

Name _____

The Psychology of Resilience: Building Mental Toughness in Students

Multiple Choice Questions

1. What is resilience?

- a) A mental toolbox full of strategies
- b) A physical exercise
- c) A type of food
- d) A school subject

2. Why is resilience important for students?

- a) To handle stress and adversity
- b) To avoid challenges
- c) To become physically strong
- d) To become less confident

3. What does resilience help with?

- a) Staying focused, positive, and strong
- b) Avoiding problems
- c) Ignoring stress
- d) Giving up easily

4. How can students build resilience?

- a) By always thinking negatively
- b) By refusing to accept change
- c) By breaking big problems into smaller parts
- d) By avoiding healthy habits

5. What should students remember about building resilience?

- a) It happens instantly
- b) It doesn't require practice
- c) It's like strengthening a muscle and takes time
- d) It's not important in life

