



**Final Exam**

**GB 102E Recipe for Success in Personal Development**

**The 2nd Semester of the Academic Year 2011**

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**Select an answer to each question by putting an x on the space provided in the answer sheet.**

1. What is the meaning of 'Life's Blessings'?
  - a. Living life simply and contentedly.
  - b. Abiding by social rules and law.
  - c. Living a happy life, getting along well with other people.
  - d. The source of happiness and prosperity.
  - e. Having what it takes to make a good living.
  
2. Why must we learn about Life's Blessings?
  - a. So that we can be highly educated.
  - b. So that we can be socially acceptable.
  - c. So that we can gain material wealth.
  - d. So that we can make a comfortable living.
  - e. Because we need both secular and Dhamma knowledge in order to meet with genuine and lasting success and happiness.
  
3. The path of progress as prescribed by Life's 38 Blessings has..... levels.
  - a. Five.
  - b. Seven.
  - c. Six.
  - d. Three.
  - e. Eight.
  
4. What is 'Parisuddhi'?
  - a. Having a deep understanding about gratitude.
  - b. Providing social aid.
  - c. Freeing other people from demerit.
  - d. Freeing oneself from demerit.
  - e. Behaving in a consistent and appropriate manner.
  
5. What can be gained from studying the 'Recipe for Success in Personal Development'?
  - a. Correct and practical knowledge about personal development.
  - b. The knowledge helps us to benefit our self, our parents, and our society.
  - c. The knowledge helps us to set the correct life objective.
  - d. The knowledge helps us to meet with success and prosperity.
  - e. All of the above.
  
6. What can the first group of blessings be compared to?
  - a. The first boat that takes us toward the shore.
  - b. The first house that provides us with comforts.
  - c. The first lamp that lights our way through life.
  - d. The first scripture that leads us to our life objective.
  - e. The first step toward success.

7. Which of the following is uncharacteristic of a fool?
  - a. Stealing from a friend that once stole from him.
  - b. Always teasing and annoying his friends.
  - c. Inviting a friend to gamble in the casino.
  - d. Inviting a friend to attend a Dhamma lecture.
  - e. Visiting a massage parlor regularly.
  
8. Which of the following is uncharacteristic of a fool?
  - a. Listening to his boss's advice.
  - b. Always minding other people's business.
  - c. Doing the wrong things.
  - d. Leading others down the wrong path.
  - e. Refusing to acknowledge rules and regulations.
  
9. Which of the following is not the fruit of not associating with a fool?
  - a. Not being led down the wrong path.
  - b. Being able to preserve one's original goodness.
  - c. Being able to survive any hardship.
  - d. Being able to accumulate more and more good deeds.
  - e. Being able to keep oneself safe from harm.
  
10. Which of the following is considered a sage?
  - a. A person that meets with success at work.
  - b. A person that possesses a clear and bright mind at all times.
  - c. A college graduate.
  - d. A person that possesses enormous material wealth.
  - e. A high-born person.
  
11. According to Life's Blessings, which of the following is considered a sage?
  - a. A college graduate.
  - b. A person that encourages others to do good deeds but does not do it himself.
  - c. A world-famous person.
  - d. A person that thinks good thoughts, say good words, and do good deeds.
  - e. A person that has once been ordained as a monk.
  
12. Which of the following is not part of a sage's characteristics?
  - a. Katannu.
  - b. Katavedi.
  - c. Attasuddhi.
  - d. Parisuddhi.
  - e. Sangaha.
  
13. How does one go about associating with a sage?
  - a. By paying him/her special attention.
  - b. By bringing gifts to him/her often.
  - c. By paying him/her compliments.
  - d. By doing things for him/her.
  - e. By seeking every opportunity to be around him/her.

14. Why must we associate with a sage?
  - a. So that we can depend on him/her.
  - b. So that we can have a good friend.
  - c. So that we can emulate his/her good example.
  - d. So that we can ask them questions about work.
  - e. All of the above.
  
15. Who deserves our reverence?
  - a. The elephant deity.
  - b. The Lord Buddha.
  - c. Shiva.
  - d. Brahman.
  - e. Kali.
  
