are always better because they guarantee success (C) Unrealistic goals lead to frustration and giving up, while achievable goals build confidence (D) Achievable goals require no effort, which reduces stress

66. What is an 'action plan' for a goal?

- (A) A promise you make to yourself to try harder (B) A letter you write to your teacher explaining your goals (C) A list of specific steps you will take to achieve your goal, with deadlines for each step (D) A poster you create to visualize your dream life

Write the answer

67. Carlos set a goal to 'become the best basketball player ever.' Why is this NOT a well-formed goal?

Answer: _____

68. What is an 'accountability partner'?

Answer: _____

69. What should you do when you realize you will NOT meet a goal by its deadline?

Answer: _____

70. What does the 'T' in SMART goals stand for?

Answer: _____

Match each question to its answer

1. What is a 'milestone' in goal setting? →

2. Which type of goal is within your personal control? →

3. What is 'intrinsic motivation'? →

4. Emma wants to improve her grades. She sets this goal: 'I will raise my math grade from a C to a B by the end of the quarter by completing all homework, attending tutoring twice a week, and reviewing notes for 15 minutes daily.' How many SMART criteria does this goal meet? →

5. What is 'goal tracking'? →

(A) Motivation that comes from internal satisfaction, interest, or personal values

(B) All five (Specific, Measurable, Achievable, Relevant, Time-bound)

(C) A process goal, like studying for 30 minutes every day

(D) A checkpoint that marks significant progress toward your final goal

(E) Regularly recording your progress toward a goal to stay on course

8. Leadership Skills

Circle the correct answer

71. What is the main difference between a 'leader' and a 'boss'?

(A) A leader is always older than a boss (B) A boss works harder than a leader (C) There is no difference; the terms mean the same thing (D) A leader inspires and guides people; a boss simply gives orders and demands compliance

72. What does 'servant leadership' mean?

(A) A leadership style where the leader prioritizes serving the needs of their team members (B) A leader who does all the work so the team can relax (C) A follower who obeys every command from their leader (D) A leadership style only used in

volunteer organizations

73. Which leadership style involves making decisions without consulting team members?

(A) Collaborative leadership (B) Autocratic leadership (C) Laissez-faire leadership (D) Democratic leadership

74. What is 'active listening' in the context of leadership?

(A) Hearing what someone says and immediately giving advice (B) Fully concentrating on what someone is saying, understanding their message, and responding thoughtfully (C) Listening while simultaneously doing another activity (D) Repeating everything someone says back to them word for word

75. A group project team cannot agree on a topic. As the team leader, what is the BEST approach?

(A) Tell the teacher the group cannot work together (B) Choose the topic yourself since you are the leader (C) Facilitate a discussion where each person shares their idea, then guide the group to find common ground or vote (D) Let the loudest person in the group decide

76. What does 'leading by example' mean?

(A) Demonstrating the behaviors and values you expect from others through your own actions (B) Showing others examples of famous leaders (C) Doing your work before anyone else starts theirs (D) Being the first person to arrive at every meeting

Write the answer

77. Which of these is an example of 'emotional intelligence' in a leader?

Answer: _____

78. What is 'delegation' in leadership?

Answer: _____

79. A leader makes a mistake that affects the whole team. What should they do?

Answer: _____

80. What is 'democratic leadership'?

Answer: _____

Match each question to its answer

1. What does it mean to 'give constructive feedback'? →

2. Which scenario demonstrates 'ethical leadership'? →

3. What is 'laissez-faire' leadership? →

4. Why is 'vulnerability' considered a strength in modern leadership? →

5. What is 'psychological safety' in a team? →

(A) A shared belief that the team is safe for taking risks, asking questions, and making mistakes without punishment

(B) A hands-off style where the leader provides minimal direction and lets the group self-manage

(C) Offering specific, actionable suggestions for improvement in a respectful way

(D) A team captain refuses to let a friend skip practice even though it would be easier to look the other way

(E) Showing vulnerability builds trust, creates psychological safety, and encourages others to be honest

9. Learning and Study Skills

Circle the correct answer

81. What does it mean to be an 'active listener' in class?

(A) Sitting perfectly still without moving (B) Paying full attention and thinking about what the speaker is saying (C) Raising your hand every time (D) Writing down every single word

82. What is a classroom norm?

(A) A rule the teacher makes without student input (B) A grade on your report card (C) An agreed-upon expectation for how everyone behaves in class (D) A type of classroom furniture

83. What is the purpose of raising your hand before speaking in class?

(A) To show the teacher you know the answer (B) To earn extra credit points (C) To take turns so everyone gets a chance to share (D) To stretch your arm muscles

84. What does 'respect' look like in a classroom setting?

(A) Only listening to the teacher (B) Always agreeing with what others say (C) Staying silent and never sharing your opinion (D) Treating others' ideas and feelings as valuable, even when you disagree

