

Coping with Stress in a Stressful World: Teaching Students How to Manage Their Emotions, Thoughts, and Behavior

Quiz

Session 3 [1 hour/42 minutes]

- The Interdependent Components of Self-Management
- The Physical, Emotional, Cognitive, Behavioral Connection
- Teaching Students Social, Emotional, and Behavioral Self-Management
Self-Regulation Skills

Questions

1. Which of the following is not a component of “Emotional Regulation” according to the presentation?

- A. Emotional Communication
 - B. Emotional Coping
 - C. Emotional Control
 - D. Emotional Awareness
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2. True or False. The hippocampus and reticular activating system are both parts of the limbic system.

- A. True
 - B. False
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3. Which of the following was not identified as an important part of a student’s attributions?

- A. Attitudes
 - B. Prejudices
 - C. Beliefs
 - D. Expectations
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4. Physiological cues are events that occur in the classroom that make students stressed or comfortable.

- A. True
- B. False

5. Which of the following was not identified as a component that is important to learning, mastery, and automaticity instruction?

- A. Infusing
- B. Applying
- C. Teaching
- D. Collaborating
