This is a short answer quiz. Please put your answers in the designated answer areas. The questions from this quiz come from the lecture and the book (chapter 4). Each problem is worth 12 points (4 points are for free). This quiz is open notes, but not open book. Your notes may only contain handwritten material. You have 20 minutes.

1) What is one reason (according to Landis) that the USA lost its #1 position in the world economy (or, why does Japan now make the best cars by some opinion)? The US industries had a resistance to change and did not practice continuous improvement. The Japanese and others started behind us, but continuously and incrementally improved to get ahead.

2) Describe the three steps to behavior modification. Step #1 is knowledge (you know what to do), step #2 is commitment (you want to do it), and step #3 is implementation (you do it).

3) Sketch Maslow’s hierarchy of needs. Label and describe (in one sentence) each “layer”

4) Describe the Myer-Briggs type indicator (MBTI). Give the four areas and describe the possible characterizations for each of the areas. The MBTI has four areas of characterization. They are perception (extrovert/introvert), perception (sensing/intuiting), judgment (thinking/feeling), live in (judging/perceiving).
5) Finish the sentence (this is the so-called "silver rule") "What you would not want others to do unto you, do not do unto others."

6) Finish the sentence (one of more words), “You have an idea... you must be able to communicate for it to go anywhere.”

7) Four ingredients to good health are: **Eat well, exercise, sleep, and no chemicals.**

8) Who controls your future? (per Landis) **YOU.**