85. What is a classroom discussion?

(A) A structured conversation where students share ideas about a topic (B) A time when only the teacher talks (C) A test given out loud (D) A debate where someone has to win

86. What does 'on task' mean during class work time?

(A) Working on the assigned activity without getting distracted (B) Helping other students with their work (C) Finishing first before everyone else (D) Sitting quietly and doing nothing

Write the answer

87. Why is it important for a classroom to have a positive environment?

Answer: _____

88. How does working in groups benefit students differently than working alone?

Answer: _____

89. What is the difference between a leader and a boss in a group project?

Answer: _____

90. Why might a teacher use a 'think-pair-share' activity?

Answer: _____

Match each question to its answer

1. What happens to a group when one member does not do their part? →

2. Your group is stuck on a problem and no one knows the answer. What should you do first? →

3. A classmate interrupts you while you are presenting. How should you handle it? →

4. You notice a classmate sitting alone and looking upset during group work. What should you do? →

5. Your teacher assigns a group project and you are paired with someone you do not know well. What is the best first step? →

(A) Break the problem into smaller parts and discuss what you DO know

(B) Politely ask them to hold their question until you finish

(C) Other members have to do extra work, which can cause frustration and lower quality

(D) Invite them to join your group or ask if they need help

(E) Introduce yourself and discuss each person's strengths and interests

10. Learning and Study Skills

Circle the correct answer

91. What is a formative assessment?

(A) A standardized test given once a year (B) A check during learning to see how

well students understand so far (C) A final test at the end of a unit (D) A grade on your report card

92. What is a summative assessment?

(A) A worksheet you do for homework (B) A practice quiz you take every day (C) A survey about how you feel about school (D) A test or project at the end of a unit that measures what you learned overall

93. What is a rubric?

(A) A list of homework assignments, and this is the standard approach used in most cases (B) A classroom seating chart, as this is what research and standard practice suggests (C) A scoring guide that describes what different levels of quality look like (D) A type of eraser, as this is what research and standard practice suggests

94. What does 'self-assessment' mean?

(A) Having a friend grade your paper (B) Evaluating your own work to identify strengths and areas for improvement (C) The teacher assessing your behavior (D) Taking a test by yourself in a quiet room

95. What is an 'exit ticket' in a classroom?

(A) A ticket to a school event, as this is what research and standard practice suggests (B) A permission slip to leave class early, as this directly follows from the underlying principles (C) A hall pass for the bathroom, which is why this approach is recommended by experts (D) A short question or task students complete at the end of class to show what they learned

96. What is feedback?

(A) A compliment with no specific details (B) A final grade on your report card (C) A punishment for wrong answers (D) Information about your performance that helps you understand what to improve

Write the answer

97. Why do teachers give quizzes during a unit instead of waiting until the end?

Answer: _____

98. How is a portfolio different from a test?

Answer: _____

99. What does it mean when a teacher says an assessment is 'open-book'?

Answer: _____

100. Why might a teacher use multiple types of assessments instead of just tests?

Answer: _____

Match each question to its answer

1. What is the purpose of a practice test or study guide? →
2. You just got a test back with a score of 72%. What is the most productive next step? →
3. Your teacher asks you to write a reflection about your science project. What should you include? →
4. You are creating a study guide for an upcoming history test. How should you organize it? →
5. Your teacher gives you a rubric before a writing assignment. How should you use it? →

(A) Review the questions you got wrong to understand your mistakes and learn from them

(B) Group information by topic or theme, highlight key terms, and include practice questions

(C) What you learned, what went well, what you would change next time, and how you grew

(D) Read it before starting to understand expectations, then check your work against it before submitting

(E) To help students identify what they know and what they still need to study

11. Learning and Study Skills

Circle the correct answer

101. What is a mnemonic device?

(A) A musical instrument used in class, and this principle applies across similar situations (B) A mechanical pencil brand, making this the most widely accepted explanation (C) A type of electronic calculator, as this directly follows from the underlying principles (D) A memory trick that helps you remember information using patterns, rhymes, or associations

102. What does 'summarizing' mean as a study technique?

(A) Highlighting every sentence in the book (B) Putting the main ideas of a text or lesson into your own words in a shorter form (C) Copying the text word for word (D) Reading the material out loud

103. What is the Pomodoro Technique?

(A) A way to organize your binder, and this is the standard approach used in most cases (B) A cooking method used in Italian class, which is why this approach is recommended by experts (C) A time management method that uses 25-minute

focused work sessions followed by short breaks (D) A technique for speed reading, and this has been consistently demonstrated in practice

104. What is a 'graphic organizer'?

(A) A computer program for art class, and this has been consistently demonstrated in practice (B) A fancy type of pencil, which is the most common explanation for this phenomenon (C) A folder for organizing papers, which is the most common explanation for this phenomenon (D) A visual tool like a chart, web, or diagram that helps organize information and ideas