16. In the Buddhist sense, what is meant by the comforts of virtues?
  - a. A clean environment.
  - b. A place that has easy access to the Lord Buddha's Teachings.
  - c. A place that has law and order.
  - d. Good schools.
  - e. Beautiful gardens.
  
17. Which of the following is the characteristic of 'merit'?
  - a. It cleanses the body, word, and mind.
  - b. It cannot be stolen.
  - c. It promotes the attainment of Nibbana.
  - d. It serves as provisions for our future existences.
  - e. All of the above.
  
18. What deed of merit blesses a person with a high birth?
  - a. Associating with a sage.
  - b. Not abusing other living beings.
  - c. Practicing generosity.
  - d. Revering those who are worthy of our reverence.
  - e. Observing the Five Precepts regularly.
  
19. What are the different means of accumulating merit called?
  - a. The Four Noble Sentiments.
  - b. The Ten Ways of Making Merit.
  - c. The Four Principles of Service and Social Integration.
  - d. The Seven Virtues of a Righteous Person.
  - e. The Four Paths of Accomplishment.
  
20. What is our life-objective at the intermediate level?
  - a. Accumulating merit in order to make provisions for our future existences.
  - b. Earning right livelihood.
  - c. Practicing the Dhamma for the purpose of extinguishing all defilements.
  - d. Working hard to accumulate material wealth.
  - e. Getting a Ph.D.

21. What are the five practices which enable us to stay true to our life-objective called?
- The Five Aggregates.
  - The Fivefold Course of Action.
  - Saradhamma.
  - Saraniyadhamma.
  - Avasikadhamma.
22. Which of the following is not the fruit of having the correct life-objective?
- Feeling safe wherever we are.
  - Being a good and decent citizen.
  - Possessing the true essence of humanity.
  - Preventing our self from the harm of the state of loss and woe.
  - Being high-born.
23. Which of the following is not part of the characteristics of a well-rounded education?
- It has depth.
  - It has roundness.
  - It has integrity.
  - It has width.
  - It has distance.
24. What is the scholastic characteristic of having a good memory and knowing how to summarize the main points of new information called?
- Dhata.
  - Bahussuta.
  - Paricita.
  - Manasanupekakha.
  - Supatividdha.
25. What is one way of learning to be a good student?
- Choosing the courses that one thinks are important.
  - Paying full attention to the courses that one has chosen to study.
  - Being enthusiastic about the courses that one likes.
  - Memorizing what one has learnt in order to pass the exam.
  - Acquiring as much secular knowledge as possible.
26. Which of the following is the fruit of being scholarly?
- Having an excellent memory.
  - Being confident and bold in every situation.
  - Being able to attain Stream-Entrance easily.
  - Having a rebirth in the Celestial Realm.
  - Having an easy time in earning a living.
27. Which of the following is considered a creative person?
- Agnes is an eloquent speaker.
  - Brenda is a gifted painter.
  - Jill is a talented poet.
  - Mona has a good fashion sense.
  - All of the above.

28. Which of the following applies to Agariyavinaya?
- The Five Precepts.
  - Indriyasavara.
  - Ajivaparisuddhisavara.
  - Paccayapaccavekakhana.
  - Patimokkhasavara.
29. On the day that we observe all five Precepts, we are said to retain 100% of our humanity. What can be said about a person that observes just two Precepts?
- He is said to be 80% human and 20% animal.
  - He is said to be 60% human and 40% animal.
  - He is said to be 50% human and 50% animal.
  - He is said to be 40% human and 60% animal.
  - He is said to be 20% human and 60% animal.
30. Which of the following is not a property of cultured speech?
- Our words must be true.
  - Our words must be polite.
  - Our words must be kind.
  - Our words must be sweet to the ears.
  - Our words must be useful.
31. Which of the following is the fruit of practicing cultured speech?
- It makes us attractive.
  - We will hear only things that are good and pleasing.
  - We will meet with growth in our career.
  - We will be a successful negotiator.
  - All of the above.
32. Which of the following is not part of the fourth group of Life's Blessings?
- Supporting our aging parents.
  - Raising our children.
  - Supporting our spouse.
  - Supporting our relatives.
  - Not being a procrastinator.
33. Which of the following is not part of the Four Noble Sentiments?
- Loving-kindness.
  - Compassion.
  - Altruistic joy.
  - Patience.
  - Equanimity.
34. What is the best way to repay our parents?
- Encouraging them to give alms, observe the Precepts, and practice meditation.
  - Making merit on their behalf annually.
  - Caring for them in their old age.
  - Helping with their work and business.
  - Supporting them for the rest of their lives.

