

# Interpersonal Studies

## Sample Assessment Questions

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## 25 Recall/Reproduction Assessment Questions

1. Your personal identity is shaped by:
  - a. the environment
  - b. your family and friends
  - c. heredity
  - d. all of the above
2. Self-esteem is a term used in psychology to:
  - a. show that you are a good person
  - b. describe what others think about you
  - c. determine how a person sees his/her own worth
  - d. none of the above
3. Your character traits are defined by your inner traits or moral qualities, such as:
  - a. self-discipline and dependability
  - b. self-righteousness
  - c. integrity and motivation
  - d. a and c
4. In the decision-making process, identifying the alternative is:
  - a. identifying the issue at hand that needs to be dealt with
  - b. listing all possible alternatives
  - c. making the best decision according to your goals, values, priorities and resources
  - d. all of the above
5. Some rules to remember when making decisions are:
  - a. decisions made without clear thinking will tend to create poor outcomes
  - b. to listen to your inner self, intuition or gut when choosing
  - c. to listen to your body, emotions or feelings when deciding
  - d. all of the above
6. Which of the following is evidence that making good health care decisions is beneficial?
  - a. A decline in deaths from coronary heart disease and stroke have resulted from risk-factor modification, such as smoking cessation and blood pressure control coupled with improved access to early detection and better treatment
  - b. Over the years, vaccines have prevented countless cases of infectious diseases and saved millions of lives
  - c. Healthier mothers and babies have resulted from better hygiene and nutrition, the availability of antibiotics, greater access to health care and technological advances in maternal and neonatal medicine
  - d. All of the above
7. What are some adjustments which are related to achieving independence?
  - a. Learning to see yourself as a separate person in relation to your original family
  - b. Having more money to spend on entertainment
  - c. Establishing yourself in your work or career
  - d. a and c

8. Self-disclosure is:
  - a. telling someone else about yourself
  - b. learning about another person
  - c. sharing your financial reports with another person
  - d. going places with another person.
  
9. A relationship is a way to:
  - a. form bonds with another person
  - b. engage in activities with another person
  - c. force a friendship with another person
  - d. a and b
  
10. Parents can help their children develop positive friendships by:
  - a. encouraging social time with others
  - b. being aware of their child's friends
  - c. a and b
  - d. none of the above
  
11. Why is it important to support positive friendships outside the family?
  - a. It may be hard to communicate with family members
  - b. A friend can provide emotional support and help you meet your needs and reach your personal goals
  - c. A friend can expand your knowledge, ideas, and perspectives
  - d. b and c
  
12. What influences do peers have on an individual?
  - a. They contribute to the development of self-esteem
  - b. They can provide strength
  - c. They can provide encouragement, reinforcement, empathy and social acceptance
  - d. All of the above
  
13. Some rules for nurturing a loving relationship include the following:
  - a. being physically affectionate
  - b. expressing your appreciation and admiration
  - c. expressing your love materially
  - d. all of the above
  
14. Showing signs of affection, both verbally and nonverbally, is important throughout marriage and enhances marital satisfaction.
  - a. True
  - b. False
  - c. Never
  - d. Sometimes
  
15. A traditional nuclear family would be described as:
  - a. two mothers and children
  - b. father, mother and biological or adopted children
  - c. grandparent(s) and children
  - d. two adults without any children

16. Who, in the traditional American family, is viewed as responsible for providing income for the family?
- Mother
  - Grandparents
  - Father
  - All of the above
17. Who, in the traditional American family, is viewed as responsible for the care of children?
- Mother
  - Grandparents
  - Father
  - All of the above
18. Mexican-American families tend to view the family as:
- a warm and nurturing institution
  - a stable structure
  - a place that clearly establishes the place of individuals
  - all of the above
19. The following facts are all true except one. Which is false?
- In 2010, 23% of children lived with only their mother
  - In 2010, 66% of children lived with both parents
  - More children lived with both parents in 2010 than in 1980
  - Single parents must provide for the same needs and wants of the family as two-parent couples
20. What are the stages of the family life cycle?
- Leaving home and getting married or committing to a couple relationship
  - Parenting the first child and living with an adolescent
  - Launching the children; retirement and being an older adult
  - All of the above
21. \_\_\_\_\_ families cope well in a time of crisis or adversity.
- Responsible
  - Resilient
  - Resourceful
  - Reasonable
22. Factors contributing to stress may include:
- a happy marriage
  - major life changes
  - work
  - b and c