105. What does it mean to 'annotate' a text?

(A) To copy the text into a notebook (B) To memorize every word of the text (C) To read the text out loud to the class (D) To add notes, highlights, and comments to a text while reading it

106. What is the 'spaced repetition' study method?

(A) Repeating the same word over and over until you remember it (B) Studying the same thing every day without breaks (C) Spacing your desk away from other students (D) Reviewing material at increasing intervals over time instead of cramming all at once

Write the answer

107. Why is it better to study in several short sessions rather than one long session?

Answer: _____

108. How does teaching a concept to someone else help YOU learn it better?

Answer: _____

109. What is the difference between 'rereading' and 'active recall' as study methods?

Answer: _____

110. Why might highlighting too much text actually hurt your studying?

Answer: _____

Match each question to its answer

1. How does getting enough sleep affect your ability to study and learn? →

2. You have a vocabulary test on Friday with 30 new words. It is Monday. Create a study plan using spaced repetition. →

3. You are reading a textbook chapter about the American Revolution and want to take effective notes. What method should you use? →

4. You keep forgetting the order of the planets in our solar system. Create a mnemonic to help you remember. →

5. You have 2 hours to study for tests in math, science, and English. How should you

divide your time? →

(A) Sleep helps your brain consolidate memories and process what you learned during the day

(B) Study 10 words Monday, review Monday's words and add 10 more on Tuesday, review all 20 and add 10 on Wednesday, review all 30 on Thursday

(C) Spend more time on your weakest subject, interleave the subjects rather than studying one for the full time, and take short breaks

(D) Use the Cornell Note method: divide your paper into notes, cue questions, and a summary section

(E) My Very Excited Mother Just Served Us Nachos (Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune)

12. Learning and Study Skills

Circle the correct answer

111. What is 'peer learning'?

(A) Students competing against each other for grades (B) Studying alone at home
(C) The teacher learning from the students (D) Students learning from and with each other, not just from the teacher

112. What is a 'peer tutor'?

(A) A professional tutor hired by the school (B) The smartest student in the class
(C) A teacher who is new to teaching (D) A student who helps another student understand a subject they have already mastered

113. What is 'constructive feedback'?

(A) Specific, helpful comments that focus on how to improve, not just what is wrong
(B) Telling someone their work is bad (C) Only saying nice things to avoid hurting feelings
(D) Ignoring problems and saying everything is perfect

114. What is a 'study group'?

(A) A small group of students who meet regularly to review material and help each other prepare for assessments (B) A group assigned by the teacher for a one-time project, which is why this approach is recommended by experts (C) A school club focused on one subject, which is why this approach is recommended by experts (D) Students who sit together at lunch, as this is what research and standard practice suggests

115. What does it mean to 'paraphrase' what someone said?

(A) Disagreeing with their point (B) Restating their idea in your own words to show you understood it (C) Repeating exactly what they said word for word (D) Changing the subject to something else

116. What is 'collaborative learning'?

(A) One student doing all the work while others watch (B) A competition between groups (C) Students working together toward a shared goal where everyone contributes and learns (D) Students sitting near each other but working alone

Write the answer

117. Why might a student understand a concept better when a classmate explains it compared to when the teacher explains it?

Answer: _____

118. How does asking questions during peer learning benefit both the asker and the answerer?

Answer: _____

119. What is the difference between 'helping' someone and 'doing the work for them'?

Answer: _____

120. Why is it important to listen to ideas you disagree with during a group discussion?

Answer: _____

Match each question to its answer

1. How does peer learning help students develop social skills alongside academic skills? →

2. Your study group has four members but one person always dominates the conversation. How can you make the group more balanced? →

3. A classmate asks you to explain how fractions work. They are confused about adding fractions with different denominators. How would you explain it? →

4. You are giving feedback on a classmate's essay draft. Their argument is unclear but they clearly worked hard. How should you respond? →

5. Your teacher pairs you with a younger student for a reading buddy program. How should you prepare? →

(A) Use a concrete example: 'Think of pizza slices. If one pizza is cut into 4 and another into 3, you cannot add slices directly — you need same-sized slices first (common denominator).'

(B) Working with peers requires communication, patience, empathy, and conflict

resolution — skills needed beyond school

(C) Acknowledge what they did well first, then suggest specific improvements: 'Your research is strong. I got confused in paragraph 2 — could you add a topic sentence to clarify your main point?'

