

Mental & Emotional Health – Unit Quiz

1. Which statement BEST reflects the idea that thoughts are not always facts?
 - A. Strong emotions always reveal the truth
 - B. Thoughts are automatic interpretations that can be questioned
 - C. The brain records reality perfectly
 - D. Feelings and facts are always identical(Answer: B)
2. What is the primary focus of epistemology?
 - A. Studying physical reflexes
 - B. Measuring emotional intensity
 - C. Determining how humans know what is true
 - D. Diagnosing mental disorders(Answer: C)
3. Which example BEST demonstrates selective attention?
 - A. Remembering a childhood birthday incorrectly
 - B. Feeling nervous before public speaking
 - C. Seeing multiple meanings in an optical illusion
 - D. Missing obvious events while concentrating on a task(Answer: D)
4. What is one reason optical illusions are important in psychology?
 - A. They reveal that perception can be inaccurate
 - B. They prove vision is unreliable in all situations
 - C. They eliminate emotional reactions
 - D. They strengthen memory accuracy(Answer: A)
5. Which statement BEST describes the brain as a “prediction machine”?
 - A. The brain waits for complete information before deciding
 - B. The brain rapidly fills in gaps using assumptions and patterns
 - C. The brain ignores previous experiences
 - D. The brain separates emotions from interpretation automatically(Answer: B)
6. In the “invisible gorilla” experiment, many participants failed to notice the gorilla because:
 - A. The gorilla was hidden digitally
 - B. Participants were intentionally distracted by noise
 - C. Attention filters information and ignores some details
 - D. Human vision only detects movement slowly(Answer: C)
7. Which situation BEST illustrates an emotional interpretation rather than an objective fact?
 - A. “My friend has not texted back yet.”
 - B. “The classroom lights are on.”

- C. "It is currently raining outside."
 - D. "My friend must secretly hate me."
- (Answer: D)

8. Which statement BEST reflects healthy emotional awareness?

- A. "I am anxiety."
- B. "My emotions permanently define me."
- C. "I am experiencing anxiety right now."
- D. "Strong emotions should always be ignored."

(Answer: C)

9. Why does the brain often prioritize short-term emotional protection?

- A. Survival historically depended on avoiding danger and rejection
- B. Humans naturally prefer emotional suffering
- C. The brain dislikes learning new information
- D. Emotions only exist to create conflict

(Answer: A)

10. Which example BEST shows the brain forming a rapid story from limited evidence?

- A. Studying several years of scientific research
- B. Assuming "everyone thinks I'm awkward" after one embarrassing moment
- C. Practicing a skill repeatedly over time
- D. Comparing multiple explanations carefully

(Answer: B)

11. What strengthens emotional patterns over time?

- A. Avoiding all emotional experiences
- B. Random unrelated events
- C. Repetition and repeated attention
- D. Ignoring all social interactions

(Answer: C)

12. According to the lesson, repetition can make beliefs feel true because:

- A. Familiarity is often mistaken for accuracy
- B. Every repeated thought is scientifically correct
- C. Emotions automatically create evidence
- D. Social media always reflects reality

(Answer: A)

13. Which statement BEST describes conformity?

- A. Carefully evaluating evidence independently
- B. Maintaining personal integrity despite pressure
- C. Changing behavior or opinions to fit a group
- D. Ignoring all authority figures automatically

(Answer: C)