23. Which of the following are career descriptions for positions in the fields of substance abuse and behavioral disorders?
- a. They work in a variety of settings, such as mental health facilities, rehabilitation centers and prisons
  - b. They generally work full time
  - c. Educational requirements range from a high school diploma to a master's degree, depending on the setting and level of responsibility
  - d. All of the above
24. Your career choice may determine:
- a. the number of daily hours you may spend with your family
  - b. your geographic location
  - c. the ability to have time off for new babies, extended vacations or other obligations
  - d. all of the above
25. Which of the following is NOT an example of a non-traditional family?
- a. Single parent families
  - b. Extended kin families
  - c. Father, mother, and their biological children
  - d. Grandparents rearing grandchildren

## 25 Recall/Reproduction Assessment Key

1. d
2. c
3. d
4. b
5. d
6. d
7. d
8. a
9. d
10. c
11. d
12. d
13. d
14. a
15. b
16. c
17. a
18. d
19. c
20. d
21. b
22. d
23. d
24. d
25. c

## 25 Skill/Concept Assessment Questions

1. Which of the following is true about personality?
  - a. It is essential in the development of the self and occurs within the context of family interactions
  - b. It can be defined as a dynamic and organized set of characteristics possessed by a person that uniquely influences his or her cognitions, motivations and behaviors in various situations
  - c. It is shaped by many different aspects
  - d. It can be defined as a dynamic and organized set of characteristics possessed by a person that uniquely influences his or her intelligence, monetary means and behaviors in various situations.
  
2. What are some of the responsibilities of living as an independent adult?
  - a. Becoming responsible for your own health
  - b. Taking care of aging parents
  - c. Following your dream job
  - d. Both a and b
  
3. Adults must adjust to relationships outside their family of origin. An intimate relationship includes which of the following?
  - a. Commitment
  - b. Being a hindrance
  - c. Shared emotion
  - d. Both a and c
  
4. Relationships in a family:
  - a. should be a source of love and comfort
  - b. can be a negative model of relationships
  - c. can provide stability for family members
  - d. all of the above
  
5. Today's family may consist of:
  - a. father, mother and children
  - b. single adult and children
  - c. grandparents rearing grandchildren
  - d. all of the above
  
6. Changes in cultural patterns may result in changes in:
  - a. laws and customs governing relationships
  - b. personal choices
  - c. no changes in laws
  - d. a and b
  
7. The following are characteristic(s) of an unhealthy relationship:
  - a. feeling comfortable being yourself
  - b. you feel threatened when you are with that person
  - c. when you are with that person, you feel bad about yourself
  - d. b and c

8. An improper response to authority figures can impact your career. It is helpful to:
  - a. always state your opinion
  - b. ignore the chain of command when you do not agree with your boss
  - c. stand up to the authority figure only when necessary
  - d. all of the above
  
9. To appreciate another person's culture, one should understand that culture is:
  - a. defined by people
  - b. always the same as you've always known
  - c. transmitted from generation to generation
  - d. a and c
  
10. Dating has many functions. Which of these may be a function of the dating process?
  - a. Preparing for a career
  - b. Developing a personal plan for success
  - c. An opportunity to establish a unique, meaningful relationship with another person
  - d. None of the above
  
11. Which describes an extended kinship family?
  - a. Unrelated roommates sharing expenses
  - b. A mixture of grandparents, parents, children, aunts, uncles and cousins in the same household
  - c. Found only in the United States
  - d. All of the above
  
