Who are you?

questionnaires for self-discovery

1. How green are you?
2. How happy are you?
3. Are you in the right job?
4. Are you an early bird or a night owl?
5. Are you a lion or a mouse?
6. Are you the perfect partner?
7. Are you looking after your health?
8. How vain are you?
9. Are you a good traveller?
10. How superstitious are you?
11. What kind of learner are you?
12. How self confident are you?
13. Who wants to be a millionaire?
14. What kind of patient are you?
15. How do you spend your money?
16. Are you ready to get married?
17. How much do you know about food?
18. What's the right holiday for you?
19. Are you a risk taker?
20. What is your real age?

by Michael Berman
Introduction

Who are you? is designed for teachers with limited preparation time who wish to provide lively, motivating language lessons to introduce different topics of conversation through questionnaires at Intermediate level.

Who are you?

by Michael Berman
Illustrated by Mark Fletcher
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Telephone/Fax: (44) 1303 238880
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Teaching Notes

Introduction

Everybody wants to find out more about themselves, which is why questionnaires are so irresistible. They also provide an ideal means of stimulating conversation, especially as a lead-in to a new topic.

The 20 questionnaires presented in this Resource Pack can be used with students from Lower Intermediate level upwards. The higher the level of the learners, the less pre-teaching of new lexis is required.

Although questionnaires can be used in the classroom in a number of ways, the approaches outlined below provide practice in a variety of skills, and cut Teacher Talking Time down to a minimum.

Method 1 (mainly reading skills leading to discussion)

1. Before the lesson, choose a questionnaire. Make photocopies of that master for each student BUT cut off the section which provides the Answer Key. The students will see that later!
2. In class, introduce the subject of the questionnaire and pre-teach some relevant vocabulary. Key lexical items are printed in italics in the questionnaires and also listed on the back inside cover.
3. Distribute the questionnaires and set a time limit for completion. Decide this according to your class but 10 minutes might be reasonably challenging.
4. Students work individually to complete the questionnaires by putting a, b, c or d in the choice column. They can ask each other, and you, for help with comprehension.
5. Give out the Answer Key. Students work out their scores.
6. Gather data (“How many scored 0-9?” , for example) by a show of hands and use it to lead a discussion on the validity of the particular questionnaire. “What other questions should have been asked?” “Are there any particularly good/silly questions?” “Do you agree with the scoring system/the conclusions?”

Method 2 (mainly listening skills leading to discussion and reading)

Steps 1 & 2 as before.
3. Arrange the students in small groups of three or four. Give a questionnaire to one student only in the group. Set a time limit. Allow longer than for Method 1.
4. The student with the questionnaire is the interviewer. He/she presents it to the group as a listening comprehension exercise. Encourage the Interviewer to take on the role of Teacher explaining and or simplifying the questions as required, but not showing the questionnaire. The other members of the group listen to the situations, clarify their understanding, and make a note of their chosen response.
5. Give out the Answer key. Students work out their scores.
6. Give out copies of the questionnaire so that everyone can check the language.
7. Broaden the discussion as in Method 1.

Note These questionnaires are motivating, full of useful language and fun to use. They can be also very illuminating. They are not, however, presented as deep psychological analysis!

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Edited and illustrated by Mark Fletcher
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Instant guide to the more difficult vocabulary, phrases and colloquialisms:

Questionnaire

1: Unproven hypothesis; research funds; environmentally friendly; beneficial; energy-efficient; solar heating; public transport; economic development; environmental protection; endangered; heavy fines; doom laden.

2: candlelight; flattered; personal situation; ambition; dull; inject some happiness; room for improvement; shortcomings; sorry for yourself.

3: presentable; fed up; epidemic; cope; resentful; in lieu; absorbing; headhunt; matches; careerwise; workaholic; top of the ladder; brand new.

4: jump at; pop in; date; the dawn chorus; brass band; category; capable of; cup of tea.

5: screams; chatting; report them; try to persuade him; side-effects; second opinion; underdog; yawn; give in; keep the peace; count on you; stand up for yourself.

6: fling; wince; old flames; take an interest; sociable; easy-going; loners.

7: combination of factors; boosting; essential nutrients; moody; drift off; well-being.

8: scenic views; acquaintance; short notice; modest; vanity-free; well-balanced; absurd proportions.

9: tried and tested favourites; dull; crash course; big fuss; cash; yearn; abroad; fit in; get away with; spur of the moment; trust to luck; spend sleepless nights; last minute; in a mess.

10: for fun; faced with; pay no attention to; reconsider; ignore; haunted; fair share; hard-headed; strikes a balance; scepticism; easy game; confidence tricksters.

11: body language; current events; shift; clamming up; clenching; storming off; corporal punishment; doodling; hug; modality strength; visual; auditory; kinesthetic.

12: loss for words; witty; nerves; blushing; kick yourself; eye-contact; cracking; turn to; tendency; pushy; reticent; shy.

13: upgrade; treat yourself; anonymous; nervous breakdown; long-lost masterpiece; auction; bidder; stockmarket; financially secure; organised basis; letting yourself go; noble; greed.

14: beat around the bush; prescribed; retires; whisper; bother; overhear; tact; nightmare; high time.

15: regardless; slot machine; stuffed; gutter; peace offering; cheer yourself up; shopping spree; extravagant; put a friend up; never materialise; burns a hole in your pocket; miser.

16: social embarrassment; daydreams; quarrel; suspected; faithful; trapped; resentful.

17: which type; what effect; recommended daily amount; main cause; allergies; put on weight; primarily; essential for; lack of; nutrition.

18: best-seller; gossip column; blistered; splash out; crossword puzzle; four-poster bed; sparkling; outing; spending money; chance to relax; sightseeing tours; local colour.

19: salaried position; starter; fruit machine; jackpot; weaves; make or break; witty; rut; stick your neck out; level-headed.

20: hurt; made a fuss of; reciprocate; put out; self-conscious; thoughtless; upset you; tend to; anxious to make a good impression; adolescent; pointless arguments.

You may wish to pre-teach some of these items or make sure dictionaries are available.
## HOW GREEN ARE YOU?

1. What would you prefer for Sunday lunch?
   - a. roast beef
   - b. venison
   - c. a nut roast with salad
   - d. whale steak

2. What is global warming?
   - a. something to do with the ozone layer
   - b. an *unproven hypothesis* produced by scientists looking for research funds
   - c. the heating of the earth’s climate by human activities

3. What do you prefer?
   - a. a daily bath
   - b. a daily shower
   - c. to save water and wash once a week.

4. What influences you most positively when buying something in a shop?
   - a. price
   - b. attractive packaging
   - c. a claim to be *environmentally friendly*
   - d. a claim to be *beneficial* to health

5. Is your home:
   - a. insulated against heat loss?
   - b. fitted with *energy-efficient* light bulbs or *solar heating panels*?
   - c. both of the above?
   - d. neither?

6. How would you prefer to spend a weekend?
   - a. going for a walk in the country
   - b. water skiing
   - c. attending the Green Party conference

7. How do you travel to work or school?
   - a. by car
   - b. by *public transport*
   - c. by bicycle or on foot

8. What do you recycle?
   - a. newspapers
   - b. bottles
   - c. both of the above
   - d. nothing

9. How do you feel about the future?
   - a. what’s the problem?
   - b. we’ll have to make some big changes
   - c. the world is coming to an end because human beings are greedy and thoughtless.