35. How should we raise our children?
- Keeping them away from wickedness.
  - Giving them a good education.
  - Helping them to choose a good and decent spouse.
  - Giving them their rightful inheritance at the right time.
  - All of the above.
36. What type of wife chips away at her husband's dignity, is lazy, and fond of food?
- Vadhakabhariya.
  - Ayyabhariya.
  - Matabhariya.
  - Bhaginibhariya.
  - Sakhibhariya.
37. What type of wife has similar likes and dislikes as her husband?
- Ayyabhariya.
  - Matabhariya.
  - Vadhakabhariya.
  - Bhaginibhariya.
  - Sakhibhariya.
38. Which Dhamma principle can be applied to make spousal love last?
- The Four Noble Sentiments.
  - The Four Noble Truths.
  - The Four Principles of Service and Social Integration.
  - The Four Paths of Accomplishment.
  - The Tenfold Wholesome Course of Action.
39. What does it mean by applying effort in our work?
- Working overtime.
  - Working until late at night.
  - Endeavoring to get the work done despite obstacles.
  - Working nonstop.
  - None of the above.
40. What stands in the way of getting our work done in time?
- Negligence.
  - Being easily discouraged.
  - Poor workmanship.
  - The Six Causes of Ruin.
  - All of the above.
41. Which of the following is not an attribute of a good employee?
- Beginning work early.
  - Leaving work late.
  - Taking only what is given.
  - Singing the boss's praises.
  - Working overtime for double pay.

42. What single factor gives a child of less than 6 months old a very strong and good start?
- Breast-feeding.
  - Hugs and cuddles.
  - Classical music.
  - A very luxurious nursery.
  - Well-educated nurses.
43. What is the highest form of alms-giving?
- Amisadana.
  - Vidayadana.
  - Dhammadana.
  - Abhayadana.
  - Giving objects.
44. What alms-giving earns no merit?
- Giving someone a novel.
  - Adopting a cat from a shelter.
  - Giving someone an animal to be used as a sire.
  - Adopting a dog from a shelter.
  - Giving someone a bottle of alcoholic potion.
45. What alms-giving earns the alms-giver merit?
- Donating Dhamma books to the school library.
  - Offering betel nut chew and cigarettes to the monks.
  - Showing free movies to the public out in the open space.
  - Welcoming new students with a party where food and alcohol are served.
  - All of the above.
46. To cultivate human decency, what virtues must we practice?
- The Tenfold Wholesome Course of Action.
  - The Four Noble Sentiments.
  - The Ten Ways of Making Merit.
  - The Four Principles of Service and Social Integration.
  - The Four Paths of Accomplishment.
47. Which Life's Blessing do we lack if we do not support or promote a subordinate whom we dislike personally?
- Cultivating human decency.
  - Respectfulness.
  - Earning right livelihood.
  - Being a scholar.
  - Cultivating patience.
48. How do we support our relatives in the Dhamma world?
- Giving them gifts on occasions.
  - Providing them with funds for their business.
  - Visiting them occasionally.
  - Encouraging them to give alms, keep the Precepts, and practice meditation.
  - Helping them with their work.

