

Principles of Human Services

Sample Assessment Questions

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25 Recall/Reproduction Assessment Questions

1. Short-term goals can be accomplished:
 - a. in one week
 - b. in the near future
 - c. when you complete high school
 - d. but may take longer to achieve
2. Conflict resolution can be settled by:
 - a. ignoring the problem
 - b. allowing time to pass
 - c. cooperation and problem solving
 - d. appreciation and gratitude
3. Substance abuse can be defined as:
 - a. the physical and mental dependence on alcohol
 - b. overindulgence in or dependence on an addictive substance such as alcohol or drugs
 - c. the physical and mental dependence on drugs
 - d. an extreme change in behavior
4. Leadership is the ability to:
 - a. shadow
 - b. follow
 - c. speak
 - d. lead
5. Communication skills include:
 - a. speaking clearly
 - b. listening attentively
 - c. writing with correct spelling and grammar
 - d. all of the above
6. Technology use can save you:
 - a. time
 - b. energy
 - c. resources
 - d. both a and b
7. Sustainable is defined as:
 - a. using recycled items
 - b. able to be recycled
 - c. able to be used completely and then destroyed
 - d. able to be used without being completely used up or destroyed
8. Crisis can be defined as:
 - a. an extreme change that is often negative
 - b. an extreme change that is often positive
 - c. a change in a problem
 - d. a change in a family

9. Individuals and family members use technology at home for:
- financial planning
 - schoolwork
 - communication
 - all of the above
10. Employment opportunities in counseling and mental health services range from:
- educational opportunities
 - counseling
 - service positions
 - all of the above
11. What should responsible caregivers be trained in for the safety of children?
- Self-defense
 - Physical activity
 - First Aid and CPR
 - Nutritious cooking techniques
12. Child abuse is defined as:
- the physical or emotional mistreatment of a child
 - the physical or emotional mistreatment of an adult
 - the mental and impassive treatment of a child
 - the mental and physical treatment of a child
13. The basic needs of children are:
- physical and social
 - emotional
 - intellectual
 - all of the above
14. The nutritional life span of families includes from _____ to _____.
- infants; children
 - pregnancy; older adults
 - adults; seniors
 - children; teenagers
15. The Texas Department of Licensing and Regulations (TDLR) does **NOT** require which of the following to acquire a license?
- 1500 clock hours
 - Master the written state exam
 - Master customer service
 - Master the practical state exam
16. Decision-making can be defined as:
- making a choice or coming to a solution
 - not making choices
 - finding solutions to a problem
 - allowing someone else to make a choice

17. Personal management skills needed for productivity are:
- morals and values
 - profits and losses
 - time and energy
 - grooming and personal hygiene
18. Wellness is recognized as:
- having a negative attitude
 - feeling good
 - having healthy attitudes and actions
 - feeling well
19. Salons can now calculate their sales using:
- a calculator
 - a cash register
 - point-of-sales software
 - a pen and paper
20. Salon managers should understand the impact of marketing for their business such as:
- advertising
 - public relations
 - promotions
 - all of the above
21. Salon owners should enroll in _____ to learn about managing products, departments and people.
- cosmetology classes
 - business classes
 - graphic design classes
 - hospitality classes
22. Taking care of your clothing ensures that they will be clean and repaired when you need them for work. Identify what to do for routine care.
- Check for needed repairs
 - Hang up or fold clothes that don't need washing
 - Place dirty clothes in a laundry basket away from clean clothes
 - All of the above
23. The decision-making process is:
- the act of making a choice
 - the act of making decisions
 - difficult to understand
 - long and has too many steps
24. The first step in coping with a crisis is:
- to look for support
 - to recognize the crisis
 - to resume efforts to achieve goals
 - to seek alternative solutions

25. Stress increases the heart rate and breathing, rushes adrenalin to the muscles, and enhances mental alertness. But too much stress can lead to:
- a. ulcers
 - b. heart disease
 - c. depression and anxiety
 - d. all of the above