10. Which policy is most important?
    - a. combine *economic development* and *environmental protection*
    - b. stop people in developing countries having too many children
    - c. halt economic growth and industrialisation

11. What should happen to poachers who kill rhino, elephant and other endangered species?
    - a. train them for a useful job
    - b. shoot them
    - c. nothing
    - d. give them long prison sentences and *heavy fines*

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### ANSWER KEY

1. a–0 b–2 c–4 d-0  
2. a–1 b–0 c–2  
3. a–0 b–1 c–3  
4. a–1 b–0 c–3  
5. a–2 b–3 c–4 d–0  
6. a–2 b–0 c–4  
7. a–0 b–2 c–4  
8. a–0 b–1 c–3  
9. a–2 b–2 c–4  
10. a–2 b–0 c–4  
11. a–2 b–4 c–0 d–1  

### WHAT YOUR SCORE MEANS

**0 – 12** There’s no hope for you at all - or our planet if you’re in charge!

**10–19** You’ve absorbed a bit of the green message, but you’re still part of the problem rather than the cure.

**20–29** Glad to know you. You’re obviously a caring person.

**30–39** You may be feeling pretty self satisfied. But your extreme, *doom-laden* dark greenery puts everyone off.
1. When was the last time you had a really good laugh?  
   a. within the last few days  
   b. in the last month or so  
   c. about a year ago  
   d. so long ago that you can’t remember  
2. Which colour do you prefer?  
   a. blue  
   b. white  
   c. red  
   d. yellow  
   e. black  
3. What’s your idea of a great night out?  
   a. a candlelit dinner for two  
   b. a noisy party  
   c. going to the cinema on your own  
4. What do you think about when you’re alone?  
   a. the past  
   b. your plans for the day  
   c. the future  
5. If you could live your life again, who would you like to be?  
   a. a pop star  
   b. a politician  
   c. yourself  
   d. a member of a Royal family  
   e. a gypsy  
6. When do you get up in the morning?  
   a. at the same time every day  
   b. the minute you wake up  
   c. as late in the day as possible  
7. What do you consider to be the most important?  
   a. money  
   b. friends  
   c. principles  
8. How do you feel if someone’s looking at you?  
   a. embarrassed  
   b. angry  
   c. pleased and flattered  
9. When are you happiest?  
   a. at work  
   b. watching television  
   c. talking to friends  
10. How many really good friends do you have?  
   a. one or two  
   b. about six  
   c. ten or more  
   d. none  
11. What do you expect to happen in the next 12 months?  
   a. your personal situation will get worse  
   b. you will achieve an ambition  
   c. things will stay much as they are  
12. What is your attitude to children and pets?  
   a. life would be dull without them  
   b. alright if they are somebody else’s and are keep under control  
   c. a big responsibility  

**ANSWER KEY**  
1. a–3 b–2 c–1 d–0  
2. a–2 b–1 c–2 d–2 e–0  
3. a–2 b–2 c–1  
4. a–0 b–3 c–2  
5. a–0 b–1 c–2 d–0 e–0  
6. a–1 b–2 c–0  
7. a–1 b–2 c–1  
8. a–1 b–0 c–2  
9. a–1 b–0 c–2  
10. a–1 b–2 c–3 d–0  
11. a–0 b–2 c–1  
12. a–2 b–0 c–1  

**WHAT YOUR SCORE MEANS**  
1 – 8  It’s clear you’ve got problems. You’re more than likely depressed a lot of the time and you probably make others feel miserable too. However, now you know life can be better, you can set about doing something to improve the situation. Start by trying to inject some happiness into the lives of others.  
9 – 16 Life’s not too bad but there’s room for improvement. Your score indicates you have the good sense to realise that you may have one or two shortcomings and are willing to put them right. You have the ability to make the most of any situation and this stops you from feeling sorry for yourself.  
17–24 You seem to have found the secret of true happiness. You should count yourself a very lucky person to be so well balanced, bright and carefree. The way to carry on being happy is to spread it around to others less fortunate than yourself.
1. How do you feel on Monday mornings?
   a. depressed because it’s back to work again
   b. excited at the prospect
   c. you’re not a ‘morning’ person so you only become fully involved later in the day

2. What’s your attitude to the way you dress for work?
   a. nobody important ever sees you so it doesn’t really matter
   b. you try to make an effort to look presentable
   c. you go to a great deal of trouble to make sure you dress appropriately

3. How do you get on with your colleagues?
   a. the atmosphere is friendly and supportive
   b. the competitive environment feels threatening at times
   c. you’re totally fed up with the way they behave

4. How do you respond when somebody asks what you do for a living?
   a. change the subject because you’re ashamed
   b. give them a full job description
   c. state your occupation and leave it at that

5. What would you do if there was a flu epidemic and most of your colleagues were off work sick?
   a. do your best to cope on your own
   b. pretend you had caught it too and take time off
   c. only agree to work late if you are paid overtime

6. What would your reaction be if your boss unexpectedly called you to his office?
   a. panic
   b. guilt
   c. pleasure at the opportunity to discuss your latest plans

7. How would you feel if you had to work over the weekend?
   a. resentful at having to give up your free time
   b. you’d ask for time off in lieu
   c. offer your boss your full support to make a good impression

8. How easy do you find it to concentrate on your work?
   a. no problem because you find your job absorbing
   b. you sometimes find your self daydreaming
   c. you do what you have to do mechanically

9. What would you do if a rival company tried to headhunt you?
   a. say no because you’re happy where you are
   b. suggest to your boss you might leave unless he/she matches the offer
   c. accept without hesitation

10. How do you feel about meeting your colleagues after office hours?
    a. you enjoy it because you share a lot of interests
    b. you occasionally meet for a drink after work
    c. you just want to forget the lot of them at the end of the working day

**ANSWER KEY**
1. a-3 b-1 c-2
2. a-3 b-2 c-1
3. a-1 b-2 c-3
4. a-3 b-1 c-2
5. a-1 b-3 c-2
6. a-2 b-3 c-1
7. a-3 b-2 c-1
8. a-1 b-2 c-3
9. a-1 b-2 c-3
10. a-1 b-2 c-3

**WHAT YOUR SCORE MEANS**
10-16 You’ll certainly go places careerwise and your enthusiasm for your work is self-evident. However, you could be in danger of becoming a workaholic and a bore. Take things easy from time to time, get your priorities right, and don’t push yourself so hard.

17 – 23 If you made a bit more effort, you could probably make your working day a great deal more exciting. It’s unlikely you’ll reach the top of the ladder where you are, and a change of location might do you good.

24 – 30 You’re probably unhappy in your present job and resentful of your current working circumstances. Your attitude is no doubt reflected in the way you’re treated by your colleagues. It would probably be a good idea to seek career guidance and consider making a brand new start.
1. What’s the first thing you do when you wake up in the morning?
   a. check to see if you’re still alive  
   b. make a cup of tea or coffee  
   c. jump out of bed and do your exercises
2. What would you order for breakfast if you were staying in a hotel?
   a. you never eat breakfast  
   b. a continental breakfast  
   c. a full English breakfast
3. What’s your best time for getting work done?
   a. never before midday  
   b. it depends on how much there is to do  
   c. the earlier, the better
4. What would you do if you were invited to a party after work on a weekday?
   a. find an excuse not to go  
   b. jump at the opportunity  
   c. pop in for a while just to be sociable
5. What would your ideal date be?
   a. a champagne breakfast  
   b. a picnic by a lake  
   c. an all night party
6. Which of these sensations appeals to you most?
   a. the neon lights of theatreland  
   b. fully-opened flowers  
   c. the dawn chorus
7. When would you prefer to go jogging on a regular basis?
   a. at lunchtime  
   b. before work in the morning  
   c. in the evening
8. What colours would you choose to decorate your home?
   a. wine red or navy blue  
   b. green or brown  
   c. primrose yellow or powder pink
9. Which type of music do you prefer?
   a. brass band marches  
   b. modern jazz  
   c. classical symphonies
10. What would be the best time of day for a friend with personal problems to phone you for help?
    a. at the end of the day  
    b. before you leave for work in the morning  
    c. anytime - that’s what friends are for

