

# PERSONAL FASHION QUIZ

**Motivator**

Name \_\_\_\_\_ Period \_\_\_\_\_

As we begin our personal fashion study, we need to ask ourselves some questions about the way we dress. As you take this quiz, if you answer truthfully and honestly, you may be in for a little "self-enlightenment"! Remember, unless you answer honestly to yourself, little can be revealed!

**CHECK THE COLUMN THAT BEST REFLECTS HOW YOU FEEL OR HOW YOU ACT.**

	NOT USUALLY	SOME TIMES	MOST OFTEN
1. Do you often apologize for, or feel you have to justify, the way you are dressed?			
2. Do you attract people with whom you have interests in common? Does your dress send an accurate message about you?			
3. When you catch an unexpected glimpse of yourself in a mirror, do you like what you see?			
4. Are you intimidated by others who are dressed well?			
5. Is dressing a pleasure each day? (or do you get frantic trying to get dressed?)			
6. Can you be ready in half an hour for almost any occasion?			
7. Do you refuse to go places because you don't have the right thing to wear?			
8. Do you decide every day what impression you want to create? Or do you just put on what is there?			
9. Do you get your "money's worth" from your clothing selections? (or do you have clothing mistakes hanging in your closet?)			
10. Can you be manipulated by relatives or sales clerks into buying and wearing garments you don't like?			

11. Do you show signs of physical stress when you shop for an outfit? (headaches, nervousness, etc.)			
12. Are you attracting the attention that you want and need and deserve in your life, or are you the one that people just naturally ignore? (Do waiters take their time getting to your table? Do people shove ahead of you in a supermarket line?)			
13. Do other people ignore you or push you around?			
14. Do you feel you look dull or boring?			
15. Do you walk down the halls at school feeling confident and totally together?			
SCORE			

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### SCORING

Each answer is worth up to 5 points, all answers are scored individually, follow this guide:

QUESTIONS - 1, 4, 10, 11, 13, 14 should be answered **NO**.

SCORE: NO = 5      SOMETIMES = 3      YES = 1

QUESTIONS - 2, 3, 5, 6, 7, 8, 9, 12, 15 should be answered **YES**.

SCORE: YES = 5      SOMETIMES = 3      NO = 1

PERFECT SCORE WILL BE  $15 \times 5 = 75$

If you scored between 60 and 75, you seem to have a good sense of personal fashion and are using it to your advantage.

If you scored between 45 and 60, you are showing an average sense of personal fashion. Don't feel bad most people are in this range. You will learn much in this unit to help you out!

If you scored between 35 and 45, it's a good thing you are in this class!!!