25 Recall/Reproduction Assessment Key

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

25 Skill/Concept Assessment Questions

1. Organize time and energy by:
 - a. being flexible
 - b. using a calendar
 - c. combining activities when possible
 - d. all of the above
2. The cause and effect of wellness to achievement is:
 - a. wellness has nothing to do with achievement
 - b. achievement has nothing to do with wellness
 - c. doesn't matter how you feel, your attitude and overall health will contribute to success
 - d. if you feel good, your attitude, thinking and overall health contribute to success
3. How does relating your appearance to personal and professional settings make a difference?
 - a. Personal style may reflect on professional appearance
 - b. Personal and professional appearance are not related
 - c. Professional and professional appearance are the same
 - d. Appearance doesn't matter either setting
4. Identify a consumer buying technique that is an effective use of resources.
 - a. Buying designer label products
 - b. Buying products that feature the recycling symbol
 - c. Buying products made of paper
 - d. Buying disposable products
5. An observation of a crisis for an adult parent may be:
 - a. demotion of a job or position
 - b. a promotion
 - c. a raise
 - d. praise from the management
6. Stress is a normal part of life. Can you predict which of the following tops the list?
 - a. watching TV
 - b. playing with children
 - c. work
 - d. relaxing
7. Some people believe domestic violence occurs because the victim provokes the abuser to violent action, while others believe the abuser simply has a problem managing anger. Some factors that cause domestic violence are:
 - a. childhood observations of domestic violence
 - b. one's experience of victimization
 - c. living in a culture of violence such as violent movies or videogames
 - d. all of the above
8. How would you predict the future trends in the job outlook for employment in counseling and mental health?
 - a. It is expected to decrease
 - b. It is expected to grow
 - c. It will stay the same
 - d. It is a needed occupation

9. What conclusion can you draw from the appropriate guidance technique for “redirecting?”
- Allowing the child to choose another activity
 - A new activity is introduced
 - A timeout is recommended
 - The same activity is re-introduced
10. The Occupational Outlook Handbook estimates the job growth for childcare workers between 2010 and 2020 is expected to grow by:
- 10%
 - 20%
 - 30%
 - 40%
11. Each individual in the family has certain roles. Your role as a son, daughter, sister, brother, niece, nephew, aunt, or uncle is a given role that you acquired when you were born into the family. These roles can be classified by:
- age and responsibilities
 - order of birth
 - level of education
 - relationship status
12. How would you interpret the dietary practices in the different stages of the life span?
- Each life stage brings its own growth and nutritional needs and challenges
 - Each life stage varies from culture to culture
 - Each life stage has the same nutritional needs
 - There are not differences in the dietary practices
13. Good grooming habits can be summarized by:
- the personal care routine you follow to keep yourself clean and attractive
 - the professional routine you follow to score a promotion at work
 - the personal care routine you sometimes follow depending on the occasion
 - the occasional routine you follow to keep yourself clean
14. Since 2005, most salons can now collect and display their creations using:
- brochures
 - their own website
 - magazines
 - business cards
15. Salons using _____ can categorize their client’s records, email and personal information.
- computer software programs
 - Index cards
 - notebooks
 - bookkeeping services
16. Overspending can be categorized as a type of crisis. The effects can include:
- bankruptcy
 - depleted savings
 - financial instability
 - all of the above

17. Can you explain how wellness is affected by eating nutritious snacks?
- Healthy food choices promote wellness
 - Healthy food choices promote health
 - Wellness has nothing to do with healthy food choices
 - Wellness indicates physical, mental and emotional health
18. How would you apply what you have learned to develop employability skills?
- By practicing integrity, respect and self-control
 - By practicing dedication, creativity and flexibility
 - By practicing responsibility, dependability and honesty
 - All of the above
19. What observations should caregivers always follow when children are playing in water?
- Be attentive and observant
 - Be distracted and preoccupied
 - Children can play in a small amount of water by themselves
 - Children don't like the water
20. Summarize community service.
- Serving the community
 - Voluntary work intended to help yourself
 - Voluntary work intended to help people in a particular area
 - Volunteering to serve the community
21. Distinguish between a blended family and an extended family.
- A blended family includes either a mother or a father and at least one child; an extended family includes a mother and a father and at least one child
 - A blended family is formed when a single parent marries another with or without children; an extended family includes other relatives who live with them
 - A blended family includes other relative(s) who live with them; an extended family is formed when a single parent marries another with or without children
 - A blended family includes a mother and a father and at least one child; an extended family includes either a mother or a father and at least one child
22. How would you interpret the difficulties some families from other cultures may have as they transition to a new country?
- Cultural traditions may not always be understood in a new country
 - A family's support system may have been left behind
 - New traditions will have to be learned
 - All of the above
23. How would you estimate the amount of time you need to work at minimum wage to earn \$100?
- \$100 – minimum wage
 - \$100 x minimum wage
 - \$100 ÷ minimum wage
 - \$100 + minimum wage
24. Where would you collect and display your résumé, awards, recognitions and certificates of achievement to prepare for employment?
- In a book
 - In a box
 - In a portfolio
 - In a filing cabinet

25. Summarize the most basic needs of children.
- a. Food, clothing and shelter
 - b. Toys, games and playgrounds
 - c. Transportation and entertainment
 - d. Movies, fast food and shopping