**Answer Key**

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**What Your Score Means**

- **21-30** You’re in the night-owl category and probably have trouble getting up in the mornings. Remember that our daily cycles are fixed by habit so it’s possible to adjust your lifestyle if you really want to.
- **11-20** You’re capable of adapting fairly easily either to a daytime or night-time existence. The best way to get a good night’s sleep is with good food, exercise and plenty of fresh air, not by taking sleeping pills.
- **1-10** Working a night shift is not your cup of tea because you’re clearly an early bird. You’ve discovered the morning can be an especially beautiful time, a time you can savour almost in solitude.
1. You’re about to go to bed when you hear screams in the street. What do you do?
   a. call the police
   b. go to bed
   c. arm yourself with a hammer and go outside to help
2. You’re waiting to be served in a shop, but the assistant keeps on chatting with a colleague. What do you do?
   a. call the manager
   b. go to another shop
   c. interrupt the conversation
3. What would you do if you saw a child being violently hit by its mother?
   a. ignore it
   b. ask the woman to stop
   c. look for a policeman
4. You’re in a non–smoking carriage on a train and somebody lights a cigarette. What do you do?
   a. ask them to put it out and point to the sign
   b. leave the carriage
   c. report them to the guard
5. How would you react if a stranger pushed you into a swimming pool?
   a. get out and push him in
   b. report him to the attendant
   c. swim off
6. What would you do if your boss passed a rule that you thought was nonsense?
   a. follow it anyway
   b. try to persuade him to change his mind
   c. ignore it
7. What do you do if your doctor prescribes tablets for you to take?
   a. ask him what they are for and if they have side–effects
   b. take them
   c. ask for a second opinion
8. You’re driving normally when you notice a police car behind you. What do you do?
   a. carry on driving the way you are
   b. slow down
   c. speed up
9. In a relationship what do you prefer to be?
   a. equal
   b. dominant
   c. the underdog
10. Someone’s telling you the same story for the 10th time. What do you do?
    a. try to look interested
    b. yawn and say, “Not again”
    c. point out that you’ve heard it before

ANSWER KEY
1. a–3 b–1 c–5 6. a–1 b–3 c–5
2. a–5 b–1 c–3 7. a–3 b–1 c–5
3. a–1 b–5 c–3 8. a–3 b–1 c–5
4. a–3 b–1 c–5 9. a–3 b–5 c–1
5. a–3 b–1 c–5 10. a–1 b–5 c–3

WHAT YOUR SCORE MEANS

37–50 Nobody can make a decision without you interfering. People give in to you – but only to keep the peace.
24–36 Friends can count on you and you can always get your point across without being offensive.
10–23 You’re so afraid of being unpopular that you’re frightened to open your mouth. Stand up for yourself and for others – it will earn you a lot more respect.
1. What do you think is most important for a successful relationship?
   a. luck  b. the ability to compromise  c. trust

2. What do you prefer?
   a. caring for others  b. being looked after  c. being independent

3. Who usually says sorry first after a quarrel?
   a. you  b. your partner  c. you hardly ever quarrel

4. How important do you think faithfulness is in a relationship?
   a. very  b. the occasional fling does no harm  c. not at all

5. How good are you at remembering birthdays and anniversaries?
   a. useless  b. reasonable  c. not very good, so you keep a list

6. How do you react when your partner returns from the shops with a dress/shirt that you instantly hate?
   a. tell them the truth  b. say you’ll need time to get used to it  c. say it’s lovely but wince every time they wear it

7. What’s your idea of the perfect romantic evening?
   a. a candlelit dinner for two at a good restaurant  b. dancing at a popular disco  c. a quiet time together alone

8. What sort of relationship do you have with your old flames?
   a. friendly  b. poisonous  c. non-existent

9. What do you do when your partner talks about something that doesn’t interest you?
   a. listen politely but think about something else  b. try to take an interest  c. change the subject as soon as possible

10. What should the perfect partner be?
    a. sexy  b. amusing  c. generous  d. kind  e. interesting  f. rich

11. Your partner isn’t feeling sociable and won’t go to a party. What do you do?
    a. Phone and apologise that neither of you can come  b. Go alone, but leave early  c. Try again to persuade him/her to come, but failing that go alone determined to have fun  d. find someone else to go with

ANSWER KEY
1. a–0 b–2 c–1
2. a–2 b–1 c–0
3. a–1 b–0 c–2
4. a–2 b–1 c–0
5. a–0 b–1 c–2
6. a–0 b–2 c–1
7. a–1 b–0 c–2
8. a–2 b–0 c–0
9. a–1 b–2 c–0
10. a–0 b–1 c–1 d–2 e–2 f–0
11. a–2 b–2 c–1 d–0

WHAT YOUR SCORE MEANS
16–22 You’d make a trouble-free, affectionate and easy-going partner – but be careful you’re not too nice or people will take advantage of you.
8–15 You’re not perfect, but who is? You’re mentally and emotionally challenging and you shouldn’t choose a partner too similar to you.
0–7 I’m afraid you’re one of life’s loners. Perhaps you’re being too selfish and your life could be more fulfilling if you had more time for others.
1. What does ageing mean to you?
   a. there’s nothing you can do about it
   b. you can disguise the signs up to a point
   c. the speed at which you age is affected by a combination of factors, including diet and exercise

2. Which breakfast would you choose?
   a. muesli with skimmed milk, fresh fruit, tea with skimmed milk
   b. cereal with sugar and milk, toast and jam, tea with milk
   c. fried eggs and bacon, toast, butter and marmalade, tea with milk

3. How do you feel about vitamin and mineral supplements?
   a. useful for preventing colds and boosting energy
   b. a waste of money
   c. an insurance policy against modern foods that may be short on essential nutrients

4. At the weekend...
   a. you enjoy hours of planned relaxation that don’t include TV
   b. you feel guilty when you relax
   c. you relax by watching TV

5. How do you behave in a traffic jam?
   a. accept you can’t change it
   b. find that the radio helps
   c. lose your temper

6. How would you describe yourself?
   a. moody, impatient and unsociable
   b. communicative, adaptable and hardworking
   c. enthusiastic, uncomplicated and ambitious

7. What’s your sleeping pattern like?
   a. frequently interrupted
   b. regular
   c. inconsistent

8. You go to bed...
   a. within one hour of eating your evening meal
   b. tired, with a warm drink and a book to help you drift off
   c. and are asleep in fifteen minutes

9. What’s your attitude towards exercise?
   a. you already take aerobic classes or similar
   b. it helps you lose weight
   c. you’re planning to take up a physical activity

10. How busy are you?
    a. You spend an hour a day worrying about things you haven’t done
    b. Your diary is so full that you often cancel things
    c. At the end of the week you are tired, but have a sense of satisfaction

**ANSWER KEY**
1. a-3 b-2 c-1  2. a-1 b-2 c-3  3. a-2 b-2 c-1  4. a-1 b-3 c-2  5. a-1 b-2 c-3  6. a-3 b-2 c-1  7. a-2 b-1 c-3  8. a-3 b-2 c-1  9. a-1 b-2 c-3 10. a-1 b-2 c-3

**WHAT YOUR SCORE MEANS**

10-16 Congratulations! You obviously understand that well-being, good looks and good health are directly related to the foods you eat and the exercise you take.

