

Spring 2021 Extra-Credit Health & Personality Quizzes Template

<https://www.bettycjung.net/Pch201grids.htm>

Read the Writing Assignments Handbook first!
Available quizzes for the Extra-Credit assignment are found in
the Handbook (near the end)

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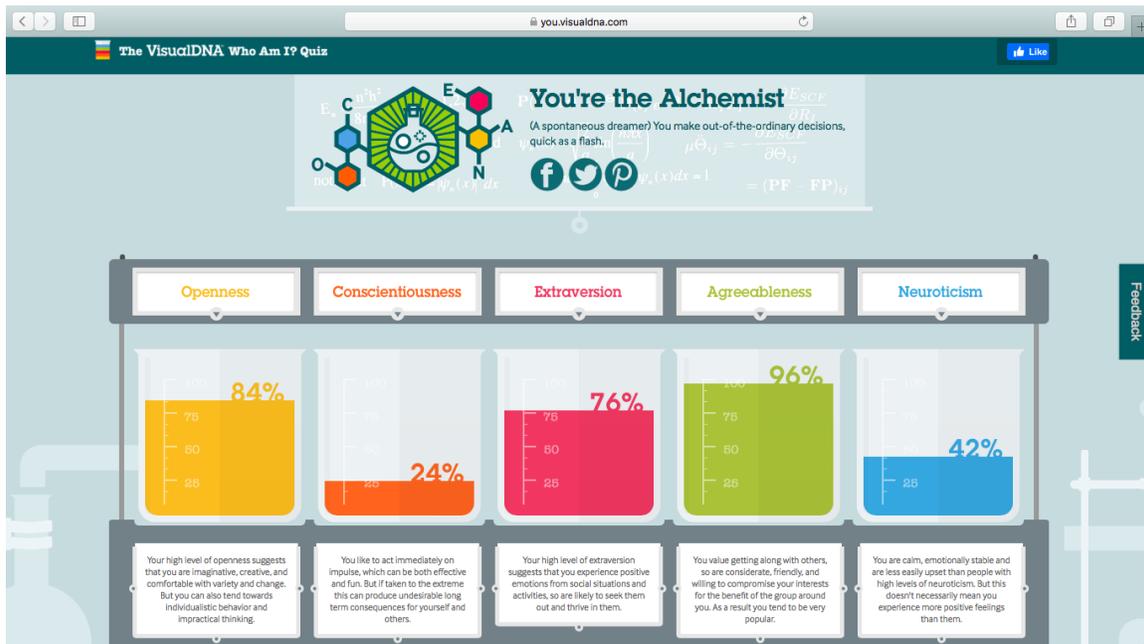
Due Date: 4/27/21

Name: Scott Student

CATEGORY			POINTS	SCORE
Grammar	Punctuation	Spelling	.50	
Used Template				
Quiz 1: Results and 2 paragraphs: what you learned and steps you can take to improve your health/wellness			2.0-4.0	
Quiz 2: Results and 2 paragraphs: what you learned and steps you can take to improve your health/wellness			2.0-4.0	
Quiz 3: Results and 2 paragraphs: what you learned and steps you can take to improve your health/wellness			2.0-4.0	
Quiz 4: Results and 2 paragraphs: what you learned and steps you can take to improve your health/wellness			2.0-4.0	
Quiz 5: Results and 2 paragraphs: what you learned and steps you can take to improve your health/wellness			2.0-4.0	
Quiz 6: Results and 2 paragraphs: what you learned and steps you can take to improve your health/wellness			2.0-4.0	
SUBTOTAL			12.5	
LATE/INCOMPLETE (- 20% of total points)			(-20%)	
Missing grading grid			(-3)	
FINAL TOTAL POINTS			12.5	

Quiz #1. Who Am I? Total points: 4

Attach quiz results in the Appendix, or embed a screen shot of the results here:



A. New Information I learned from this quiz

This quiz taught me a lot about myself, and it was interesting to learn about qualities that I possess which I have never really thought about before, such as my level of neuroticism. Just because I am calm, emotionally stable and less easily upset than people with high levels of neuroticism, this does not mean that I experience more positive feelings than them. Although I am aware that I act on impulse and feelings often, it was important to read that if taken to the extreme, it can produce undesirable long-term consequences for myself and those around me.

B. How I will be using this information to improve my health/wellness

I will definitely use this information to improve my health and wellness. In terms of my conscientiousness, in the future I will remember that it can definitely be problematic to act on impulse all the time, and hopefully this will prevent me from making decisions that feel right in the moment but I end up regretting later. I will continue to use my high levels of openness, extraversion, and agreeableness to keep living a healthy lifestyle in terms of both my physical and mental well-being.