12. Native American families tend to view the nuclear family:
  - a. in the same way as Anglo families
  - b. as important in daily life
  - c. as important with the extended family being almost as important
  - d. b and c
  
13. Ethnicity has no biological implications. It is:
  - a. determined by genetics
  - b. a compilation of culture, language, customs and history
  - c. your socio-economic status
  - d. your intelligence quotient - IQ
  
14. Families, whose income is reduced, often reallocate resources by:
  - a. limiting spending
  - b. changing who cares for the children
  - c. spending more to invest in large dollar items
  - d. a and b
  
15. Family member roles:
  - a. have always been the same
  - b. have changed as families have changed
  - c. may change as the family moves through the family life cycle
  - d. b and c



16. \_\_\_\_\_ may be helpful for family members with special needs.
- Voice controlled computers
  - E-books
  - Readers which magnify pages
  - All of the above
17. Stress can affect the body as well as the emotional state. Which of the following health issues can be caused by stress?
- High blood pressure
  - Anemia
  - a and b
  - None of the above.
18. School counselors and career counselors must be credentialed, which generally requires a master's degree. To work in private practice, a counselor generally must:
- have a Ph.D.
  - be a medical doctor
  - be licensed
  - have many years of experience
19. You feel you learn best by hands-on activities. This learning style would be best suited for:
- becoming a medical doctor, requiring many years of school
  - training to work in a skilled trade such as being a carpenter or electrician
  - servicing as an office manager supervising other people's work
  - a and c
20. Which of the following is a short-term goal?
- Open my own business
  - Graduate from high school
  - Earn a master's degree in my field
  - Get married
21. As a mental health professional, it would be unethical to:
- look for resources to help families
  - consult with other professionals
  - talk to outsiders about a client
  - attend professional development activities
22. Which of the following would be a positive step in resolving conflict?
- Ignore the conflict and hope it resolves itself
  - Fire everyone involved
  - Allow the persons involved in the conflict to summarize their point of view with no interruption by the other
  - Immediately choose sides on the issue
23. Which of the following exemplifies being a team member?
- Building positive relationships with co-workers
  - Offering to help if someone else is behind
  - Continuously using the phrase "it's not my job"
  - a and b

24. Which of the following is true?
- a. Employers have increased the provision of options that allow employees flexible work times.
  - b. Most employers in America give paid paternity leave.
  - c. More employers are allowing workers to work from home.
  - d. a and c
25. Which of the following factors are a result of technology's impact on careers and families?
- a. Working from home is easier
  - b. Online businesses have increased
  - c. Reduced the number of unskilled jobs
  - d. All of the above

## 25 Skill/Concept Assessment Key

1. b
2. a
3. d
4. d
5. d
6. d
7. d
8. c
9. d
10. c
11. b
12. d
13. b
14. d
15. d
16. d
17. a
18. c
19. b
20. b
21. c
22. c
23. d
24. d
25. c

## 25 Strategic Thinking Assessment Questions

1. American psychologist, Abraham Maslow, cited two forms of self-esteem; the need for respect from others and the need for self-respect. Recognition and status influence a person's feeling of:
  - a. respect from others
  - b. self-respect
  - c. recognition and status are not related to self-esteem
  - d. a and b
2. If a person of integrity finds a wallet, you would expect that person to:
  - a. attempt to locate the owner and return the wallet
  - b. ask for a reward
  - c. return the wallet, but keep the money
  - d. just keep the wallet
3. When evaluating the consequences of a decision, you should do what?
  - a. Determine if you had thought of every alternative
  - b. Determine how the decision affected the people in your life
  - c. a and b
  - d. Move on; what's done is done
4. Research related to hazards of tobacco use has resulted in:
  - a. changes in social norms related to tobacco use
  - b. increased number of television ads for cigarette sales
  - c. fewer anti-smoking campaigns
  - d. none of the above
5. Why is dating important?
  - a. It develops a mutual understanding between two people
  - b. It helps you share your thoughts and fears
  - c. It helps you become possessive of your dating partner
  - d. It helps young people learn about interpersonal relationships
6. Research findings indicate which factor to be highly predictive of later divorce?
  - a. No verbal and nonverbal affection
  - b. Negative affect
  - c. Lack of positive affect
  - d. None of the above
7. Research has renamed middle-aged people as the "sandwich generation" because:
  - a. they eat fast food more often
  - b. they are taking care of their children and their aging parents at the same time
  - c. adult children are not moving out
  - d. none of the above

