# Reading Comprehension Quizzes

# DYL Chapter 1 Quiz

## Quiz Instructions

Choose the best answer to each question, based on your reading of Chapter 1.

Note: this is a timed quiz.

**Question 1**

What does the sign over the design studio at Stanford say?

|  |  |
| --- | --- |
|  | Start Here |
|  | No Talking |

|  |  |
| --- | --- |
|  | Please Turn Off All Cell Phones |
|  | You Are Here |

**Question 2**

According to Burnett and Evans, what's one of the most important decisions a person makes in life?

|  |  |
| --- | --- |
|  | where to go to college |
|  | whether or not to become a marine biologist |

|  |  |
| --- | --- |
|  | which problems to work on |
|  | how many kids to have |

**Question 3**

According to Burnett and Evans, what's a "gravity problem"?

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| --- | --- |
|  | a disease that causes people to fall down a lot |
|  | a problem that keeps getting bigger and bigger until it takes over our whole lives |

|  |  |
| --- | --- |
|  | a situation, circumstance, or fact of life that cannot be changed or solved |
|  | a landslide |

**Question 4**

According to Burnett and Evans, what can you do even if you can't change your life?

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| --- | --- |
|  | You can ask for help. |
|  | You can change your thinking. |

|  |  |
| --- | --- |
|  | You can get a loan. |
|  | You can start a new life. |

**Question 5**

Which of these do Burnett and Evans call a "dysfunctional belief?"

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| --- | --- |
|  | "Play is an important part of life." |
|  | "I can change my future." |

|  |  |
| --- | --- |
|  | "I need to know where I am." |
|  | "I should already know where I'm going." |

# DYL Chapter 2 Quiz

## Quiz Instructions

Choose the best answer for each question, based on your reading of Chapter 2.

Note: this is a timed quiz.

**Question 1**

Which of these is NOT considered when you examine the level of coherency your life has?

|  |  |
| --- | --- |
|  | Who you are |
|  | What you believe |

|  |  |
| --- | --- |
|  | What you are doing |
|  | How much money you make |

 **Question 2**

Which of these best describes a "Workview?"

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| --- | --- |
|  | Your Workview describes your perfect dream job. |
|  | Your Workview describes the type of employee that you are. |

|  |  |
| --- | --- |
|  | Your Workview describes your philosophy of work and the role that work should play in a person's life. |
|  | Your Workview describes the job that you currently have. |

 **Question 3**

Why is it important to spend time thinking about your Workview?

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| --- | --- |
|  | Understanding your Workview helps you to form a close bond with your boss. |
|  | Thinking about your Workview guarantees that you will get a good job. |

|  |  |
| --- | --- |
|  | Your Workview is not something that you should spend time thinking about. It shows up when you least expect it. |
|  | The people who are most satisfied with their lives and adapt best to stressful situations at work are those who see a clear connection between the values they hold and the work they do. |

**Question 4**

Why is it important to look at your Lifeview and Workview together?

|  |  |
| --- | --- |
|  | Your Lifeview and Workview are basically the same thing. If you don't work on them together, you'll be doing twice as much work in the long run. |
|  | Seeing how your Lifeview and Workview go together will keep you from having dysfunctional beliefs. |

|  |  |
| --- | --- |
|  | Knowing your Workview will help you figure out what your Lifeview really is. |
|  | Your Lifeview and Workview need to work together to help you figure out which direction your life should be headed in. |

**Question 5**

What do the authors mean when they use the term "True North?"

|  |  |
| --- | --- |
|  | "True North" is where you are right now in your life. It doesn't matter where you are going as long as you know exactly where you are. |
|  | "True North" marks a straight line from where you are right now to where you want to be in 20 years that your life should follow if you want to be successful. |

|  |  |
| --- | --- |
|  | "True North" is the name of the college where the authors teach. |
|  | "True North" marks the direction that you ultimately want your life to go. There are a lot of different ways to get there, but understanding your "True North" will help you get back on track when you find yourself going off course. |

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