14. What did the Asch Conformity Experiment demonstrate?
- A. Humans cannot recognize line lengths accurately
 - B. Group pressure can influence people to deny obvious observations
 - C. Memory is always socially constructed
 - D. Emotions prevent rational thinking entirely
- (Answer: B)
15. The Milgram Obedience Experiment primarily explored:
- A. Memory improvement techniques
 - B. Athletic reaction times
 - C. The effects of sleep deprivation
 - D. How authority can influence behavior
- (Answer: D)
16. Which statement BEST reflects the lesson's discussion of authority?
- A. Authority should never be questioned
 - B. Obedience automatically equals morality
 - C. Authority and group pressure can strongly influence judgment
 - D. Emotional reactions should replace critical thinking
- (Answer: C)
17. Which practice is MOST associated with intentional meaning-making across cultures?
- A. Constant distraction and multitasking
 - B. Reflection, ceremony, journaling, or meditation
 - C. Avoiding emotional experiences completely
 - D. Ignoring personal beliefs and values
- (Answer: B)
18. According to the lesson, where attention is directed can influence:
- A. Emotional experience and perception
 - B. Physical height growth
 - C. Genetic inheritance
 - D. Weather patterns
- (Answer: A)
19. Which statement BEST reflects the concept of "witnessing awareness"?
- A. Observing emotions without becoming completely controlled by them
 - B. Eliminating all emotional reactions permanently
 - C. Refusing to acknowledge difficult feelings
 - D. Allowing emotions to determine all decisions
- (Answer: A)
20. What is the MAIN danger of repeated negative self-talk?
- A. It changes eye color permanently
 - B. It can strengthen harmful emotional pathways and beliefs
 - C. It eliminates memory formation

D. It prevents all emotional experiences
(Answer: B)

21. Why are early childhood experiences especially influential?
- A. Children are born with fully developed critical thinking
 - B. Young brains often accept authority messages without deep evaluation
 - C. Emotional patterns stop forming after childhood
 - D. Childhood memories are always perfectly accurate
- (Answer: B)

22. Which statement BEST reflects the lesson's discussion of identity formation?
- A. Identity is completely fixed at birth
 - B. Emotional experiences never influence self-perception
 - C. Repeated messages and experiences can shape long-term beliefs about self
 - D. Personality cannot change over time
- (Answer: C)

23. What is one important benefit of emotional awareness?
- A. It removes all uncomfortable feelings
 - B. It guarantees perfect decision-making
 - C. It prevents disagreement with others
 - D. It creates space between emotion and reaction
- (Answer: D)

24. Which statement BEST matches the lesson's discussion of perception?
- A. Perception is always objective and complete
 - B. People can interpret the same situation differently
 - C. The brain never fills in missing information
 - D. Emotions do not affect interpretation
- (Answer: B)

25. What does the Mandela Effect suggest about human memory?
- A. Memory works like a perfect video recording
 - B. Groups can confidently share inaccurate memories
 - C. False memories only happen in childhood
 - D. Memory errors are extremely rare
- (Answer: B)

26. Which example BEST reflects "automatic thoughts"?
- A. Carefully reviewing multiple viewpoints over several weeks
 - B. Conducting a scientific experiment
 - C. Instantly assuming someone is angry based on a short text response
 - D. Writing a detailed research paper
- (Answer: C)

27. According to the lesson, why can emotional reactions become deeply ingrained?
- A. Emotional pathways strengthen through repeated use
 - B. Emotions permanently damage the brain
 - C. The brain cannot change over time
 - D. Emotional experiences are unrelated to learning
- (Answer: A)
28. Which statement BEST reflects healthy critical thinking?
- A. “If many people believe something, it must be true.”
 - B. “Strong emotions guarantee accuracy.”
 - C. “I should examine evidence before accepting conclusions.”
 - D. “Authority figures are always correct.”
- (Answer: C)
29. Why can belonging and social acceptance become psychologically powerful?
- A. Humans evolved completely independently from groups
 - B. Survival historically depended on social connection
 - C. Emotions are unrelated to social interaction
 - D. People naturally avoid communities and cooperation
- (Answer: B)
30. Which statement BEST summarizes the overall “Big Idea” of the Mental & Emotional Health module?
- A. Emotions should always control behavior
 - B. Perception and interpretation strongly shape emotional experience
 - C. Thoughts and beliefs never influence emotions
 - D. Human perception operates like a flawless camera
- (Answer: B)