

Quiz 1

Name _____ Period _____

1. Name the 3 primary learning styles.
 - a. _____
 - b. _____
 - c. _____
2. How would an auditory person study for something that they really wanted to do well in? _____
3. What is the breathing ratio? _____
4. Give 3 reasons why deep breathing is important.
 - a. _____
 - b. _____
 - c. _____
5. Name the 5 elements of Star POWER
 - a. P _____
 - b. O _____
 - c. W _____
 - d. E _____
 - e. R _____
6. How would you let a visual person know you care about them?

7. Why do we do the activities we do in class? _____