25 Skill/Concept Assessment Key

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

Strategic Thinking Assessment Questions

1. Assess the definition of “family.”
 - a. Each person’s definition of family is the same
 - b. Family includes father, mother and children
 - c. Each person’s definition of family may differ because we base our definitions on our own personal experiences of family life
 - d. Family includes parents, children, grandparents, cousins and anyone who is related by blood
2. How would you assess the responsibilities of family members from culture to culture?
 - a. The responsibilities change from culture to culture
 - b. The responsibilities remain basically the same
 - c. The responsibilities only change if needed
 - d. The responsibilities vary from culture to culture
3. Nutritious snacks can be evaluated by the:
 - a. ingredient label
 - b. nutrition facts label
 - c. sodium level
 - d. fat content
4. A Program of Study for the Human Services Cluster is Family and Community Services. Assess the description for this program as:
 - a. Professionals who assist people with personal, family, educational, mental health and career decisions and problems
 - b. Professionals who nurture and teach preschool-age children
 - c. Professionals who help people with decisions and problems relating to finance, real estate, insurance and consumer goods.
 - d. Professionals who help families and individuals meet their nutritional needs
5. What conclusion can you draw from studying the history of cosmetology?
 - a. Hair styling and hair coloring were practiced in the Ice Age
 - b. Old methods have evolved into techniques used today
 - c. Can help you predict and understand upcoming trends
 - d. All of the above
6. A Program of Study for the Human Services Cluster is Consumer Services. Assess the description for this program as:
 - a. Professionals who assist people with personal, family, educational, mental health and career decisions and problems
 - b. Professionals who nurture and teach preschool-age children
 - c. Professionals who help people with decisions and problems relating to finance, real estate, insurance and consumer goods
 - d. Professionals who help families and individuals meet their nutritional needs
7. There are many entrepreneurial opportunities in consumer services. What conclusion can you draw from successful entrepreneurs?
 - a. Entrepreneurs do not like to take risks
 - b. Entrepreneurs take risks
 - c. Entrepreneurs do not like to work hard
 - d. Entrepreneurs do not like to work long hours

8. Compare the differences between needs and wants.
 - a. Needs include food, clothing and shelter
 - b. Needs are things you desire that are not essential; wants are essential for survival and well-being
 - c. Needs are essential for survival and well-being; wants are things you desire that are not essential
 - d. There is no difference; they are both the same
9. Domestic violence occurs far too often in a relationship. Describe the first step that should be taken by the abused person.
 - a. Ask for forgiveness
 - b. Get away
 - c. Remain in the relationship
 - d. Forget it happened
10. A Program of Study for the Human Services Cluster is Counseling and Mental Health. Assess the description for this program as:
 - a. Professionals who assist people with personal, family, educational, mental health and career decisions and problems
 - b. Professionals who nurture and teach preschool-age children
 - c. Professionals who help people with decisions and problems relating to finance, real estate, insurance and consumer goods
 - d. Professionals who help families and individuals meet their nutritional needs
11. Differentiate between short-term and long-term goals.
 - a. Short-term goals can be accomplished in the near future; long-term goals are more far-reaching and take longer to achieve
 - b. Short-term goals are more far-reaching and take longer to achieve
 - c. The goals are the same as long as you reach them
 - d. Goals are something you plan to do
12. A Program of Study for the Human Services Cluster is Early Childhood Development and Services. Assess the description for this program as:
 - a. Professionals who assist people with personal, family, educational, mental health and career decisions and problems
 - b. Professionals who nurture and teach preschool-age children
 - c. Professionals who help people with decisions and problems relating to finance, real estate, insurance and consumer goods
 - d. Professionals who help families and individuals meet their nutritional needs
13. How is nutrition related to the Dietary Guidelines for Americans?
 - a. Nutrition is the study of nutrients and how the body uses them
 - b. Nutrition has little to do with the Dietary Guidelines for Americans
 - c. The Dietary Guidelines for Americans does not include any information about nutrition
 - d. The Dietary Guidelines for Americans includes suggestions for making healthful food choices
14. What conclusions can you draw from NOT eating healthy during the course of a lifespan?
 - a. Health related illness are not affected by the foods we eat
 - b. Health related illness such as diabetes, hypertension and obesity may occur
 - c. The life span is all the ages between birth through old age and change at each stage
 - d. Nutritional needs during the life span are not needed