(D) Choose an age-appropriate book, plan questions to ask during reading, and think about how to make reading fun and engaging

(E) Use a structured format like round-robin where each person speaks in turn before open discussion

13. Icebreaker Questions

Circle the correct answer

121. What is the main purpose of an icebreaker activity in a classroom?

- (A) To give extra homework, as this is what research and standard practice suggests
(B) To help people get to know each other and feel comfortable in a new group
(C) To test how smart students are, as this is what research and standard practice suggests
(D) To see who can be the quietest, as this directly follows from the underlying principles

122. What is teamwork?

- (A) Everyone doing their own separate tasks
(B) Competing against each other
(C) Working together with others toward a shared goal, using each person's strengths
(D) One person doing all the work

123. What is 'retrieval practice'?

- (A) Reading the same chapter multiple times
(B) Looking up answers on the internet
(C) Retrieving your books from your locker
(D) Actively recalling information from memory rather than simply re-reading or reviewing it

124. What is 'test-wiseness'?

- (A) The ability to use test-taking strategies and logical reasoning to improve your score, beyond just knowing the content
(B) Knowing the teacher's grading habits, which is why this approach is recommended by experts
(C) Being wiser after taking many tests, as this directly follows from the underlying principles
(D) Memorizing all the answers beforehand, making this the most widely accepted explanation

125. How can you help a friend develop a growth mindset?

- (A) Tell them to stop being negative, which is why this approach is recommended by experts
(B) Do their work for them so they succeed, as this directly follows from the underlying principles
(C) Praise their effort and strategies, normalize mistakes as learning, and encourage them to try new approaches
(D) Tell them they are smart so

they feel good, and this has been consistently demonstrated in practice

126. What is the difference between 'urgent' and 'important'?

(A) Urgent tasks need immediate attention; important tasks contribute to long-term goals (B) There is no difference; the words mean the same thing (C) Important tasks are assigned by teachers; urgent tasks are personal (D) Urgent tasks are always more valuable than important tasks

Write the answer

127. Marcus wants to make the school soccer team. Which of these is the BEST process goal to support that outcome?

Answer: _____

128. What is a 'transformational leader'?

Answer: _____

129. What makes a classroom community strong?

Answer: _____

130. What is a 'team norm'?

Answer: _____

Match each question to its answer

1. What is a 'concept map' and how does it help studying? →

2. How can positive self-talk help during a test? →

3. What does it mean to have a 'learning goal' versus a 'performance goal'? →

4. Mia spends 2 hours on social media every day after school, then feels stressed about unfinished homework at bedtime. What time management principle should she apply? →

5. Which type of goal is within your personal control? →

(A) Set boundaries on leisure time and schedule homework before screen time

(B) A process goal, like studying for 30 minutes every day

(C) It reduces anxiety and builds confidence by replacing negative thoughts with encouraging ones

(D) A visual diagram showing relationships between ideas, helping you see how topics connect

(E) A learning goal focuses on understanding and improving; a performance goal focuses on looking good or getting a specific grade

14. Icebreaker Questions

Circle the correct answer

131. What does 'accountability' mean in a team setting?

(A) Only the leader is responsible, as this directly follows from the underlying principles (B) Each team member takes responsibility for completing their assigned tasks on time and with quality (C) Blaming others when things go wrong, and this has been consistently demonstrated in practice (D) Keeping track of how much money the team spends, and this has been consistently demonstrated in practice

132. What is 'metacognition'?

(A) A type of brain scan, making this the most widely accepted explanation (B) A medical condition, and this is the standard approach used in most cases (C) Thinking about other people's thoughts, which is why this approach is recommended by experts (D) Thinking about your own thinking — being aware of how you learn and what strategies work for you

133. What should you do if you encounter a question you have no idea about?

(A) Leave it blank and give up, which is why this approach is recommended by experts (B) Spend most of your time on it, which is the most common explanation for this phenomenon (C) Skip it temporarily, answer the questions you know, then return to it with remaining time (D) Stare at it until you figure it out, and this principle applies across similar situations

134. Why might a student with high grades still have a fixed mindset?

(A) Fixed mindset students always have low grades, which is the most common explanation for this phenomenon (B) High grades always mean growth mindset, which is the most common explanation for this phenomenon (C) This situation is impossible, which is why this approach is recommended by experts (D) They might avoid challenges that could threaten their grades, choosing easy tasks to maintain the appearance of being smart

135. Which scenario BEST demonstrates the concept of 'eating the frog'?

(A) Doing your hardest homework assignment first before easier ones (B) Skipping breakfast to save time in the morning (C) Asking a classmate to explain a hard concept (D) Waiting until you feel motivated to start a difficult task

136. What is an 'obstacle inventory' in goal setting?

(A) A count of how many times you have failed at goals in the past (B) A collection of items you need to purchase to achieve your goal (C) A list of reasons why you should not pursue a goal (D) A list of potential challenges you might face and strategies to overcome each one

Write the answer

137. Which communication strategy is MOST effective when giving instructions to a team?

Answer: _____

138. What is a 'fun fact' about yourself?

Answer: _____

139. What should you do when you encounter a concept you do not understand while studying?

Answer: _____

140. What is a 'brain dump' and when should you use it during a test?

Answer: _____

Match each question to its answer

1. What is 'deliberate practice'? →

2. Which of these is an example of a task that is important but NOT urgent? →

3. Which of these is a SMART goal? →

4. What is 'psychological safety' in a team? →

5. Why is it important to include everyone in group activities? →

(A) Because everyone deserves to feel valued and included, and diverse perspectives make groups stronger