49. Why did our Lord Buddha put Blessing No. 17 (supporting our relatives) behind Blessing No. 16 (cultivating human decency)?
- Because there are different kinds of relatives.
  - Because our relatives come after our parents in terms of importance.
  - Because our relatives are closest to our immediate family.
  - Because we need to learn about the practice of impartiality first.
  - All of the above.
50. Which of the following is not part of engaging in harmless work?
- Our work does not violate the professional code.
  - Our work does not break with tradition.
  - Our work does not transgress the Precepts.
  - Our work does not go against moral principles.
  - Our work does not violate the law.
51. According to the Lord Buddha's Teachings, what is the root cause of demerit or sin?
- Defilements.
  - A gloomy mind.
  - Going against God's teaching.
  - Adam and Eve's disobedience.
  - Using God's name in vain.
52. What harm is wrought by the consumption of alcohol?
- It's a waste of money.
  - It causes fights to break out.
  - It causes different diseases.
  - It causes a loss of reputation.
  - All of the above.
53. What kind of person does not put in the effort to do the work but wants a good outcome?
- A Kusita person.
  - A Ducarita person.
  - A Sithila person.
  - A Pamada person.
  - None of the above.
54. Which of the following is not the function of awareness?
- Awareness helps protect us from harm.
  - Awareness keeps us awake and not sleepy.
  - Awareness prompts us to accumulate good deeds.
  - Awareness helps us to be cognizant of our responsibility.
  - Awareness helps us to do our work in a thorough manner.
55. What can awareness be compared to?
- A door.
  - A garden.
  - A harbor.
  - A finance minister.
  - A sailboat.

56. What kind of thought gives rise to Otappa?
- The thought of the Lord Buddha.
  - The thought of the family's happiness.
  - The thought of the Hell Realm.
  - The thought of one's good deeds.
  - The thought of one's parents.
57. Which virtue is summarized in the Lord Buddha's final advice?
- Heedfulness.
  - Diligence.
  - Wisdom.
  - Fear of demerit.
  - Patience.
58. Which virtue allows us to know our true worth?
- Respectfulness.
  - Humility.
  - Contentment.
  - Gratefulness.
  - Equanimity.
59. Which virtue is lacking in a person that never feels that he has enough?
- Respectfulness.
  - Humility.
  - Contentment.
  - Gratefulness.
  - Equanimity.
60. Who and what deserve our deepest respect?
- The Lord Buddha, the Dhamma, the Sangha, alms-giving, Precepts, meditation practice, concentration.
  - The Lord Buddha, the Dhamma, the Sangha, love and kindness, compassion, altruistic joy, equanimity.
  - The Lord Buddha, the Dhamma, the Sangha, education, meditation practice, heedfulness, hospitality.
  - The Lord Buddha, the Dhamma, the Sangha, will, effort, active thought, examination.
  - The Lord Buddha, the Dhamma, the Sangha, generosity, endearing speech, altruism, behaving in a consistent and appropriate manner.
61. What is not the fruit of respectfulness?
- It endears us to others.
  - It makes us a happy person.
  - It makes us our boss's favorite.
  - It improves our awareness.
  - It helps us emulate the practices of a virtuous person.

62. A respectful person can be said to be.....
- A polite person.
  - A humble person.
  - A sincere person.
  - A wise person.
  - A friendly person.
63. What causes some people to be arrogant?
- A high I.Q.
  - Exceptional talents.
  - Fame.
  - Family status or lineage.
  - All of the above.
64. What does it mean by earning a living in a contented manner?
- It means accumulating as much material wealth as we can.
  - It means making sure that we will never become poor.
  - It means providing our self with the four requisites necessary to sustain our body so that we can use it to perform all kinds of good deeds.
  - It means equal opportunity for all.
  - None of the above.
65. When is it a good time to listen to a Dhamma lecture?
- On Monks Day.
  - When we are dominated by thoughts of sensual pleasures.
  - When we are dominated by thoughts of revenge.
  - When we are dominated by thoughts of violence.
  - All of the above.
66. Which of the following statements is incorrect?
- One must not give a Dhamma lecture for personal gain.
  - In giving a Dhamma lecture, one must always cite examples of people that have made a mistake.
  - One must have a real knowledge of the Dhamma topic that one is teaching.
  - One must be articulate.
  - One must teach with heart-felt goodwill for his audience.
67. What is the difference between respect and humility?
- Respect has to do with politeness while humility has to do with mannerism.
  - Respect is an attribute of a subordinate while humility is an attribute of a boss.
  - Respect is an inner virtue while humility is an expressed virtue.
  - Respect has to do with another person while humility has to do with the self.
  - Respect and humility are the same thing.
68. Which of the following is not considered a higher virtue?
- Listening to Dhamma lectures on occasions.
  - Patience.
  - The willingness to learn from others.
  - Valuing righteous monks.
  - Conversing about the Dhamma on occasions.