17-23 Although you probably eat quite carefully and are aware of the benefits of exercise, your problem is motivation. Don’t ignore what you know is good for you – put it into practice. Change and you will experience a sense of well-being almost immediately.

24-30 Not only are you set on the course of early ageing, you’re also unaware of the factors that cause the process. It’s time for you to acknowledge that a healthy diet, regular exercise, plus a balanced attitude to relaxation and a good night’s sleep will keep you fitter and younger for longer.

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1. Which holiday photos do you look at most closely?
   a. the scenic views  b. friends enjoying themselves  c. pictures of you
2. How many times do you look in the mirror each day?
   a. more than 20  b. 10–20  c. fewer than 10
3. What would you least like to lose?
   a. your looks  b. your job  c. your best friend
4. What would you do if you developed a spot on your nose before an important date?
   a. cancel the date  b. try to cover the spot with make-up  c. go and not worry about it
5. What achievement are you most proud of? (Think for a moment)
   Do the other people in the room know about this?
   a. some of them  b. all of them  c. none of them
6. A new acquaintance is calling on you at short notice. How will you spend the five minutes before he/she arrives?
   a. change into more attractive clothes  b. think of ways to make him/her feel at home  c. make sure your most interesting and valuable possessions are clearly visible  d. tidy the room
7. What would you do if a close friend said they thought you had put on weight?
   a. go on a diet  b. take no notice  c. commit suicide
8. If you were offered £10,000, would you be prepared to have your looks altered for the worse for a year?
   a. yes  b. possibly  c. no
9. What do other people think of you?
   a. a good friend  b. immensely talented  c. immensely talented and very modest  d. they don’t
10. What would you do before getting a new passport photo?
    a. visit the hairdresser  b. find the nearest photo booth  c. consider your image and make an appointment with a photographer

Answer Key

<table>
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<tr>
<th>Question</th>
<th>a</th>
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<th>Points</th>
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What Your Score Means

0 – 12 It seems that you’re surprisingly vanity–free. You’re probably a man and you’re probably lying! Do you really care so little about the way you look?
13–22 You seem to be reasonably well–balanced. Although you’re concerned with appearances, you don’t let things get out of hand.
23–28 Definitely vain. Are you letting yourself be affected by all the stereotyped images of beauty all around you? Does the way you look really matter so much?
29–39 Your vanity assumes absurd proportions. Are you a film star, by any chance?
1. If you have to catch a train, what time do you arrive at the station?
a. ten minutes early  
b. an hour early  
c. thirty seconds before the train pulls out

2. What do you do in foreign restaurants?
a. stick to tried and tested favourites  
b. order something simple  
c. try something new

3. If your holiday resort turned out to be dull, what would you do?
a. concentrate on sunbathing and reading  
b. go home early  
c. organise your own entertainment

4. You’re not used to such hot weather. What do you do?
a. cover yourself with oil and sunbathe all day  
b. stay out for ten minutes and wear a hat  
c. wear protective cream and sun yourself for an hour or two

5. If you don’t speak the language, what do you do?
a. get by with sign language  
b. buy a phrase book  
c. take a crash course before you go and come back fluent

6. What kind of passenger are you when you’re on a plane?
a. you tell everyone your life story  
b. you enjoy the in-flight movie  
c. you spend the whole flight praying in the toilet

7. If your luggage went missing at the airport, what would you do?
a. go back every other day in an attempt to find it  
b. camp at the airport and make a big fuss  
c. report the loss to an official in person, then in writing

8. How do you carry your money when you go abroad?
a. in cash  
b. a little in cash and the rest in traveller’s cheques  
c. you make arrangements in advance to use a local bank

9. How would you behave if you were involved in a passionate holiday romance?
a. agree to marry and expect to live happily ever after  
b. enjoy it while it lasted but not think about the future  
c. yearn for a few weeks after but then forget about it

10. When you’re abroad, how do you behave?
a. do whatever you feel like  
b. try to fit in  
c. spend most of your time in a five star hotel

11. What do you do when you go through Customs?
a. keep within the limits  
b. sometimes go over the limit but always declare it  
c. try to get away with as much as you can

12. How far in advance do you plan trips?
a. months in advance  
b. on the spur of the moment  
c. a few weeks before you want to go

ANSWER KEY
1. a–3 b–5 c–1  
2. a–5 b–3 c–2  
3. a–5 b–5 c–3  
4. a–0 b–5 c–2  
5. a–1 b–4 c–5  
6. a–3 b–2 c–4
7. a–3 b–4 c–1  
8. a–0 b–2 c–5  
9. a–4 b–2 c–3  
10. a–1 b–2 c–5  
11. a–5 b–2 c–0  
12. a–5 b–0 c–3

WHAT YOUR SCORE MEANS
35–54  You spend so much time making sure that things don’t go wrong that you hardly have time to enjoy yourself! Relax a little. 
19–34  Although you plan your schedule carefully, you don’t spend sleepless nights worrying about things and it’s a formula that seems to work. You obviously know that the unexpected can turn out to be the most fun.
0–18  You’re the kind of person who does things on the spur of the moment. By leaving everything to the last minute, you often find yourself in a mess. Learn how to plan the basics and then you can relax and enjoy yourself.
HOW SUPERSTITIOUS ARE YOU?

1. How often do you read in your horoscope?
   a. regularly for advice  b. occasionally for fun  c. never

2. Do you have a “lucky” number, charm, or colour?
   a. yes  b. no

3. Some people consider it unlucky to walk under a ladder, or if a black cat crosses your path. What do you do when faced with these situations?
   a. Avoid them if possible, and feel unhappy if they happen
   b. Not worry at all
   c. pretend not to mind

4. You dream of an accident the night before making a journey. How would you react?
   a. cancel the trip
   b. go ahead with the trip but feel nervous about it
   c. pay no attention to the dream

5. If you were planning to move but a fortune-teller advised you against it, what would your reaction be?
   a. cancel the move
   b. go to a different fortune-teller for advice
   c. reconsider your plans
   d. ignore the recommendation

6. What’s your attitude towards astrology?
   a. you regard it as a serious science
   b. it’s a mixture of truth and mysticism
   c. a bit of fun with no truth in it

7. You are invited to a ‘haunted castle’. How do you reply?
   a. accept hoping to see the ghosts  b. accept for fun, knowing that ghosts don’t exist
   c. refuse

8. How much luck do you believe you’ve had in life?
   a. more than your fair share of good luck
   b. less than your fair share of luck
   c. just about the average amount of good luck

9. What do you do when you pass a wishing well?
   a. ignore it
   b. throw in a coin without making a wish
   c. throw in a coin and wish for every kind of wealth and happiness
   d. throw in a coin and wish for something simple

ANSWER KEY
1. a–5 b–3 c– d–0  2. a–5 b–0  3. a–5 b–0 c–3  4. a–5 b–0 c–0  5. a–5 b–5 c–4 d–0  6. a–5 b–4 c–0  7. a–3 b–0 c–5  8. a–3 b–3 c–0  9. a–0 b–1 c–2 d–5

WHAT YOUR SCORE MEANS
1–12 You have few superstitious beliefs or tendencies. You’re a practical person with a hard-headed approach to life. However, you’re inclined to be over-cautious and intolerant of other people’s ideas.
13–31 Your attitude strikes a balance between two poles – with a mixture of scepticism and flexibility. You’re sufficiently open-minded to consider that today’s superstition could be tomorrow’s fact.
32–43 You’re a very superstitious person and easy game for confidence tricksters. The signs are that you’re a bit too enthusiastic about the supernatural and the fantastic claims made by people on insufficient evidence.

