

Strategies of Success Final Exam

Write a complete answer for each of these. Be sure to express yourself clearly and write neatly. If you need to stretch during the exam, please feel free to stand as long as you do it without disrupting others in the room.

1. StarPOWER determines the state you're in
 - a. List what the letters in StarPOWER stand for.
 - b. Describe what the StarPOWER would be like for someone who is bored in class. Be very specific.
 - c. How could that person change their StarPOWER so that they would not be bored?
2. Name **and** describe how you would use a strategy you learned this semester to handle each of these situations in a productive, mature, non-violent way
 - a. You hear that someone in school has been talking about you in a negative way
 - b. Your significant other breaks up with you
3. You recently did a final goal setting session. State your top 3 one-year goals. Make sure they are stated properly.
4. What do you think are the top 3 reasons that the people you heard about in the "Successful Person" presentations were successful?
5. We've all played either computer or video games. Which human needs does playing one of these games meet? Name the needs that are being met by playing the game and describe how the game meets those needs.
6. We all use Power Phrases in our lives whether we're aware of them or we're not.
 - a. What is a Power Phrase?
 - b. Give an example of a negative one
 - c. Why would you want to have a positive Power Phrase in your mind?
7. Suppose you're in a class that you must take but you do not feel comfortable in it because you know don't know anyone there. State the Power Questions and answer the questions to show how you would use them to handle the situation.
8. Many successful people keep gratitude journals.

- a. What part of the StarPOWER changes when you think about what you're grateful for?
 - b. Name 3 things that you're grateful for today.
9. We all have beliefs about ourselves and the world around us
 - a. Name two beliefs that you have about yourself. They could be positive or negative.
 - b. For each belief, give 2 reasons why you believe this.
10. We started almost every day with a quote
 - a. State your favorite quote for this course
 - b. What is the meaning of that quote?
 - c. Why did you choose it?
 - d. What are your two favorite success quotes? What do they mean to you?
11. In the movie "Remember the Titans"
 - a. What did Coach Boone do to make sure that all the players got to know something about each other?
 - b. Was this a true story?
 - c. What was so special about this Coach and this team?
12. One of the reasons I had you do a presentation for your "Successful Person" project was to get you out of your comfort zone.
 - a. What is the purpose of the doing something outside your comfort zone?
 - b. How did you feel after you did the presentation? Did your comfort zone expand at all? (If you didn't do the presentation, tell me how presenting makes you feel)
13. We did some activities to create connection between two people.
 - a. What is rapport?
 - b. Why would you want to have rapport with someone?
 - c. Name a business situation where it would be great to be in rapport.
14. What is the purpose of the following:
 - a. Deep breathing
 - b. The journal
 - c. The music each day

d. Stand and Deliver

15. We discussed financial success briefly

a. What is your belief about money? Money is _____

b. Describe in detail what you learned about credit card use.

c. Describe why you should invest early and how it relates to the Rule of 72.

16. If you had to choose one strategy to use in your life that you learned in this class, which do you think would be the most useful and why?

As you leave Strategies I today....

I wish you much success, happiness and peace!