



Introduction

Welcome to this 30-minute formative assessment designed to evaluate your understanding and application of optimism and attitude adjustment concepts. This assessment is aligned with the learning objectives of recognizing the importance of positive self-talk, identifying personal strengths and weaknesses, developing self-belief through affirmations, and demonstrating an understanding of how attitude affects behavior.

Section 1: Multiple Choice Questions

Choose the correct answer for each question:

1. What is positive self-talk?
 - a. Talking negatively about oneself
 - b. Talking positively about oneself
 - c. Talking about others
 - d. Not talking at all
2. Why is it important to identify our strengths and weaknesses?
 - a. To compare ourselves with others
 - b. To understand what we can and cannot do
 - c. To ignore our weaknesses
 - d. To only focus on our strengths
3. What can affirmations help us with?
 - a. Changing our appearance
 - b. Developing self-belief
 - c. Making friends
 - d. Doing homework

Section 2: Short Answer Questions

Please answer the following questions in complete sentences:

1. Can you think of a time when you used positive self-talk? What did you say to yourself?

2. What are some of your strengths and weaknesses? How do you think they affect your behavior?

3. Create a short affirmation that you can use every day to help you feel more confident.

Section 3: Project-Based Task

Design an Affirmation Poster

Create a poster that includes:

- A drawing or image that represents something you are good at or something that makes you happy
- A positive affirmation statement about yourself (e.g., "I am capable and confident.")
- Colors and decorations that make you feel happy and motivated

[Space for poster design]

Section 4: Reflection and Self-Assessment

Take a few minutes to reflect on your answers and poster design. Ask yourself:

1. What did I learn about positive self-talk and affirmations?

2. How can I apply what I learned to my daily life?

3. What are some areas where I can improve my attitude and behavior?

Conclusion

Congratulations on completing this assessment! Remember that optimism and attitude adjustment are important skills to develop, and with practice, you can become more confident and positive in your daily life.

Assessment Rubric

The assessment will be graded based on the following criteria:

- Multiple Choice Questions: 1 point each
- Short Answer Questions: 2 points each
- Project-Based Task: 10 points (Content: 4 points, Creativity: 3 points, Effort: 3 points)

Note to Teachers

Please allow students 30 minutes to complete this assessment. Encourage students to use their creativity and imagination in the project-based task. Provide feedback and guidance as needed, and consider displaying the posters in the classroom or school hallway.

