

L11 DISCIPLINE: YOUR KEY TO SUCCESS**QUIZ**

CADET _____

FLIGHT _____

1. CAP defines self-discipline as the ability to **1 pt**
 - a. withstand intense scrutiny.
 - b. face severe punishments and bounce-back.
 - c. uphold a perfect military bearing.
 - d. direct your thoughts, emotions, and actions toward a goal.

2. The root word of "discipline" is "disciple." Therefore, discipline has a lot to do with following the guidance of your teacher. **1 pt**
 - a. True
 - b. False

3. What's the lesson of the "marshmallow test"? **1 pt**
 - a. If you show low discipline you will earn a reward.
 - b. Disciplined people always get what they want.
 - c. People who can delay their gratification are more successful.
 - d. Toddlers are greedy and self-centered.

4. Match the ideas in the left column with the MOST appropriate ideas in the right column. **7 pts**

a. delayed gratification	_____	inspiration
b. margin of error	_____	training for self-discipline
c. regular exercise	_____	stress management
d. set & do mini goals	_____	stop doing an action
e. role model	_____	marshmallow test
f. punishment	_____	time to celebrate
g. military bearing	_____	"Excellence" not perfection

Bonus: Which service has the highest court martial conviction rates?
1 pt

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QUIZ ANSWER KEY

1. D
2. True
3. C
4. E
G
C
F
A
D
B

Bonus: US Marine Corps