8. Due to the increased use of technology, which of the following statements is/are true?
  - a. Parents have the ability to work at home more easily
  - b. Families often have fewer family meal times
  - c. Families may communicate face-to-face less often
  - d. All of the above
  
9. When families function effectively, society is likely to need fewer:
  - a. foster homes
  - b. prison cells
  - c. a and b
  - d. none of the above
  
10. Effective family functioning may result in:
  - a. fewer child abuse cases
  - b. increased cultural understanding
  - c. better workplace opportunities
  - d. none of the above
  
11. Throughout the family life cycle, the responsibilities of each family member changes. Which of the following is not a true statement?
  - a. Children become less responsible for parents
  - b. Children may have to provide economic support for parents
  - c. Children may become the protector of the parents
  - d. Children may need to provide food, shelter and clothing for their parents.
  
12. When analyzing financial considerations of the family life cycle, which of the following statements is true?
  - a. A money plan for life can be created and followed without change
  - b. Money matters are static
  - c. The family life cycle creates the necessity to update money plans
  - d. It is not important to plan for money matters
  
13. Which of the following denote(s) effective management of technology in families?
  - a. Set time limits on electronic devices
  - b. Make family dinner time technology-free
  - c. Limit the number of electronic devices used by children in the family
  - d. All of the above
  
14. Older family members may feel intimidated by technological advances. Younger family members may help by:
  - a. setting up electronic devices
  - b. explaining the operations of devices
  - c. a and b
  - d. none of the above
  
15. Researchers have identified various types of crisis producing events. These include:
  - a. an incident of violent behavior
  - b. loss of job and/or income
  - c. death in the family
  - d. all of the above

16. Factors associated with meeting a crisis successfully include:
  - a. a positive outlook
  - b. lack of spiritual values
  - c. adaptability
  - d. a and c
  
17. Which of the following is not an effective strategy for solving family problems?
  - a. Denying or avoiding problems
  - b. Not expressing one's frustrations
  - c. Using support groups
  - d. a and b
  
18. If you are helping a family in a financial crisis, which of the following resources would not be helpful?
  - a. SNAP (Supplemental Nutrition Assistance Program)
  - b. Local school district
  - c. WIC (Women, Infant and Children's nutrition project)
  - d. Local churches
  
19. The four R's of coping with stress are rethink, relax, release and reduce. Which of the following is/are ways to reduce stress in your life?
  - a. Assign family tasks to distribute the work load
  - b. Learn to say "no" to non-essential requests
  - c. Lower the standard for success
  - d. All of the above
  
20. Which of these is not a mental stress management technique?
  - a. Active listening and time management
  - b. Keeping quiet and reserved
  - c. Being assertive
  - d. Adding physical activity
  
21. Research on strong families indicates that which of the following qualities are important when dealing with change?
  - a. Good communication
  - b. Feeling of spiritual well-being
  - c. Flexibility
  - d. All of the above
  
22. Which of the following personal priorities would support a choice of being a social worker?
  - a. My career should be fulfilling and have a positive impact on the lives of others
  - b. My career should be fast-paced and allow me to travel the world
  - c. My career should allow me to be outside and work with my hands
  - d. My career should focus on monetary gain and success
  