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1. How can other people best interpret your emotions?
   a. through your facial expressions
   b. from the quality of your voice
   c. through your general body language

2. How do you manage to keep up with current events?
   a. by reading the newspaper thoroughly when you have the time
   b. by listening to the radio or watching the TV news
   c. by quickly reading the paper or spending just a few minutes watching the TV news

3. What sort of driver (or passenger) are you?
   a. you frequently check the rear view mirror and watch the road carefully
   b. you turn on the radio as soon as you get into the car
   c. you can’t get comfortable in the seat and continually shift position

4. How do you prefer to conduct business?
   a. by having face-to-face meetings or writing letters
   b. over the phone because it saves time
   c. by talking while you are walking, jogging or doing something else physical

5. How do you react when you’re angry?
   a. by clamping up and giving others the “silent treatment”
   b. by quickly letting others know why you’re angry
   c. by clenching your fists, grasping something tightly or storming off

6. How would you describe the way you dress?
   a. a neat and tidy dresser
   b. a sensible dresser
   c. a comfortable dresser

7. What do you think the best way is to discipline a child?
   a. to isolate the child by separating him/her from the group
   b. to reason with the child and discuss the situation
   c. to use acceptable forms of corporal punishment

8. How do you behave at meetings?
   a. you come prepared with notes and displays
   b. you enjoy discussing issues and hearing other points of view
   c. you would rather be somewhere else and so spend your time doodling

9. What do you like doing in your free time?
   a. watching TV or going to the cinema
   b. listening to the radio, going to a concert or playing a musical instrument
   c. engaging in a physical activity of some kind

10. What do you consider to be the best way of rewarding students?
    a. writing positive comments on their work
    b. giving oral praise to the student
    c. a pat on the back, a hug, or some other appropriate physical action

WHAT YOUR SCORE MEANS

If most of your answers are A, then your modality strength is visual. In other words, you learn through seeing things and you like everything to be written down on paper. In a classroom, having notes and the use of visual aids will help you.

If most of your answers are B, your modality strength is auditory. In other words, you learn through listening. In a classroom you will want to hear the new language and listening to music could well be helpful.

If most of your answers are C, your modality strength is kinesthetic. In other words, you learn on the move or through movement. Sitting passively in a classroom is unlikely to appeal to you but you’ll probably respond well to the use of games and role play.
### HOW SELF CONFIDENT ARE YOU?

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<tbody>
<tr>
<td>1. How do you react when you’re meeting someone for the first time who you’re trying to impress?</td>
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<td>a. at a loss for words and the palms of your hands start to sweat</td>
<td>b. overanxious to please</td>
<td>c. witty and in command of the situation</td>
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<td>2. Who do you feel most relaxed with?</td>
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<td></td>
<td>a. with a crowd</td>
<td>b. with one or two close friends</td>
<td>c. on your own with a good book to read</td>
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<td>3. What would you do if you were having trouble finding a street address?</td>
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<td>a. ask somebody of your own age and sex</td>
<td>b. do your best to work it out from the map</td>
<td>c. ask the first intelligent looking person you see</td>
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<td>4. How do you react at job interviews?</td>
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<td>a. look the interviewer straight in the eye and speak clearly</td>
<td>b. speak very quietly and keep looking at the floor</td>
<td>c. hide your nerves by talking loudly</td>
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<td>5. Which way would you prefer to express your love for someone?</td>
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<td>a. in person</td>
<td>b. on the phone</td>
<td>c. in a letter</td>
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<td>6. How do you react to compliments?</td>
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<td>a. by blushing and feeling self-conscious</td>
<td>b. by questioning their sincerity and doubting what they say</td>
<td>c. finding a way to compliment them in return</td>
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<td>7. What would you do if a television crew was doing a street interview?</td>
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<td></td>
<td>a. give an interview and kick yourself afterwards for not having said everything you wanted to</td>
<td>b. express your opinions confidently and clearly</td>
<td>c. avoid being asked by crossing the road</td>
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<td>8. How do you relate to someone you meet in a lift?</td>
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<td></td>
<td>a. by avoiding all eye-contact</td>
<td>b. by talking about the weather</td>
<td>c. by cracking a joke</td>
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<td>9. How do you react if somebody uses offensive language in your company?</td>
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<td></td>
<td>a. you tell them to clean up their language</td>
<td>b. it upsets you and you leave</td>
<td>c. you pretend not to notice</td>
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<td>10. Who would you turn to if you had a crisis in your personal life?</td>
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<td>a. nobody</td>
<td>b. a close friend or relative</td>
<td>c. you’d phone up a counselling service</td>
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</table>

**ANSWER KEY**

1. a-3 b-2 c-1  4. a-1 b-3 c-2 7. a-2 b-1 c-3 10. a-3 b-1 c-2
2. a-1 b-2 c-3  5. a-1 b-3 c-2 8. a-3 b-2 c-1 9. a-3 b-2 c-3

**WHAT YOUR SCORE MEANS**

<table>
<thead>
<tr>
<th>Score Range</th>
<th>Description</th>
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<tbody>
<tr>
<td>0–10</td>
<td>You’re certainly ‘not backward in coming forward’ and you have a <em>tendency</em> to be over-confident at times. Generally speaking, you get on very well with people as long as you remain sensitive to their needs.</td>
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<tr>
<td>11–20</td>
<td>Yours is the typical human condition. Sometimes you can be quite <em>pushy</em> and outgoing, and at other times rather <em>reticent</em>. And even if you’re occasionally a little self-conscious, it’s probably a lot more attractive to other people than you realise.</td>
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<tr>
<td>21–30</td>
<td>You seem to worry too much about what other people think of you. In reality, they’re probably just as <em>shy</em> as you are and there’s no justification for your concern. Instead of concentrating on the impression you’re making, try to get outside of yourself by thinking more about the other people you meet, and what their problems might be.</td>
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WHO ARE YOU?

1. What’s your idea of the perfect evening?
   a. a country walk at sunset
   b. restaurant, followed by nightclub and casino
   c. doing overtime at work
   d. having friends around

2. What do you do with any spare money?
   a. put it into long term investment
   b. upgrade your major possessions
   c. buy lottery tickets and hope for a big win
   d. treat yourself to some fun

3. A colleague offers you an opportunity to buy into a guaranteed money–making deal. What do you do?
   a. turn it down
   b. invest in it
   c. ask for more details
   d. offer to pay them a percentage of any profit for helping you

4. You hear you have won a million pounds. How do you react?
   a. delighted - you start to put your plans into actions
   b. try to remain anonymous and give most of it away
   c. have a nervous breakdown
   d. say it won’t change you at all and hire a financial advisor

5. An art expert reveals the picture on your wall is a long–lost masterpiece.
   What do you do?
   a. lend it to a museum
   b. sell it at an art auction
   c. spotlight it for the benefit of visitors
   d. get a copy made and hide the original away

6. You’re selling your house and have accepted an offer. Someone else offers more.
   What do you do?
   a. refuse
   b. accept
   c. consult a lawyer
   d. give the first bidder a chance to make a higher offer

7. You suddenly have enough money to choose your life style.
   What do you do?
   a. buy a villa in the sun and relax
   b. make large investments on the stockmarket to become very rich
   c. distribute it amongst your relatives
   d. carrying on working but spend more time and money on hobbies

8. How would you define true happiness?
   a. being admired and respected
   b. having power over people
   c. helping others less fortunate
   d. feeling financially secure

9. How often do you give to charity?
   a. on a regular and organised basis
   b. never
   c. only when asked
   d. whenever something touches your emotions

ANSWER KEY
1. a–2 b–1 c–3 d–5
2. a–4 b–2 c–1 d–5
3. a–3 b–1 c–5 d–2
4. a–5 b–2 c–3 d–1
5. a–2 b–1 c–5 d–3
6. a–2 b–1 c–3 d–5
7. a–4 b–1 c–2 d–5
8. a–2 b–1 c–2 d–3
9. a–5 b–1 c–2 d–3

WHAT YOUR SCORE MEANS
37-45 Money can be your way to the good life because you know how to use it wisely. You realise that the earning of money is only important when you can also enjoy spending it. And even if you never grow rich, you’ve learned how to be happy with what you have.