Quiz #2. Caffeine Quiz Total points: 2

Attach quiz results in the Appendix, or embed a screen shot of the results here:

The screenshot shows a web browser window with the URL 'play.howstuffworks.com'. The page features a navigation menu with categories like 'Animals', 'Cars, Trucks & Engines', 'TV, Film & Music', 'All About You!', 'Love & Relationships', 'Sports Trivia', 'General Trivia', and 'The World'. The main content area displays a quiz titled 'The Ultimate Caffeine Quiz'. The user's score is 40%, and they got 4 out of 10 questions correct. The average score for all quiz takers is 56%. The quiz question was: 'Cocaine is an addictive drug. Among its many actions, it operates using the same mechanisms that amphetamines, cocaine and heroin use to stimulate the brain.' The correct answer was 'cocaine'. The page also includes several advertisements for Paramount+ content, such as 'For Heaven's Sake' and '76 Days'.

A. New Information I learned from this quiz

As someone who drinks at least one cup of coffee every single day, it was really fascinating to take this quiz about caffeine. By taking this quiz, I learned that caffeine can help cure a headache by constricting blood vessels. I also learned that it takes 6 hours for your body to rid itself of just half of

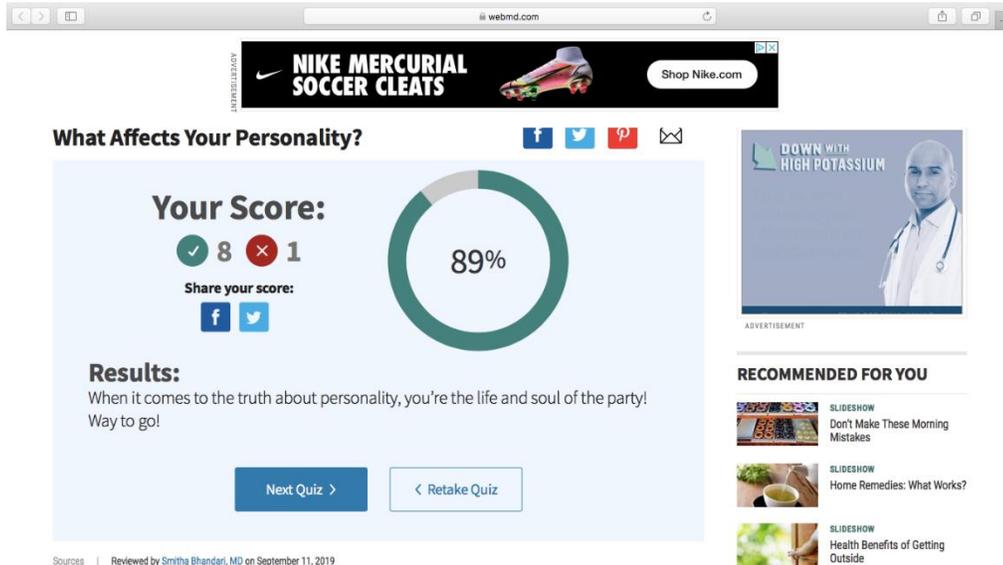
the amount of caffeine you consume, which definitely took me by surprise and was much longer than I assumed. I was reminded that caffeine blocks adenosine, the sleep-inducing chemical, from binding to nerve cells. This quiz also taught me that 90% of Americans consume caffeine every single day. I knew that caffeine gets most people going, but I didn't realize the percentage was this high, especially when several of the people in my circle do not consume any caffeine.

B. How I will be using this information to improve my health/wellness

I will make sure to use the information I learned in this quiz to improve my health and wellness. I will try to cut back on caffeine and rather than having more than one cup a day, stick to only one cup, as getting a good night's sleep is crucial and I learned that caffeine blocks the sleep-inducing chemical, adenosine, from binding to nerve cells. Hopefully this will cause me to become less reliant on coffee and more energized when I wake up in the mornings.

Quiz #3. What Affects Your Personality? Total points: 2

Attach quiz results in the Appendix, or embed a screen shot of the results here:



A. New Information I learned from this quiz

I found this quiz to be particularly interesting and I loved learning about the things that affect our personalities. As someone who struggles with depression, it was nice to learn that it is not considered a personality disorder, as this was a common misconception I have believed up until taking this quiz. Rather, narcissism is considered a personality disorder, of which I was unaware.

B. How I will be using this information to improve my health/wellness

I will use this information to improve my health and wellness because whenever I am feeling especially depressed I will remind myself that what I am dealing with is normal and not a “disorder”. This will help with my mental health and overall wellness. I really think it will lessen my self-pity that I sometimes experience when I am very depressed.

Quiz #4. Tattoo Removal Quiz Total points: 2

Attach quiz results in the Appendix, or embed a screen shot of the results here:

The screenshot shows a web browser displaying the 'The Ultimate Tattoo Removal Quiz' results page on the website 'play.howstuffworks.com'. The page features a navigation bar with categories like 'Animals', 'Cars, Trucks & Engines', 'TV, Film & Music', 'All About You!', 'Love & Relationships', 'Sports Trivia', 'General Trivia', and 'The World'. The main content area displays the quiz title, the user's score of 60%, and a progress bar. It also includes a 'How do you stack up?' section with a comparison to the average score of 60%. Social sharing options for Facebook, a 'COPY LINK' button, and a 'RETAKE QUIZ' button are visible. A 'VIEW COMMENTS' button is at the bottom. The page is flanked by advertisements for Weber grilling and a real estate agent, David Parsons.

