



Emozi Teacher Training Quiz



Instructions: Choose the best answer for each question. This quiz will assess your understanding of the Emozi® teacher training program and its key components.

1. **What is the primary goal of the Emozi® Character Development program?**
 - A) Improve academic test scores
 - B) Foster emotional intelligence and resilience in students
 - C) Increase physical activity
 - D) Teach advanced mathematics
2. **Which of the following is NOT a key focus of the Emozi® program?**
 - A) Core values
 - B) Parent and community involvement
 - C) Educational transparency
 - D) Financial literacy
3. **What does the "R" in the REAL acronym stand for in Emozi's philosophy?**
 - A) Relevant
 - B) Respectful
 - C) Reliable
 - D) Resourceful
4. **What is one key benefit of character development for students?**
 - A) Increased screen time
 - B) Improved emotional regulation
 - C) Reduced physical activity
 - D) Decreased academic engagement
5. **Which of the following is NOT a component of character development?**
 - A) Self-awareness and emotional regulation
 - B) Moral reasoning and decision-making
 - C) Community involvement and service learning
 - D) Financial management skills
6. **According to research, for every dollar invested in character development programs, what is the return on investment?**
 - A) \$1
 - B) \$5
 - C) \$8
 - D) \$11



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7. **Who developed the Constructed Theory of Emotion?**
 - A) Anna-Lisa Mackey
 - B) Lisa Feldman Barrett
 - C) Daniel Goleman
 - D) Howard Gardner
8. **According to the Constructed Theory of Emotion, emotions are:**
 - A) Fixed responses
 - B) Random reactions
 - C) Predictions made by the brain
 - D) Instinctual habits
9. **What is the first step in the S.T.A.R. strategy?**
 - A) Think
 - B) Reflect
 - C) Stop
 - D) Act
10. **In the Emozi® program, what is the purpose of Body Budget Check-Ins?**
 - A) Track academic performance
 - B) Teach financial responsibility
 - C) Help students recognize how physical well-being affects emotions
 - D) Monitor attendance
11. **What does emotional vocabulary help students achieve?**
 - A) Memorize facts faster
 - B) Articulate their feelings more effectively
 - C) Improve physical strength
 - D) Enhance math skills
12. **Which strategy focuses on fostering gratitude and peer relationships?**
 - A) S.T.A.R. Strategy
 - B) You're a Star Strategy
 - C) Body Budget Awareness
 - D) Emotional Vocabulary Building



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13. **What is the recommended frequency for teaching Emozi® lessons?**
- A) Daily
 - B) Once a month
 - C) Once a week
 - D) Once a semester
14. **Which academic subjects can character development strategies be integrated into?**
- A) Math only
 - B) Science and Physical Education
 - C) ELA, Social Studies, Science, and Math
 - D) Music and Art only
15. **What is a key takeaway from incorporating family engagement in Emozi?**
- A) Reduces the need for classroom activities
 - B) Improves financial awareness
 - C) Amplifies character development success through home involvement
 - D) Increases homework load
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