27-36 Your problem is that you’re frightened of letting yourself go. Although your cautious nature enables you to find security, you have a tendency to feel guilty about enjoying yourself.

17-26 You’re far too noble for your own good. Money for you is a way of buying approval from others and this makes you suffer a lot. Stop being so soft and start thinking of yourself.

9-16 You may, and probably will, make a great deal of money, but it won’t buy you happiness. Greed is your motivator – it isn’t the wealth you enjoy but the gaining of it. However much you have, you’re never satisfied.
1. How do you behave when you visit your doctor’s surgery?
   a. beat around the bush before you come to the point
   b. describe your symptoms clearly and briefly
   c. talk about the weather

2. The tablets your doctor prescribed don’t seem to work. A friend with
   the same problem has been given something different. What do you do?
   a. try your friend’s tablets
   b. ask your doctor why he isn’t prescribing them
   c. mention your friend’s tablets to your doctor and ask his opinion

3. You don’t feel well enough to walk to the doctor’s. What do you do?
   a. ask a friend to give you a lift
   b. wait 24 hours to see if you feel better
   c. ask the doctor to visit you

4. Your family doctor retires and you don’t like his replacement. What do you do?
   a. look for another doctor
   b. tell him the truth
   c. put up with him and hope things will improve

5. What do you do when you’ve got flu?
   a. go to work as usual
   b. go to bed with a hot drink
   c. complain about how awful you feel

6. You’re ill in bed, don’t feel like eating, and someone brings you a boiled egg.
   What do you do?
   a. force it down to please them
   b. say you can’t manage anything
   c. wait until they’ve gone downstairs, then call out you’d rather have it with toast

7. You’re in hospital and find out the patient in the next bed is seriously
   ill but doesn’t know it. What do you do?
   a. “whisper” loudly to your visitors what you know
   b. tell your neighbour the truth
   c. forget it

8. The nurses in your hospital ward are extremely busy. What do you do?
   a. offer to help
   b. bother them only when essential
   c. still expect V.I.P. treatment

9. You overhear some alarming things from a group of doctors
   talking about you outside your room. What do you do?
   a. get hysterical
   b. imagine the worst
   c. ask them for the truth

10. A neighbour offers to help your family while you are unwell. What do you do?
   a. mention a few specific things
   b. say you can manage without help
   c. hand over full responsibility for your home and family

**ANSWER KEY**

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<tr>
<th></th>
<th>a–0 b–2 c–1</th>
<th>4. a–2 b–0 c–1</th>
<th>7. a–1 b–0 c–2</th>
<th>10. a–2 b–1 c–0</th>
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<tr>
<td>2</td>
<td>a–0 b–1 c–2</td>
<td>5. a–0 b–2 c–1</td>
<td>8. a–2 b–1 c–0</td>
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<td>3</td>
<td>a–2 b–1 c–0</td>
<td>6. a–2 b–0 c–1</td>
<td>9. a–0 b–1 c–2</td>
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**WHAT YOUR SCORE MEANS**

14-20 You’re the perfect patient and you’d be a pleasure to look after. You’ve got nothing to worry about.
8 - 13 You’re not really a difficult patient but you could do with a bit more tact and common sense.
0 - 7 You’re a doctor’s nightmare! You’d be a nuisance to nurse either at home or in hospital. It’s high time you changed your ways!
**WHO ARE YOU?**

**HOW DO YOU SPEND YOUR MONEY?**

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<td>1. Where would you choose to go for your summer holiday?</td>
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<tr>
<td>a. somewhere special – regardless of the cost</td>
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<td>b. somewhere you think will be nice, but not too expensive</td>
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<tr>
<td>c. a camping trip</td>
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<tr>
<td>2. If you’re handed a foreign coin in your change, what do you do?</td>
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<td>a. throw it away</td>
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<tr>
<td>b. pass it on to someone else</td>
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<tr>
<td>c. look for a slot machine that will accept it</td>
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<td>3. If you saw a wallet stuffed with money lying in the gutter and there was nobody about, what would you do?</td>
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<td>a. take it to the nearest police station</td>
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<tr>
<td>b. spend the money as quickly as possible</td>
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<tr>
<td>c. ignore it and keep walking</td>
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<tr>
<td>4. What gift would you give your mother–in–law who doesn’t approve of you?</td>
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<tr>
<td>a. a present which you received but don’t want</td>
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<tr>
<td>b. something very expensive as a peace offering</td>
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<td>c. something safe like a box of chocolates</td>
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<td>5. When do you buy new clothes?</td>
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<tr>
<td>a. whenever you feel like it</td>
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<tr>
<td>b. only when you need something</td>
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<td>c. just to cheer yourself up</td>
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<td>6. What would you do if you unexpectedly came into some money?</td>
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<td>a. save half and spend the rest of it on presents</td>
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<td>b. invest it</td>
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<td>c. spend the lot in one glorious shopping spree</td>
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<td>7. How much of your income do you give to charity?</td>
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<td>a. almost nothing as the government use taxes for that sort of thing</td>
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<td>b. 10% or more</td>
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<td>c. it depends, but less than you spend on, for example, new clothes</td>
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<td>8. If you were planning a celebration party, what would it be?</td>
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<td>a. an extravagant affair with sophisticated entertainment</td>
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<td>b. something out of the ordinary</td>
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<tr>
<td>c. a quiet affair somewhere local</td>
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<td>9. You put a friend up for a couple of weeks but he/she offers nothing towards food. What would your reaction be?</td>
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<tr>
<td>a. not to expect anything</td>
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<td>b. ask for the amount that you think you’re owed</td>
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<td>c. resolve never to invite that person again</td>
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<td>10. What presents can your friends expect from you?</td>
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<tr>
<td>a. more expensive than you can really afford</td>
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<tr>
<td>b. promises of wonderful presents which never materialise</td>
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<td>c. inexpensive but carefully chosen ones</td>
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</table>

**ANSWER KEY**

1. a–3 b–2 c–1  
2. a–4 b–2 c–1  
3. a–1 b–5 c–2  
4. a–1 b–3 c–2  
5. a–3 b–1 c–2  
6. a–2 b–1 c–3  
7. a–0 b–3 c–1  
8. a–3 b–2 c–1  
9. a–3 b–1 c–2  
10. a–3 b–0 c–2

**WHAT YOUR SCORE MEANS**

26-33 Money burns a hole in your pocket! You need to be more responsible with how you get and use it.

15-25 Money is something that never worries you too much. You enjoy having it, and the chance to be generous, but relationships take priority.

0-14 You are very cautious with money and in life. Reconsider your attitudes or you may be seen as a miser.

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### WHO ARE YOU?