69. Making up one's mind not to gamble again is a display of.....
- Patience in the face of pain and suffering.
  - Patience in the face of temptation.
  - Patience in the face of hardship.
  - Patience in the face of anger.
  - None of the above.
70. Which of the following is not considered the right kind of patience?
- Tolerance.
  - The absence of viciousness.
  - Waiting for the chance to speak one's mind.
  - The absence of retaliation.
  - Constant joy.
71. Which of the following virtues works to support patience?
- Morality.
  - Generosity.
  - Concentration.
  - Renunciation.
  - Wisdom.
72. Which of the following people shows that he lacks self-confidence?
- Bob obeys orders because he is a new employee and is undergoing an on-the-job training.
  - Tim goes wherever his friends want to go; he attends concerts with them; he goes drinking with them.
  - Nick willingly listens to his boss's and colleagues' constructive criticism.
  - Jim works carefully by following his colleagues' advice.
  - Mary obeys her boss's orders because she is hoping for a raise.
73. What is not the reason for stubbornness?
- Old age.
  - Unwholesome desire.
  - Being quick to anger.
  - Being quick with excuses.
  - Wrong View.
74. What does it mean by 'Whoever admonishes us is revealing the treasure trove to us'?
- A person that is always finding faults with us is pointing to us the way to success.
  - A person that is in the habit of blaming us is showing us how to be a responsible person.
  - A person that scolds us all the time is showing us how to be humble.
  - A person that gives us constructive criticism is showing us Ariya wealth.
  - None of the above.
75. What is not the meaning of 'Samana'?
- A monk who practices righteousness.
  - A monk who is firmly planted in morality, concentration, and insight.
  - A monk who has abstained from all unwholesomeness.
  - A monk who practices according to the Dhamma-Discipline.
  - A monk who is a Buddhist scholar.

76. What is not the way to treat a righteous monk?
- Paying him a visit
  - Offering him betel nut chew and cigarettes.
  - Supporting him.
  - Listening to his Dhamma lectures.
  - Looking upon him with respect and devotion.
77. What is the correct way to converse about the Dhamma?
- It should be about what give rise to wholesomeness and unwholesomeness.
  - It should be about the educational system of the country.
  - It should be about the politics of the country.
  - It should be about the economy of the country.
  - None of the above.
78. With whom should we converse the Dhamma?
- A person that is firmly planted in the Dhamma.
  - A person that is well-educated.
  - A person that we feel close to.
  - A famous person.
  - A person who is articulate.
79. Which austere practice can be used to help someone who is much too fond of creature comforts?
- Eating only the food that has been provided for him.
  - Living wherever he has been assigned to live.
  - Wearing the clothes provided for him.
  - Eating only one meal a day.
  - Maintaining only the three postures of sitting, standing, and walking.
80. Which austere practice can be used to help a very lazy person?
- Eating only the food that has been provided for him.
  - Living wherever he has been assigned to live.
  - Wearing the clothes provided for him.
  - Eating only one meal a day.
  - Maintaining only the three postures of sitting, standing, and walking.
81. How many austere practices are there for monks?
- Ten.
  - Eleven.
  - Twelve.
  - Thirteen.
  - Fifteen.
82. Which of the following is correct?
- Indriyasamvara is the restraint of the six senses.
  - Anagariyavinaya is for householders.
  - Right livelihood is earning a lawful living.
  - Agariyavinaya is for Buddhist monks and novice monks.
  - Anagariyavinaya is the Five Precepts.

