



# Case Study: Isabella's Time and Activities Quiz

Email Address: \_\_\_\_\_

1. What activities was Isabella participating in as a 9th grader?
  - a. Rowing crew
  - b. Varsity debate
  - c. Entrepreneurial ventures
  - d. All of the above
2. Why was deciding which to quit stressful for Isabella?
  - a. Large potential impact on college outcomes
  - b. Parents pressuring her to do what they wanted her to do
  - c. Friends pressuring her to do what they wanted her to do
  - d. All of the above
3. Which of the following does Isabella NOT list as values that were important in her decision?
  - a. Relationships
  - b. Health
  - c. College prospects
  - d. Popularity
4. When someone quits crew, what often happens with the team friendships?
  - a. Nothing, it's all good.
  - b. They improve – absence makes the heart grow fonder.
  - c. There is more time for friendships.
  - d. Teammates feel rejected and exclude the person who quits.
5. Isabella went to her crew coach for useful information. True or False?
  - a. True
  - b. False
6. The key information Isabella learned from her coach was that she was likely too short to row for a D-1 school. True or False?
  - a. True
  - b. False
7. The conversation with the coach resulted in a creative alternative to row with friends on the weekend to stay in shape. True or False?
  - a. True
  - b. False
8. Isabella evaluated different alternatives in different combinations and found they didn't align as well with her frame or values. True or False?
  - a. True
  - b. False
9. Isabella's parents were in favor of her quitting crew. True or False?



## Isabella's Time and Activities Quiz

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- a. True
  - b. False
10. After her analysis, Isabella's parents were more understanding and supportive of her decision to quit crew. True or False?
- a. True
  - b. False
11. From her perspective, how did the language of Decision Analysis help Isabella?
- a. She says that it gave her the courage and the confidence to work through the decision in a way that resulted in an improved outcome.
  - b. Clearly it played no role – this whole thing is made up.
  - c. Isabella was able to get to a better outcome where her parents were OK, her friends were OK, and she could still row with the team on weekends.
  - d. A and C but not B.
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# Case Study: Isabella's Time and Activities Quiz - Answer Key

Email Address: \_\_\_\_\_

1. What activities was Isabella participating in as a 9th grader?

- a. Rowing crew
- b. Varsity debate
- c. Entrepreneurial ventures
- d. **All of the above**

**Feedback for correct answers**

Correct, that does sound like a lot, doesn't it?

**Feedback for incorrect answers**

Yes, but that's not all.

2. Why was deciding which to quit stressful for Isabella?

- a. Large potential impact on college outcomes
- b. Parents pressuring her to do what they wanted her to do
- c. Friends pressuring her to do what they wanted her to do
- d. **All of the above**

**Feedback for correct answers**

Correct, that does sound stressful, doesn't it?

**Feedback for incorrect answers**

Yes, but that's not all.

3. Which of the following does Isabella NOT list as values that were important in her decision?

- a. Relationships
- b. Health
- c. College prospects
- d. **Popularity**

**Feedback for correct answers**

Correct, Isabella doesn't seem motivated by popularity, does she?



### Feedback for incorrect answers

No, she definitely mentions she values that one.

4. When someone quits crew, what often happens with the team friendships?
- a. Nothing, it's all good.
  - b. They improve – absence makes the heart grow fonder.
  - c. There is more time for friendships.
  - d. **Teammates feel rejected and exclude the person who quits.**

### Feedback for correct answers

Yes, teammates might feel abandoned, and no longer seeing each other every day could also weaken the friendships.

### Feedback for incorrect answers

Crew teams are tight-knit and they might feel abandoned.

5. Isabella went to her crew coach for useful information. True or False?
- a. **True**
  - b. False

### Feedback for correct answers

True. Her coach is a subject matter expert and a great person to ask about her future opportunities with crew.

### Feedback for incorrect answers

True. Her coach is a subject matter expert and a great person to ask about her future opportunities with crew.

6. The key information Isabella learned from her coach was that she was likely too short to row for a D-1 school. True or False?
- a. **True**
  - b. False

### Feedback for correct answers

True. Isabella's coach said she was likely too short to compete in the highest ranked leagues and physical height is not something she could change.

### Feedback for incorrect answers

True. Isabella's coach said she was likely too short to compete in the highest ranked leagues and physical height is not something she could change.



7. The conversation with the coach resulted in a creative alternative to row with friends on the weekend to stay in shape. True or False?

- a. True
- b. False

**Feedback for correct answers**

True. To maintain her friendships with the crew team and for her own physical fitness and enjoyment, Isabella was welcomed to row on the weekends.

**Feedback for incorrect answers**

True. To maintain her friendships with the crew team and for her own physical fitness and enjoyment, Isabella was welcomed to row on the weekends.

8. Isabella evaluated different alternatives in different combinations and found they didn't align as well with her frame or values. True or False?

- a. True
- b. False

**Feedback for correct answers**

True. Isabella also considered taking a break from crew for a semester, not pursuing her scientific research, and not pursuing her entrepreneurial activities.

**Feedback for incorrect answers**

True. Isabella also considered taking a break from crew for a semester, not pursuing her scientific research, and not pursuing her entrepreneurial activities.

9. Isabella's parents were in favor of her quitting crew. True or False?

- a. True
- b. False

**Feedback for correct answers**

False. Her parents initially wanted her to stay on the crew team.

**Feedback for incorrect answers**

False. Her parents initially wanted her to stay on the crew team.

10. After her analysis, Isabella's parents were more understanding and supportive of her decision to quit crew. True or False?

- a. True
- b. False



### Feedback for correct answers

True. After showing them her time breakdown and explaining all the analysis she had done about why quitting crew was the best decision for her, they became more understanding.

### Feedback for incorrect answers

True. After showing them her time breakdown and explaining all the analysis she had done about why quitting crew was the best decision for her, they became more understanding.

11. From her perspective, how did the language of Decision Analysis help Isabella?
- a. She says that it gave her the courage and the confidence to work through the decision in a way that resulted in an improved outcome.
  - b. Clearly it played no role – this whole thing is made up.
  - c. Isabella was able to get to a better outcome where her parents were OK, her friends were OK, and she could still row with the team on weekends.
  - d. **A and C but not B.**

### Feedback for correct answers

Correct, clearly you are ready to learn from Isabella's good example.

### Feedback for incorrect answers

Not yet, there's more to this.