



## Decision Focus 02- Decision Traps Quiz

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Instructions: For multiple choice questions, unless a question says, "Multiple answers allowed", select the **BEST** of the available answers. Some questions will allow multiple answers. These questions will be marked with \*Multiple answers allowed.

Name\* \_\_\_\_\_

Email\* \_\_\_\_\_

1. What part of your brain is responsible for the cool, rational part of your thinking?
  - a. Amygdala
  - b. Basal ganglia near the brain stem
  - c. Prefrontal cortex
  - d. Myelin sheathing on neurons
  - e. None of the above
  
2. What part of your brain is responsible for the emotional part of your thinking?
  - a. Amygdala
  - b. Basal ganglia near the brain stem
  - c. Prefrontal cortex
  - d. Myelin sheathing on neurons
  - e. All of the above
  
3. What part of your brain reacts most quickly and takes the least effort?
  - a. Physical movement
  - b. Logical and decisions
  - c. Medulla oblongata
  - d. Emotional decisions
  - e. None of the above
  
4. What is the part of the brain humans have that also appears in reptiles (also called the "lizard brain")?
  - a. Olfactory bulb
  - b. Prefrontal cortex
  - c. Frontal cortex
  - d. Amygdala
  - e. All of the above



5. What role(s) does the prefrontal cortex play in decision making? \*\*\*Multiple selections are allowed but not required.\*\*\*
  - a. Considering alternatives
  - b. Quick emergency responses
  - c. Balance
  - d. Planning and logical reasoning
  - e. Pausing before acting
  - f. Emotional decisions
6. What are the costs of using logical reasoning? \*\*\*Multiple selections are allowed but not required.\*\*\*
  - a. It's fast but not very accurate
  - b. It takes a lot of effort
  - c. It is usually not necessary
  - d. It's slow
  - e. None of the above
7. When you are stressed, exhausted, unduly hurried or thirsty, what should you do about any important decision? \*\*\*Multiple selections are allowed but not required.\*\*\*
  - a. Halt and deal with your compromised state of being before deciding
  - b. Select the first option that will meet the need
  - c. Go with your gut
  - d. Pause and take a deep breath
  - e. Ask a friend what to do
  - f. Make sure you're fit to make a decision
8. Decision traps include: \*\*\*Multiple selections are allowed but not required.\*\*\*
  - a. Living on autopilot
  - b. The either / or trap
  - c. Comfort zone trap
  - d. Wishful thinking
  - e. Procrastination
  - f. Sunk cost
  - g. Bandwagon effect
9. The acronym H.A.L.T. stands for?
  - a. Have a lovely time
  - b. Hungry, Angry, Lonely, Tired
  - c. Hard, Alert, Lasting, Try
  - d. Heavy, Angry, Lost, Timid
  - e. None of the above



### TEACHER ANSWER KEY

1. What part of your brain is responsible for the cool, rational part of your thinking?
  - a. Amygdala
  - b. Basal ganglia near the brain stem
  - c. **Prefrontal cortex**
  - d. Myelin sheathing on neurons
  - e. None of the above
2. What part of your brain is responsible for the emotional part of your thinking?
  - a. **Amygdala**
  - b. Basal ganglia near the brain stem
  - c. Prefrontal cortex
  - d. Myelin sheathing on neurons
  - e. All of the above
3. What part of your brain reacts most quickly and takes the least effort
  - a. Physical movement
  - b. Logical and decisions
  - c. Medulla oblongata
  - d. **Emotional decisions**
  - e. None of the above
4. What is the part of the brain humans have that also appears in reptiles (also called the “lizard brain”)?
  - a. Olfactory bulb
  - b. Prefrontal cortex
  - c. Frontal cortex
  - d. **Amygdala**
  - e. All of the above



5. What role(s) does the prefrontal cortex play in decision making. \*\*\*Multiple selections are allowed but not not required.\*\*\*
- a. **Considering alternatives**
  - b. Quick emergency responses
  - c. Balance
  - d. **Planning and logical reasoning**
  - e. **Pausing before acting**
  - f. Emotional decisions
6. What are the disadvantages of using logical reasoning? \*\*\*Multiple selections are allowed but not not required.\*\*\*
- a. It's fast but not very accurate
  - b. **It takes a lot of effort**
  - c. **It is usually not necessary**
  - d. **It's slow**
  - e. None of the above
7. When you are stressed, exhausted, unduly hurried or thirsty, what should you do about any important decision? \*\*\*Multiple selections are allowed but not not required.\*\*\*
- a. **Halt and deal with the situation before deciding**
  - b. Select the first option that will meet the need
  - c. Go with your gut
  - d. Pause and take a deep breath
  - e. Ask a friend what to do
  - f. **Make sure you're fit to make a decision**
8. Decision traps include: \*\*\*Multiple selections are allowed but not not required.\*\*\*
- a. **Living on autopilot**
  - b. **The either / or trap**
  - c. **Comfort zone trap**
  - d. **Wishful thinking**
  - e. **Procrastination**
  - f. **Sunk cost**
  - g. **Bandwagon effect**
9. The acronym H.A.L.T. stands for?
- a. Have a lovely time
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  - e. None of the above