

SEL Practice Test Questions and Answers

1. How can one improve self-awareness?

- A) Avoiding feedback.
- B) Practicing mindfulness and reflection.
- C) Suppressing emotions.
- D) Reacting impulsively.

2. What is emotional intelligence (EI)?

- A) The ability to solve math problems quickly.
- B) The ability to manage and understand emotions.
- C) The capacity to memorize facts.
- D) A technique for academic performance.

3. What is a social cue in communication?

- A) Spoken grammar only.
- B) Non-verbal indicators like tone or body language.
- C) Unrelated trivia.
- D) Written reports.

4. Why is reflection useful in discipline?

- A) It delays punishment.
- B) It builds accountability and self-regulation.
- C) It removes consequences.
- D) It encourages blame.

Answers: 1-B 2-B 3-B 4-B

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