#### ARE YOU READY TO GET MARRIED?

<table>
<thead>
<tr>
<th>1. How old are you?</th>
<th>a. 16–20</th>
<th>b. 21–25</th>
<th>c. 26–35</th>
<th>d. 35–40</th>
<th>e. 40+</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Who do you live with?</td>
<td>a. your parents</td>
<td>b. on your own</td>
<td>c. your partner</td>
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<td>3. What’s the longest relationship you’ve had so far?</td>
<td>a. three months or less</td>
<td>b. three months to a year</td>
<td>c. one to two years</td>
<td>d. longer than that</td>
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<tr>
<td>4. What do you think is the main reason most people marry?</td>
<td>a. to please their parents</td>
<td>b. because they want children</td>
<td>c. it’s a way of telling the world how they feel about each other</td>
<td>d. so they can live together without <em>social embarrassment</em></td>
<td></td>
</tr>
<tr>
<td>5. How much do you like to be on your own?</td>
<td>a. most of the time</td>
<td>b. a couple of hours a day</td>
<td>c. very little</td>
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<tr>
<td>6. How do you see yourself in your <em>daydreams</em>?</td>
<td>a. as a world famous star</td>
<td>b. with a happy home life</td>
<td>c. with a busy career and social life that takes you out and about</td>
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<tr>
<td>7. How do you think marriage would improve your life?</td>
<td>a. it would stop you feeling depressed so often</td>
<td>b. it would give you more confidence</td>
<td>c. you’d have someone to help you with the housework</td>
<td>d. there would be someone to look after you in your old age</td>
<td>e. you’d be sharing a home with your best friend</td>
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<tr>
<td>8. After a <em>quarrel</em> with your partner, who usually says sorry first?</td>
<td>a. your partner</td>
<td>b. you hardly ever quarrel</td>
<td>c. you</td>
<td></td>
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<tr>
<td>9. If you <em>suspected</em> your partner of having an affair, what would you do?</td>
<td>a. have one yourself</td>
<td>b. think hard to find the reason</td>
<td>c. ask your partner directly for the truth</td>
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<tr>
<td>10. How should a couple behave at a party?</td>
<td>a. meet people together</td>
<td>b. separate until it’s time to go home</td>
<td>c. spend some time together and some apart</td>
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<tr>
<td>11. When should a married couple have children?</td>
<td>a. within two years</td>
<td>b. if the husband or wife wants them</td>
<td>c. when they both want them</td>
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<tr>
<td>12. How important is it to be <em>faithful</em> in marriage?</td>
<td>a. both partners should be free to do as they please</td>
<td>b. it’s important for the wife but not for the husband</td>
<td>c. both partners should be faithful to each other</td>
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</tbody>
</table>

#### ANSWER KEY

| 1.  a–0 b–1 c–2 d–1 e–0 | 5.  a–0 b–2 c–1 | 9.  a–0 b–2 c–1 |
| 2.  a–0 b–1 c–2 | 6.  a–0 b–2 c–1 | 10. a–2 b–0 c–1 |
| 3.  a–0 b–1 c–2 d–3 | 7.  a–0 b–1 c–0 d–1 e–2 | 11. a–0 b–1 c–2 |
| 4.  a–0 b–1 c–2 d–3 | 8.  a–0 b–2 c–1 | 12. a–0 b–1 c–2 |

#### WHAT YOUR SCORE MEANS

- **20–26** What are you waiting for? With your loving nature, you will enjoy a satisfying relationship and make someone a perfect partner.
- **13–19** Marriage could work for you, but not with someone who thinks a couple should do everything together. Don’t decide to have children unless you’re certain you want to make the necessary sacrifices.
- **0–12** Being single suits you perfectly as you’re not ready to make a full commitment. It would make you feel *trapped* and *resentful*.

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### WHO ARE YOU?

#### HOW MUCH DO YOU KNOW ABOUT FOOD?

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<thead>
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<tbody>
<tr>
<td><strong>1. A calorie is:</strong></td>
<td>a. a type of vitamin</td>
<td>b. a unit of energy</td>
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<tr>
<td><strong>2. Protein is:</strong></td>
<td>a. a body–building material</td>
<td>b. a hormone</td>
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<tr>
<td><strong>3. Which type of wine generally has the most calories?</strong></td>
<td>a. red wine</td>
<td>b. white wine</td>
</tr>
<tr>
<td><strong>4. How many people in Western Europe are overweight?</strong></td>
<td>a. 11%</td>
<td>b. 26%</td>
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<tr>
<td><strong>5. Cholesterol is:</strong></td>
<td>a. a part of sugar</td>
<td>b. a disease</td>
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<tr>
<td><strong>6. What effect does microwaving have on vitamins?</strong></td>
<td>a. it destroys most of them</td>
<td>b. it preserves them</td>
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<tr>
<td><strong>7. What is the recommended daily amount of fibre for adults?</strong></td>
<td>a. 30g</td>
<td>b. 60g</td>
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<tr>
<td><strong>8. Carbohydrate is:</strong></td>
<td>a. the very basic structure of starch and sugar</td>
<td>b. a vitamin</td>
</tr>
<tr>
<td><strong>9. What is the main cause of food allergies?</strong></td>
<td>a. artificial colours</td>
<td>b. preservatives</td>
</tr>
<tr>
<td><strong>10. What effect does eating oily fish have?</strong></td>
<td>a. it reduces blood cholesterol levels</td>
<td>b. it prevents colds</td>
</tr>
<tr>
<td><strong>11. Why is “fast food” a bad idea?</strong></td>
<td>a. it contains hardly any nutrients</td>
<td>b. it gives little protein in relation to fat</td>
</tr>
<tr>
<td><strong>12. Vitamin A helps:</strong></td>
<td>a. build strong bones</td>
<td>b. produce healthy skin</td>
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<tr>
<td><strong>13. Vitamin B12 primarily helps:</strong></td>
<td>a. night vision</td>
<td>b. growth of teeth</td>
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<tr>
<td><strong>14. Vitamin K is essential for:</strong></td>
<td>a. manufacture of fats</td>
<td>b. hormone production</td>
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<tr>
<td><strong>15. Lack of iron leads to:</strong></td>
<td>a. a form of anaemia</td>
<td>b. discoloured teeth</td>
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<tr>
<td><strong>16. Too much salt can lead to:</strong></td>
<td>a. high blood pressure</td>
<td>b. copper deficiency</td>
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<tr>
<td><strong>17. Which has the highest sugar content?</strong></td>
<td>a. a plain chocolate bar</td>
<td>b. a milk chocolate bar</td>
</tr>
<tr>
<td><strong>18. Which is the best way to lose weight and stay healthy?</strong></td>
<td>a. to use slimming and vitamin pills</td>
<td>b. to eat only fruit and vegetables</td>
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**ANSWER KEY**  
Score 1 point for each correct answer

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<td>7–a</td>
<td>12–b</td>
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<td>3–c</td>
<td>8–a</td>
<td>13–c</td>
<td>18–c</td>
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<td>4–c</td>
<td>9–c</td>
<td>14–c</td>
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<td>5–c</td>
<td>10–a</td>
<td>15–a</td>
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**WHAT YOUR SCORE MEANS**

- **15–18** You obviously know a lot about food and you’re probably eating very healthily.
- **10–14** Pretty good, but there’s still room for improvement.
- **6–9** You may be eating the wrong diet. Check that you’re including enough fresh produce in your meals.
- **0–5** Oh dear! You need to be careful. Buy a good book on nutrition – there are plenty to choose from.

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WHO ARE YOU?

WHAT’S THE RIGHT HOLIDAY FOR YOU?