83. What kind of desire is the practice of chastity aimed to remove?
- Desire for the Supra-mundane Sphere.
  - Sexual desire.
  - Desire for the Non-Form Sphere.
  - Desire for the Form Sphere.
  - Desire for the Sense Sphere.
84. Which of the following is not the analogy used to describe the harm of sense-desire?
- A hungry dog gnawing on a bone.
  - A fruit-laden tree deep in the forest.
  - A pit of hot coals.
  - Gale-force winds.
  - A piece of meat held between a hawk's beaks.
85. Which of the following is not the fruit of chastity practice?
- It keeps our mind free from anxieties and worries.
  - It liberates us.
  - It facilitates our attainment of Nibbana.
  - It gives us more time to accumulate good deeds.
  - It rids us of selfishness.
86. Which of the following statements is correct?
- Suffering can be compared to germs.
  - Nirodha can be compared to medicine.
  - Samudaya can be compared to an illness.
  - Nirodha can be compared to the body which has recovered from an illness.
  - Samudaya can be compared to the body which has recovered from an illness.
87. Which of the following is not part of Pakinakadukkha?
- Dukkha.
  - Parideva.
  - Domanassa.
  - Upayasa.
  - Morana.
88. When someone does not kill or steal but keep the Eight Precepts instead, he is said to be practicing according to.....
- Right View.
  - Right Thought.
  - Right Action.
  - Right Effort.
  - Right Livelihood.
89. What is the first component of the Noble Eightfold Path?
- Right Awareness.
  - Right Thought.
  - Right Concentration.
  - Right View.
  - Right Effort.

90. What Dhamma practice leads to the attainment of Inner Bodies?
- Hiri and Otappa.
  - The Four Noble Sentiments.
  - Dhutanga.
  - Right Action.
  - None of the above.
91. Which of the following is not the meaning of the word 'Nibbana'?
- The highest point.
  - Extinguishment of defilements.
  - No more Dukkha.
  - Emancipation from the Three Spheres of Existence.
  - Emancipation from suffering.
92. Can we penetrate Nibbana?
- No, because Nibbana has no reality.
  - No, because Nibbana is not attainable.
  - Yes, because it can be penetrated by the Dhammakaya-Eye.
  - Yes, because anyone can do it.
  - No, because only the chosen few can do it.
93. If you are assigned the task of designing a commercial for a well-known whisky producer, will you do it and why?
- Yes, because it is part of your job.
  - No, because you do not want to play a part in encouraging people to transgress the Fifth Precept.
  - Yes, because it is lawful work.
  - No, because it is too big of an assignment and requires someone with more experience and expertise.
  - Yes, because it helps you develop your creative skill.
94. Which of the following does not result from the extinguishment of defilements?
- Being unperturbed by life's vicissitudes.
  - Being cheerful.
  - Being distant from sorrow.
  - Being blissful.
  - Being distant from subtle defilements.
95. What are the Three Characteristics?
- They are characteristics which are inherent in everyone and everything.
  - They consist of love, success, and happiness.
  - They consist of past, present, and future.
  - They consist of patience, effort, and success.
  - None of the above.

96. Which of the following means wanting something by unethical means?
- Abhijja.
  - Bayapada.
  - Papiccha.
  - Lobha.
  - Mahiccha.
97. Which of the following is not a subtle defilement?
- Vicikiccha.
  - Patigha.
  - Moha.
  - Uddhacca.
  - Aruparaga.
98. What supernormal abilities can a blissful mind possess?
- The Six Abhinnas.
  - The Eight Vijjas.
  - The Four Patisambhidananas.
  - The Three Vijjas.
  - All of the above.
99. What is the result of practicing according to Life's 38 Blessings?
- Life's Blessings are the source of growth and prosperity.
  - Life's Blessings are the source of awareness and insight.
  - Life's Blessings prevent us from meeting with failure.
  - Life's Blessings lead us to meet with success and happiness.
  - All of the above.
100. What is the ultimate aim of practicing Life's 38 Blessings?
- Success.
  - Recognition.
  - Good habits.
  - Fame and fortune.
  - Attainment of the Path and Fruit of Nibbana.