COGNITIVE SKILLS AND CREATIVITY.

U1 Act 1

READ CAREFULLY AND CHOOSE THE CORRECT ANSWER

1. What are cognitive skills also known as?
   A. Cognitive capacities
   B. Cognitive functions
   C. Cognitive abilities
   D. All of the above

2. Which cognitive skill refers to the ability to multitask successfully?
   A. Sustained Attention
   B. Multiple Simultaneous Attention
   C. Working Memory
   D. Pattern Recognition

3. What is one way to improve cognitive skills mentioned in the document?
   A. Reduce sleep
   B. Increase stress
   C. Physical activity
   D. Avoid social connections

4. What does 'Response Inhibition' refer to?
   A. Ability to multitask
   B. Ability to respond to directions
   C. Ability to remember instructions
   D. Ability to process information quickly

5. What is the essential ability to look, listen, and think about workplace tasks over time?
   A. Cognitive flexibility
   B. Sustained Attention
   C. Working Memory
   D. Category formation

True / False Questions:

1. Cognitive skills are fixed and cannot be improved over time.
   True False

2. Physical activity can help improve cognitive skills according to the document.
   True False

3. Cognitive skills include attention, memory, and decision making.
   True False

4. Pattern recognition is not considered a cognitive skill.
   True False

5. Reducing stress can help improve attention span at work.
   True
   False

LIVEWORKSHEETS