



Essential Life Skills - Chapter Quiz

Chapter: *Essential Life Skills* Name: _____ Date: _____

1. Life skills are:

- A) Only technical salon skills
- B) Everyday tools like goal-setting, time management, and ethics
- C) Optional extras
- D) The same as talent

2. SMART stands for:

- A) Smart, Modern, Active, Ready, Talented
- B) Specific, Measurable, Achievable, Relevant, Time-bound
- C) Simple, Major, Anytime, Real, True
- D) Set, Make, Act, Reach, Try

3. A SMART goal must include:

- A) A vague wish
- B) A deadline
- C) A reward
- D) A partner

4. To prioritize means to:

- A) Do the easiest task first
- B) Decide what matters most and do it first
- C) Avoid hard tasks
- D) Multitask everything

5. A good time-management habit is:

- A) Starting with your hardest task while energy is high
- B) Doing busywork first
- C) Skipping breaks
- D) Avoiding planning

6. Ethics means:

- A) Doing the right thing even when no one is watching
- B) Following trends
- C) Working fast
- D) Being talented

7. Your attitude at work is:

- A) Fixed at birth
- B) A daily choice you make
- C) Set by your boss
- D) Unimportant

8. A healthy way to manage stress is:

- A) Bring your bad day to the client
- B) Breathe, take breaks, and ask for help
- C) Skip meals
- D) Ignore it



9. A short-term goal is one you reach:

- A) In several years
- B) Soon, in days or weeks
- C) Never
- D) Only after graduation

10. Integrity in the salon includes:

- A) Being honest and on time
- B) Gossiping
- C) Taking other stylists' clients
- D) Cutting corners



Essential Life Skills - Chapter Quiz - Answer Key

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- 1. B**
- 2. B**
- 3. B**
- 4. B**
- 5. B**
- 6. A**
- 7. B**
- 8. B**
- 9. B**
- 10. A**