(B) A shared belief that the team is safe for taking risks, asking questions, and making mistakes without punishment

(C) Focused practice that targets specific weaknesses, pushes beyond comfort level, and uses feedback to improve

(D) I will read 20 pages of my novel every day for the next two weeks

(E) Studying for a test that is two weeks away

15. Icebreaker Questions

Circle the correct answer

141. A new student joins your class and seems nervous. What is the best way to help them feel welcome?

(A) Ask them to do your homework (B) Ignore them until they talk to you first (C) Tell them all the school rules immediately (D) Introduce yourself, ask them about their interests, and invite them to join your group

142. A team member makes a mistake that affects the whole project. What is the best team response?

(A) Redo the entire project from scratch, and this principle applies across similar situations (B) Acknowledge the mistake without blame, figure out how to fix it, and learn from it for next time (C) Blame the person publicly and kick them off the team, and this is the standard approach used in most cases (D) Pretend nothing happened, and this principle applies across similar situations

143. What is the difference between short-term and long-term memory?

(A) Short-term memory is for small things; long-term is for big things, as this is what research and standard practice suggests (B) They are the same thing, which is why this approach is recommended by experts (C) Short-term memory is better than long-term memory, and this principle applies across similar situations (D) Short-term memory holds information briefly (seconds to minutes); long-term memory stores information for days to a lifetime

144. Evaluate this statement: 'Growth mindset means that anyone can achieve anything if they just try hard enough.'

(A) This statement is completely true, which is the most common explanation for this phenomenon (B) Growth mindset has been disproven, as this directly follows from the underlying principles (C) This is a common misconception. Growth mindset means abilities can be developed through effort, but it does not guarantee any specific outcome. Strategy and support matter as much as effort. (D) Effort is the only thing that matters, and this has been consistently demonstrated in practice

145. What is an 'accountability partner'?

(A) A parent who punishes you if you do not reach your goals (B) A teacher who assigns grades based on goal completion (C) A person who does your work for you when you fall behind (D) Someone who regularly checks on your progress and helps you stay committed to your goals

146. Two team members are having a personal conflict that affects the group's work. As the leader, what should you do FIRST?

(A) Take sides with the person you think is right (B) Meet with each person individually to understand their perspective before bringing them together (C) Tell both of them to stop being childish (D) Ignore it and hope they work it out on their own

Write the answer

147. What is 'active participation' in a team?

Answer: _____

148. What is the difference between summarizing and paraphrasing?

Answer: _____

149. What is the benefit of creating a study guide before a test?

Answer: _____

150. What is the Eisenhower Matrix used for?

Answer: _____

Match each question to its answer

1. What is the purpose of celebrating small wins along the way to a big goal? →

2. What is 'groupthink' and why is it dangerous for teams? →

3. How can a team celebrate success? →

4. Why is highlighting an entire page ineffective for studying? →

5. What does it mean when a test question uses the word 'analyze'? →

(A) When a group makes poor decisions because members avoid disagreeing to maintain harmony

(B) Acknowledge everyone's contributions, reflect on what worked well, and enjoy the accomplishment together

(C) It reinforces positive behavior, boosts motivation, and prevents burnout on long journeys

(D) Break the topic into parts, examine each part, and explain how they relate to each other

(E) If everything is highlighted, nothing stands out as important, and it does not require active processing

16. Icebreaker Questions

Circle the correct answer

151. What is a 'conversation starter'?

(A) A button that starts a recording (B) A type of car engine (C) A book about starting businesses (D) A question or comment designed to begin a conversation with someone

152. Why is it helpful to assign a timekeeper role in group work?

(A) Because someone needs to wear a watch (B) To punish people who are slow, and this is the standard approach used in most cases (C) To make one person feel important, and this has been consistently demonstrated in practice (D) To ensure the team stays on schedule and completes all parts of the task within the time limit

153. Why is it helpful to teach what you have learned to someone else?

(A) It is only helpful for the other person, not for you, which is the most common explanation for this phenomenon (B) Explaining material forces you to organize your understanding and reveals gaps in your knowledge (C) It wastes your study time, and this principle applies across similar situations (D) Teaching is only for teachers, as this is what research and standard practice suggests

154. What is the difference between studying for understanding and studying for memorization?

(A) Understanding is only for easy subjects, which is why this approach is recommended by experts (B) Memorization is always better, making this the most widely accepted explanation (C) Understanding means grasping why and how something works; memorization means remembering facts without necessarily understanding them (D) They are exactly the same thing, and this is the standard approach used in most cases

155. Which type of praise better encourages a growth mindset?

(A) 'You worked really hard on that and your strategy paid off!' — praising effort and strategy (B) 'You got an A without even trying!' — praising natural ability (C) 'You are a natural genius!' — praising talent (D) 'You are so smart!' — praising intelligence

156. Sara estimated her science project would take 3 hours. It actually took 5 hours. What concept explains why her estimate was wrong?