A. New Information I learned from this quiz

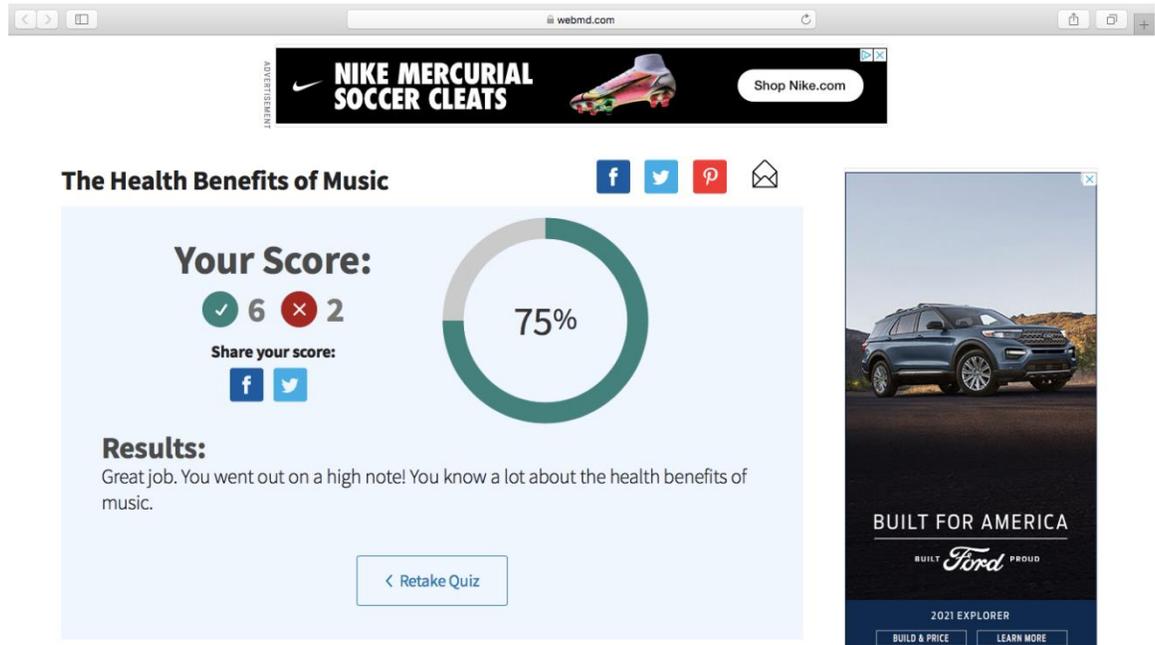
I love watching the show *Ink Master* and one of my best friends has several tattoos, so I thought this quiz would be fascinating. Through this quiz, I learned that 10 million Americans have at least 1 tattoo. I also learned that traumatic tattoos are tattoos received from an injury, and that the type of laser used for tattoo removal is dictated by the type of pigments. I always assumed that tattoos received while drunk are sometimes removed for free, but this is not the case, as those received under gang membership are sometimes removed for free.

B. How I will be using this information to improve my health/wellness

I will use this information to improve my health/wellness because tattoo removal is not something that I ever want to have to go through, as I feel it would be very painful. For this reason, I will carefully plan out any tattoos I get before receiving them, as I do not want to have any regrets. I will especially make sure to never get a drunk tattoo!

Quiz #5. The Health Benefits of Music Total points: 2

Attach quiz results in the Appendix, or embed a screen shot of the results here:



The screenshot shows a web browser window with a Nike advertisement for 'NIKE MERCURIAL SOCCER CLEATS' at the top. Below the ad is a quiz result page titled 'The Health Benefits of Music'. The page displays 'Your Score: 6 correct, 2 incorrect' and a donut chart showing '75%'. The results section states: 'Great job. You went out on a high note! You know a lot about the health benefits of music.' There is a 'Retake Quiz' button. To the right of the quiz results is a vertical advertisement for a '2021 Ford Explorer' with the text 'BUILT FOR AMERICA' and 'Ford PROUD'.

A. New Information I learned from this quiz

I can honestly say that music gets me through every single day and it is something that I am very passionate about. I have always been interested in the beneficial impacts of music on our health, and for this reason it has always been a dream of mine to incorporate this in my future work someday. My late grandmother Anna May had Parkinson's Disease, and when we played music for

her it definitely improved her speech and made her voice less shaky and smoother when she sang along. This quiz taught me that music not only helps with speech, but also with movement among Parkinson's patients.

B. How I will be using this information to improve my health/wellness

I will definitely use this information to improve my health and wellness. Personally, I have always known that music makes my days so much better, but now that I know the health benefits, I will definitely never stop listening. I will encourage others to listen as well, and hopefully one day I will be able to implement some types of musical therapy programs wherever I end up working for my career in social work.