23. Nonverbal communication can impact your success or failure in the workplace. This type of communication can include:
  - a. use of email
  - b. facial expressions and body language when talking to others
  - c. physical appearance
  - d. b and c

24. Effective problem solving usually involves the following steps:
- a. identify the problem and gather information
  - b. generate potential solutions which are selected and tested
  - c. evaluate the results
  - d. all of the above
25. Your family life may impact your work if:
- a. you do not have an adequate plan for childcare arrangements
  - b. you are required to care for a sick family member
  - c. your car breaks down
  - d. all of the above

## 25 Strategic Thinking Questions Key

1. a
2. a
3. c
4. a
5. d
6. c
7. b
8. d
9. c
10. a
11. a
12. c
13. d
14. c
15. d
16. d
17. d
18. b
19. d
20. b
21. d
22. a
23. d
24. d
25. d



## 25 Extended Thinking Assessment Questions/Tasks

1. We discussed that friends and surrounding environments can impact a person's taste in attire, music, style of speaking and choice of social activities. Discuss other areas that might be influenced by a person's friends and environment.
2. Analyze how the relationships with others, specifically the family, would affect a person's self-concept.
3. You are the parent of an adolescent. Propose strategies for ensuring that your child is developing properly physically, emotionally, intellectually and socially.
4. Apply the first four steps in decision-making to the following scenario: You are a senior in high school and must decide your short-term and long-term goals.
5. Adolescents are not as likely to hold full-time jobs today as their counterparts of the nineteenth century were. Besides full-time work, what is needed to achieve independence from the nuclear family?
6. To live successfully away from the family, one must achieve financial and emotional independence. Explain how these things contribute to independent living.
7. Your family has always been close and nurturing, with almost constant communication. Your friend's family is more aloof and independent from one another, rarely communicating. How might each of these models affect a person's ability to develop healthy relationships with others?
8. Today's family formation is different from the formation of families in past years. Compare and contrast American family formation in the past to those families we see today.
9. Select one of the following qualities: loyalty, trustworthiness, common interest or support. Explain how this quality supports building a positive friendship.
10. Give three examples of loyalty between friends and explain why each of these examples are important.
11. How do peers contribute to self-esteem?
12. You have found someone that you are truly interested in and you would like to begin dating. However, this person's values, beliefs and activities vary drastically from yours. Discuss the pros and cons of moving forward with dating this person.
13. Good listening is fundamental to a satisfying relationship. Discuss two examples of effective communication, critiquing the examples and citing similarities and differences.
14. Critique the changes in traditional roles in the American family. How have these changes impacted family life?
15. Provide examples of how family structure affects the relationship between parents and children?

16. List some of the changes that the influx of families in Texas has created in our society. How has this impacted daily living in Texas?
17. Describe why, in a time of high unemployment, it would make sense that the research shows that fathers are spending more time with their children.
18. Describe the stages of the family life cycle. How do they connect and/or overlap?
19. How might advances in technology affect the family of the future? Consider communication, everyday life functions, health care, work and other aspects of family life.
20. Certain laws impact families. Choose one of the following and explain how it relates to and impacts families: foster care laws, Affordable Health Care Act or laws regarding abuse and neglect of children or the elderly
21. Stress, in small quantities, can be beneficial. Analyze how some stress in your life can be motivational and help you be more productive.
22. You are faced with a stressful situation. What steps might you take to reduce effects of the stress? Describe the physical and emotional aspects of overcoming this situation.
23. Show the connection between your cultural background and the way you communicate with people from other cultural backgrounds.
24. Scenario: Two colleagues cannot seem to get along. They constantly bicker and argue, sometimes in front of clients. As a team leader, how would you work with them to create a harmonious and effective workplace?
25. Steve has always wanted to be a pharmacist. Susan has chosen to be an art historian. Mario is going to law school. How will each of these career choices impact their family lives financially, socially, physically and emotionally?

### **25 Extended Thinking Assessment Key**

1 - 25 Student responses will vary