(A) Parkinson's Law — work expands to fill available time (B) The planning fallacy — people tend to underestimate how long tasks will take (C) The butterfly effect — small changes cause big outcomes (D) The Zeigarnik effect — unfinished tasks stay in your memory

Write the answer

157. What is the main difference between a 'leader' and a 'boss'?

Answer: _____

158. Why is it important to respect differences among classmates?

Answer: _____

159. What is 'consensus' in team decision-making?

Answer: _____

160. What is test anxiety?

Answer: _____

Match each question to its answer

1. Michael Jordan was cut from his high school basketball team. What does this teach us about growth mindset? →
2. Which of these approaches to managing a busy week is MOST effective? →
3. What does the 'T' in SMART goals stand for? →
4. What is a 'debrief' and why is it useful after a team activity? →
5. Why is sleep important for learning? →

(A) Initial failure does not determine ultimate success — persistence and effort can overcome setbacks

(B) Time-bound

(C) The brain consolidates and organizes memories during sleep, making information easier to recall later

(D) A discussion about what went well, what could improve, and what the team learned

(E) Write down all tasks, prioritize them, and schedule specific times for each

Riddle & Joke Break

Guess the answer, then check the key!

161. Why did the teacher bring a ruler to the computer?
 162. What did the lesson plan say to the teacher?
 163. Why was the grade book always tired?
 164. What do you call a quiz that tells jokes?
 165. Why did the report card go to the doctor?
 166. What's a teacher's favorite type of ship?
-

Answer Key

1. B — To help people get to know each other and feel comfortable in a new group
2. B — The ability to heal — because it directly helps people who are sick or injured
3. B — Paying full attention, not interrupting, and showing the speaker you understand
4. C — Playing a cooperative game where everyone works together toward a shared goal

5. B — The ability to understand and share the feelings of another person
6. D — Introduce yourself, ask them about their interests, and invite them to join your group
7. It is fun, easy to answer, and helps people learn something new about each other
8. Fully concentrating on what is being said, showing you understand, and responding thoughtfully
9. Using someone's name shows respect and helps build personal connections
10. Compromise — play one game today and the other tomorrow, or find a game they both enjoy

Matching (Icebreaker Questions): 1→A, 2→D, 3→B, 4→E, 5→C

11. C — Working together with others toward a shared goal, using each person's strengths
12. A — Guiding the group, listening to everyone's ideas, and helping the team work together effectively
13. D — Have an honest conversation, divide tasks fairly, and hold each other accountable
14. C — A specific responsibility or job assigned to a team member based on their strengths
15. D — Because different perspectives often lead to better solutions, and everyone deserves to be heard
16. C — Helpful suggestions for improvement delivered in a kind and specific way
17. Different backgrounds and experiences bring varied perspectives and creative solutions
18. List all ideas, discuss pros and cons of each, and vote or find a combination everyone supports
19. Each team member takes responsibility for completing their assigned tasks on time and with quality
20. A technique where team members freely share as many ideas as possible without judging them

Matching (Team Building): 1→B, 2→D, 3→E, 4→C, 5→A

21. D — Space out study sessions over several days instead of cramming the night before

22. D — Testing yourself on material instead of just re-reading it
 23. B — A system that divides the page into three sections: notes, cues/questions, and a summary
 24. D — Explaining material forces you to organize your understanding and reveals gaps in your knowledge
 25. C — A memory aid that uses patterns, associations, or acronyms to help remember information
 26. B — Arranging tasks in order of importance so you complete the most critical ones first
 27. The brain cannot fully focus on two complex tasks simultaneously, leading to reduced learning and more errors
 28. A planned timetable that allocates specific times for studying different subjects, preventing last-minute cramming
 29. A time management method of studying in focused 25-minute intervals with short breaks in between
 30. The brain consolidates and organizes memories during sleep, making information easier to recall later
- Matching (Study Skills): 1→A, 2→B, 3→E, 4→D, 5→C
31. B — Read the directions carefully and scan the entire test to understand what is expected
 32. C — Nervousness or worry about taking a test that can interfere with your ability to perform
 33. C — Eliminate answers you know are wrong to improve your odds on the remaining choices
 34. C — Check how many questions there are, divide time accordingly, and do not spend too long on any single question
 35. A — Breathe in slowly for 4 counts, hold for 4 counts, breathe out for 4 counts, and repeat
 36. D — Review your answers, check for mistakes, and make sure you answered every question
 37. It forces you to organize and condense the material, which helps you identify key concepts and gaps in understanding
 38. Plan your response by outlining key points, organizing your argument, and

