**Competency in the Foundation Skills**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Quiz

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|  | **Foundation Skill #1:** What are the three things you control?1.2.3. |
|  | **Foundation Skill #2:** What is the reason the quotes are shared with you? |
|  | **Foundation Skill #3:** Identify three aspects of the adult learner.1.2.3. |
|  | Identify three aspects of the ambitious aggressive learner.1.2.3. |
|  | **Foundation Skill #4:** What are the four basic emotions?1.2.3.4. |
|  | **Foundation Skill #5:** In your own words explain the difference between emotional/behavioral management vs. prevention.  |
|  | **Foundation Skill #6:** Provide one or more words to identify mild anger.Provide one or more words to identify moderate anxiety.Provide one or more words to identify severe depression.Provide one or more words to identify the range from mild to severe contentment. |
|  | **Foundation Skill #7:** Identify one situation or event for a strong negative emotion you have experienced.Identify one situation or event for a negative behavior you have done. |
|  | **Foundation Skill #8:** What are the five levels of emotional intelligence (EI)1.2.3.4.5. |

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|  | **Foundation Skill #9:** In your own words explain the left and the right hemisphere. What is each side responsible for and why is it important to understand the role of the right hemisphere for the display of emotion and behavior. |
|  | **Foundation Skill #10:** Explain the following within CBT context:A:B:C1:C2: |
|  | **Foundation Skill #11:** 1. What is the difference between “Fact and Truth”?How do you avoid unwanted conflict with others?Explain why it is rational to achieve your short term and long term goals.Explain “Stress” and why it is rational to protect yourself from unwanted stress.Explain your reasoning to why you want to feel “Contentment”. |

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|  | **Foundation Skill #12:** What are the five rational questions?1.2.3.4.5.Explain how understanding the “Emotional Round-A-Bout can be helpful to you. |

**Foundation Skills I need to re-read and know:**