1. If you only had room in your suitcase for one of the following items, which one would you choose?
   a. the latest best-seller  b. your camera  c. a guidebook
2. How do you read the morning paper?
   a. look for the horoscope, TV page and gossip column
   b. start at page one and read everything
   c. read the articles that interest you
3. How would you spend a free afternoon in Paris?
   a. walking through the artists quarter  b. find a street cafe and watch the people pass by
   c. visit the Louvre to see the Mona Lisa
4. Which of the following items is the most important in your holiday first-aid kit?
   a. insect repellent  b. calomine lotion for sunburn
   c. plasters for blistered feet
5. Two days before the end of your holiday, your money is stolen. How do you spend your last £20?
   a. use your credit card for anything extra you want  b. splash out on a cheap, cheerful dinner
   c. divide it in half so that it lasts for two days
6. What would you take to amuse yourself on a long journey?
   a. a personal stereo  b. a crossword puzzle  c. a book to read
7. You and your partner win a romantic night out in a competition. How do you choose to spend it?
   a. in an old English hotel with a four-poster bed and log fires
   b. having dinner by candlelight under a starlit Caribbean sky
   c. eating barbecued jumbo prawns by the Australian surf
8. What qualities do you look for in a partner?
   a. good looks  b. a sense of humour  c. sparkling conversation
9. If you went to Istanbul on holiday, which sightseeing trip would you select?
   a. a day in a huge covered bazaar, hunting for souvenirs
   b. a day on a secluded Black Sea beach, barbecuing kebabs
   c. an outing to the Topkapi Palace to see the Sultan’s jewels
10. What would you do if your luggage went missing?
    a. buy what you needed out of your spending money
    b. use the opportunity to buy a whole new set of clothes
    c. buy what you needed with your credit card

ANSWER KEY
1. a–1 b–2 c–3  3. a–3 b–1 c–2  5. a–1 b–3 c–2  7. a–2 b–3 c–1  9. a 3 b–1 c–2
2. a–1 b–2 c–3  4. a–3 b–1 c–2  6. a–1 b–2 c–3  8. a–2 b–1 c–3  10. a–2 b–3 c–1

WHAT YOUR SCORE MEANS
10–16 Although you have plenty of energy and enjoy having fun, more than anything else you want the chance to relax. All you need is sunshine, a beach and some nightlife within easy reach. You choose your holiday carefully and usually return home refreshed.
17–23 You like to find something new and interesting. Although you enjoy good weather and sunbathing, when the weather’s bad you’ll go off on sightseeing tours.
24–30 For you a holiday is the chance to lead a completely different life. You’ll avoid the popular places and search the old quarters of the town for local colour. You’re probably the kind of person who enjoys sport and looks for the opportunity to try something unusual.

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1. What would you consider to be the perfect job opportunity?
   a. a secure *salaried position* with a pension scheme
   b. a job allowing you to be independent with an opportunity for self-improvement
   c. anything with an exotic name

2. What do you choose to eat when you go to a new restaurant?
   a. anything with an exotic name
   b. experiment with an unusual *starter*
   c. something you know you like

3. What would you do if you lost all the change in your pocket playing a *fruit machine*?
   a. borrow some coins from a friend
   b. stop before you lost any more
   c. change a big note in an attempt to win the *jackpot*

4. Which of these holidays would you prefer?
   a. an overland expedition to Katmandu
   b. a package holiday to a popular resort
   c. a mini cruise on a luxury liner

5. How do you feel about insurance schemes?
   a. a complete waste of money
   b. you’re not quite sure whether you’re fully insured or not
   c. you can’t sleep at night unless you’re fully insured

6. What’s your definition of a good driver?
   a. someone who observes the speed limits
   b. someone who drives fairly fast but without loss of control
   c. someone who *weaves* through the city traffic like a racing driver

7. Which of these hobbies appeals to you most?
   a. going to the theatre
   b. sky diving
   c. stamp collecting

8. What would you do with the money if you won the lottery?
   a. deposit it in a building society
   b. play the Stock Exchange
   c. take a chance by investing it in a *make or break* business venture

9. How do you like people to think of you?
   a. wild and unpredictable
   b. good natured
   c. *witty* and amusing

10. What would you do if you were working in an office and the fire alarm went off?
    a. get out immediately
    b. carry on working
    c. look around to see what the problem was

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**ANSWER KEY**

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**WHAT YOUR SCORE MEANS**

21-30 You seem to be a very sensible and practical person who rarely takes chances. It might be a good idea to break out of the *rut* you’re in and *stick your neck out* sometimes.

11-20 You appear to be well-balanced person, able to find a certain amount of fun and adventure without taking any unnecessary risks. Stay the way you are!

1-10 Your need for thrills and excitement seems a bit on the desperate side. Perhaps you’ll settle down to a more *level-headed* existence when you get a bit older.
1. What kind of people are you attracted to?
   a. people with strong personalities  
   b. people who seem to admire you  
   c. people who seem to need you
2. You’re trying to explain a great idea to a friend, who disagrees with you or doesn’t understand. How do you react?
   a. go on explaining  
   b. feel hurt or angry  
   c. stop to reconsider the idea
3. You’re at a party given by some friends and you’re feeling depressed. What do you do?
   a. excuse yourself and leave  
   b. stay on until the end regardless  
   c. pretend there’s nothing wrong with you hoping nobody will notice
4. What sort of patient are you when you’re ill?
   a. you like to be made a fuss of  
   b. you prefer to be left on your own  
   c. you like to have books brought to you so that you can keep yourself occupied
5. What are you most likely to do after a hard day at work or school?
   a. go out and have a good time and forget all your worries  
   b. look for comfort from those closest to you  
   c. complain to a friend about the bad time you’ve had
6. If someone you’ve just met tries to teach you something you already know, how do you react?
   a. tell the person you already know that  
   b. say nothing  
   c. wait until the person has finished, then reveal your expertise
7. How much does the person you most care about need you?
   a. more than you need him/her  
   b. less than you need him/her  
   c. about the same
8. How would you react to an unexpected gift?
   a. by wondering how to reciprocate  
   b. with pleasure  
   c. by wondering what the giver wanted
9. If a friend pointed out an annoying characteristic you didn’t know you had, how would you react?
   a. feel put out  
   b. worry and feel self-conscious  
   c. ask other friends if it was really true
10. If a friend cancelled an engagement with you at the last minute, what would you think?
    a. they’d found something better to do  
    b. they might be in some kind of trouble  
    c. it was a thoughtless way to behave but it wouldn’t upset you much

**ANSWER KEY**

1. 1–5 b–3 c–5  2. 3  3. a–3 b–1 c–5  5. a–5 b–1 c–3  7. a–5 b–1 c–3  9. a–5 b–1 c–3  2. a–5 b–1 c–3  4. a–1 b–5 c–3  6. a–3 b–1 c–5  8. a–5 b–1 c–3  10. a–1 b–5 c–3

**WHAT YOUR SCORE MEANS**

10–27 You’re probably a person with a strong feeling of helplessness and with a strong need for emotional support at difficult times. You tend to depend on approval from others and you’re always anxious to make a good impression. The childish side of your personality may make you unrealistic but it could be that you have a greater capacity to enjoy things than ‘more mature’ people.

28–43 You’re still an adolescent at heart. There’s a conflict between the need you have to be independent and the need for support and protection. You find it difficult to make up your mind whether you want responsibility or not. You’re inclined to be unrealistic when assessing situations, changing suddenly from one extreme to another.

44–50 You’re clearly an adult at heart with a mature and realistic approach to life. You hate pointless arguments and reject idealism. Instead of attempting to take on too much responsibility, learn how to relax and enjoy life.

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