identifying evidence

39. Explain the similarities (compare) and differences (contrast) between two or more things
40. Research shows that your first instinct is usually correct, and second-guessing often leads to changing right answers to wrong ones
Matching (Test Prep Strategies): 1→D, 2→A, 3→E, 4→C, 5→B
41. C — Carol Dweck, a psychologist at Stanford University
42. A — Growth mindset believes abilities can be developed through effort; fixed mindset believes abilities are unchangeable traits
43. D — 'I need to try a different study strategy and ask for help on the concepts I did not understand.'
44. D — Adding 'yet' to 'I cannot do this' transforms it to 'I cannot do this yet,' implying you can learn
45. B — Neurons form new connections (synapses) and strengthen existing pathways through practice
46. D — Mistakes activate the brain more than getting things right, creating stronger learning and revealing what needs improvement
47. Working hard on a challenging problem even when it is difficult, because the struggle itself strengthens learning
48. 'You worked really hard on that and your strategy paid off!' — praising effort and strategy
49. 'I have not failed. I have just found 10,000 ways that won't work.'
50. The ability to bounce back from setbacks, adapt to challenges, and keep going despite difficulties
Matching (Growth Mindset): 1→A, 2→B, 3→E, 4→C, 5→D
51. A — Sorting tasks by urgency and importance
52. A — Studying for a test that is two weeks away
53. A — Delaying or putting off tasks that need to be done
54. D — Break the project into smaller tasks and assign each a deadline
55. C — A scheduled period dedicated to working on one specific task
56. A — Switching between tasks wastes mental energy and increases errors

57. 25 minutes
58. Doing your hardest homework assignment first before easier ones
59. A specific date or time by which a task must be completed
60. Set boundaries on leisure time and schedule homework before screen time
- Matching (Time Management): 1→D, 2→E, 3→B, 4→C, 5→A
61. A — Specific
62. A — I will read 20 pages of my novel every day for the next two weeks
63. D — Short-term goals can be achieved in days or weeks; long-term goals take months or years
64. D — Measurable
65. C — Unrealistic goals lead to frustration and giving up, while achievable goals build confidence
66. C — A list of specific steps you will take to achieve your goal, with deadlines for each step
67. It is not specific, measurable, or time-bound
68. Someone who regularly checks on your progress and helps you stay committed to your goals
69. Reflect on what went wrong, adjust the goal or timeline, and continue working toward it
70. Time-bound
- Matching (Goal Setting): 1→D, 2→C, 3→A, 4→B, 5→E
71. D — A leader inspires and guides people; a boss simply gives orders and demands compliance
72. A — A leadership style where the leader prioritizes serving the needs of their team members
73. B — Autocratic leadership
74. B — Fully concentrating on what someone is saying, understanding their message, and responding thoughtfully
75. C — Facilitate a discussion where each person shares their idea, then guide the group to find common ground or vote
76. A — Demonstrating the behaviors and values you expect from others through

your own actions

77. Noticing that a team member seems frustrated and privately asking if everything is okay
78. Assigning tasks to team members based on their strengths and trusting them to complete the work
79. Take responsibility, apologize sincerely, and work with the team to fix the problem
80. A style where the leader includes team members in decision-making through discussion and input
Matching (Leadership Skills): 1→C, 2→D, 3→B, 4→E, 5→A
81. B — Paying full attention and thinking about what the speaker is saying
82. C — An agreed-upon expectation for how everyone behaves in class
83. C — To take turns so everyone gets a chance to share
84. D — Treating others' ideas and feelings as valuable, even when you disagree
85. A — A structured conversation where students share ideas about a topic
86. A — Working on the assigned activity without getting distracted
87. Students learn better when they feel safe and supported
88. Students hear different perspectives and can learn from each other's strengths
89. A leader helps the group succeed together; a boss just tells others what to do
90. So every student has time to think and a chance to talk about their ideas
Matching (Learning and Study Skills): 1→C, 2→A, 3→B, 4→D, 5→E
91. B — A check during learning to see how well students understand so far
92. D — A test or project at the end of a unit that measures what you learned overall
93. C — A scoring guide that describes what different levels of quality look like
94. B — Evaluating your own work to identify strengths and areas for improvement
95. D — A short question or task students complete at the end of class to show what they learned
96. D — Information about your performance that helps you understand what to improve
97. To find out what students understand and what needs to be retaught before

moving on

98. A portfolio shows growth over time through collected work samples, while a test measures knowledge at one moment
99. You can use your notes and textbook during the assessment
100. Different assessments reveal different skills — some students show knowledge better through projects, presentations, or discussions
Matching (Learning and Study Skills): 1→E, 2→A, 3→C, 4→B, 5→D
101. D — A memory trick that helps you remember information using patterns, rhymes, or associations
102. B — Putting the main ideas of a text or lesson into your own words in a shorter form
103. C — A time management method that uses 25-minute focused work sessions followed by short breaks
104. D — A visual tool like a chart, web, or diagram that helps organize information and ideas
105. D — To add notes, highlights, and comments to a text while reading it
106. D — Reviewing material at increasing intervals over time instead of cramming all at once
107. Your brain retains information better when learning is spread out over time with rest between sessions
108. Explaining forces you to organize your thoughts clearly, and you discover gaps in your own understanding
109. Rereading reviews passively; active recall tests yourself from memory, which builds stronger learning
110. If everything is highlighted, nothing stands out, so it does not help you identify what is most important
Matching (Learning and Study Skills): 1→A, 2→B, 3→D, 4→E, 5→C
111. D — Students learning from and with each other, not just from the teacher
112. D — A student who helps another student understand a subject they have already mastered
113. A — Specific, helpful comments that focus on how to improve, not just what is wrong

