

Goal Setting and Problem Solving Strategies

Personal Development · Practice Test · 10 Questions

1. What type of goal is achieved in a very short time, like a weekend?

- A) Short-term goals
- B) Medium-term goals
- C) Long-term goals
- D) All of the above

2. Which type of goal is typically achieved within 6 months?

- A) Short-term goals
- B) Medium-term goals
- C) Long-term goals
- D) Immediate goals

3. Becoming a doctor or building your own house are examples of which type of goal?

- A) Short-term goals
- B) Medium-term goals
- C) Long-term goals
- D) Future goals

4. What is the first step in planning and goal-getting?

- A) Check if it's a SMART goal
- B) Write down your goal
- C) Make an action plan
- D) Evaluate if you've achieved your goal

5. What does the text suggest you do after writing down your goal?

- A) Evaluate if you've achieved your goal
- B) Make an action plan
- C) Check if it's a SMART goal
- D) Gather information

6. What is the second step in the problem-solving process?

- A) Define the problem
- B) Gather information
- C) List possible solutions
- D) Choose the best solution

7. How many steps are recommended for planning and goal-getting?

- A) 3
- B) 4
- C) 5
- D) 6

8. What is the last step in the problem-solving process?

- A) Gather information
- B) List possible solutions
- C) Think of the effects
- D) Choose the best solution

9. What does the 'SMART' acronym likely refer to in the context of goals?

- A) Specific, Measurable, Achievable, Realistic, Timely
- B) Simple, Manageable, Actionable, Rewarding, Thoughtful
- C) Strategic, Motivating, Ambitious, Relevant, Thorough
- D) Systematic, Methodical, Adaptable, Resourceful, Transparent

10. After listing possible solutions, what should you do next in problem-solving?

- A) Gather information
- B) Define the problem
- C) Think of the effects and consequences of each solution
- D) Choose the best solution