114. A — A small group of students who meet regularly to review material and help each other prepare for assessments
115. B — Restating their idea in your own words to show you understood it
116. C — Students working together toward a shared goal where everyone contributes and learns
117. A — A classmate recently learned it themselves, so they remember what was confusing and can explain it in relatable terms
118. The asker fills knowledge gaps, and the answerer deepens understanding by formulating an explanation
119. Helping guides someone to find the answer themselves; doing the work gives them the answer without understanding
120. Considering different viewpoints strengthens your own thinking and may reveal things you had not considered
Matching (Learning and Study Skills): 1→B, 2→E, 3→A, 4→C, 5→D
121. B — To help people get to know each other and feel comfortable in a new group
122. C — Working together with others toward a shared goal, using each person's strengths
123. D — Actively recalling information from memory rather than simply re-reading or reviewing it
124. A — The ability to use test-taking strategies and logical reasoning to improve your score, beyond just knowing the content
125. C — Praise their effort and strategies, normalize mistakes as learning, and encourage them to try new approaches
126. A — Urgent tasks need immediate attention; important tasks contribute to long-term goals
127. Practice dribbling and passing drills for 30 minutes every day after school
128. A leader who inspires positive change by motivating people to exceed their own expectations
129. Trust, respect, kindness, inclusion, and shared responsibility among all members
130. An unwritten or agreed-upon rule about how team members behave and interact
Matching (Icebreaker Questions): 1→D, 2→C, 3→E, 4→A, 5→B
131. B — Each team member takes responsibility for completing their assigned tasks

on time and with quality

132. D — Thinking about your own thinking — being aware of how you learn and what strategies work for you
133. C — Skip it temporarily, answer the questions you know, then return to it with remaining time
134. D — They might avoid challenges that could threaten their grades, choosing easy tasks to maintain the appearance of being smart
135. A — Doing your hardest homework assignment first before easier ones
136. D — A list of potential challenges you might face and strategies to overcome each one
137. State what needs to be done, explain why it matters, and ask if anyone has questions
138. A unique or interesting piece of information about you that others might not know
139. Mark it, try to understand it from different sources, and ask for help if still confused
140. Writing down key formulas, facts, and information from memory at the very start of a test before you forget them
Matching (Icebreaker Questions): 1→C, 2→E, 3→D, 4→B, 5→A
141. D — Introduce yourself, ask them about their interests, and invite them to join your group
142. B — Acknowledge the mistake without blame, figure out how to fix it, and learn from it for next time
143. D — Short-term memory holds information briefly (seconds to minutes); long-term memory stores information for days to a lifetime
144. C — This is a common misconception. Growth mindset means abilities can be developed through effort, but it does not guarantee any specific outcome. Strategy and support matter as much as effort.
145. D — Someone who regularly checks on your progress and helps you stay committed to your goals
146. B — Meet with each person individually to understand their perspective before bringing them together
147. Contributing ideas, asking questions, completing tasks, and engaging fully in the

team's work

148. Summarizing condenses the main ideas into a shorter version; paraphrasing restates specific information in your own words
149. It forces you to organize and condense the material, which helps you identify key concepts and gaps in understanding
150. Sorting tasks by urgency and importance
Matching (Icebreaker Questions): 1→C, 2→A, 3→B, 4→E, 5→D
151. D — A question or comment designed to begin a conversation with someone
152. D — To ensure the team stays on schedule and completes all parts of the task within the time limit
153. B — Explaining material forces you to organize your understanding and reveals gaps in your knowledge
154. C — Understanding means grasping why and how something works; memorization means remembering facts without necessarily understanding them
155. A — 'You worked really hard on that and your strategy paid off!' — praising effort and strategy
156. B — The planning fallacy — people tend to underestimate how long tasks will take
157. A leader inspires and guides people; a boss simply gives orders and demands compliance
158. Because diversity of backgrounds, experiences, and perspectives makes our community richer and helps us learn from each other
159. A decision that everyone can agree to support, even if it is not everyone's first choice
160. Nervousness or worry about taking a test that can interfere with your ability to perform
Matching (Icebreaker Questions): 1→A, 2→E, 3→B, 4→D, 5→C
161. To measure the students' progress!
162. "You can count on me -- I'm fully scheduled!"
163. It had too many classes to keep up with!
164. A laugh-oratory assessment!
165. It was feeling a little below standard!

166. Scholar-ship!

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