15. In evaluating both the advantages and disadvantages of entrepreneurship, what conclusion can you draw?
- There are no rewards to owning your own business
 - Owning your own business means lots of hard work and long hours
 - Owning your own business can be both exciting and challenging
 - There are few rewards to owning your own business
16. Evaluate the future trends in family and community services. Employment growth is expected to increase in the next several years due to:
- the increase of clothing prices
 - the increase in the aging population
 - the increase of the food products
 - the increase of building materials
17. How would you test your community service skills to be able to match volunteer service in your community?
- By taking a personal inventory of your skills and interests
 - By taking a personal inventory of your clothing
 - By taking a personal inventory of your technology items
 - By taking a personal inventory of your needs and wants
18. Mary has a job interview. Evaluate her best clothing choices for the interview.
- Clean, bright and glitzy
 - Clean, neat and simple
 - Jeans and a t-shirt
 - Doesn't matter – she doesn't want the job anyway
19. What conclusion have researchers learned from studying children and their mastering of new skills?
- Children don't like to play
 - Children don't like to share their toys
 - Children benefit from play in many ways
 - Children are picky eaters
20. How would you revise a snack of chips and soda for a child?
- Serve an apple and peanut butter
 - Serve grapes and cheese slices
 - Serve milk and raisins
 - All of the above
21. How would you evaluate sibling rivalry?
- The competition between friends for their teacher's attention
 - The competition between brothers and sisters for parent's affection and attention
 - The competition between parents for the attention of their children
 - There is no competition between brothers and sisters
22. How would you evaluate ethical principles?
- As the model for promotional status
 - As the standards for right and wrong behavior
 - As the standards for cheating and stealing
 - As the model for teamwork

23. How would you evaluate an entrepreneurial opportunity in the area of counseling and mental health?
- It is the opportunity to work for other people
 - It is the opportunity to be your own boss and open a private practice
 - It is the opportunity to work for the state or government
 - It is the opportunity to assist the poor with health services
24. How can counselors investigate the reason(s) a parent abuses their child?
- Counselors can help abusive parents understand why they are abusive
 - Counselors can help abusive parents learn to change their attitudes
 - Counselors can help abusive parents respond appropriately to situations
 - All of the above
25. Of the following choices, what conclusion can you draw for an entrepreneurial opportunity in childcare that can include setting your own schedule, making all the decisions and assuming all the risks?
- Assisting at a day care
 - Working as an elementary teacher
 - Writing children's books
 - Cooking for pre-school children

Strategic Thinking Assessment Key

- c
- b
- b
- d
- d
- c
- b
- c
- b
- a
- a
- b
- d
- b
- c
- b
- a
- b
- c
- d
- b
- b
- b
- d
- c

Extended Thinking Assessment Questions/Tasks

1. Research employment opportunities at the Department of Labor's Occupational Outlook Handbook website for areas of your personal interest. Create a multimedia presentation highlighting the pay, job outlook, work environment, education needed and similar occupations
2. Design a poster board or a Glogster™ with your idea of personal needs, wants, values and priorities. Be prepared to share with the class.
3. Create a slide presentation with the proper grooming and appearance needed for workplace settings. Be sure to include the importance of personal hygiene.
4. Summarize how selecting the right clothes and keeping them maintained (cleaned and repaired) affects career opportunities.
5. Create a multimedia presentation analyzing effective communication skills as they relate to employability.
6. Design a multimedia presentation depicting future trends in technology dealing with consumer services careers. What new technology can you envision?
7. Create a multimedia presentation listing the rewards, demands and future trends in early childhood development and services. Be prepared to present information.
8. Create a T chart to compare employment and entrepreneurial opportunities. Add the preparation requirement in your area of interest.
9. Future trends in cosmetology is specializations in hair color, hair cutting, esthetics and nail services. Analyze the various specialties available in your area and describe the reward and demands for each.
10. Compose a catchy jingle to advertise a new salon in your area to draw new clients to the business. Use your cell phone to record a 30 second video.
11. Create an electronic form that hairdressers can use to keep all of their client's information. Be sure to include records, email addresses and any special procedures the client requires.
12. Devise a personal time-line to meet the state requirements of 1500 clock hours and a study plan to be able to master the licensing requirements. Make adjustments as needed for holidays and personal commitments.
13. Connect your personal short-term goals with your long-term goals to understand your ultimate career goal. Project dates and tasks needed to accomplish the objective.
14. Create ten "What Would You Do" ethical scenarios to share with your classmates. Lead a discussion as the appropriate methods to deal with each situation.
15. Conflict resolution or mediation is a means of resolving conflict in a positive way. List the steps to conflict resolution and make a plan to work with your school as a peer mediator to assist in resolving student conflicts.
16. Substance abuse from alcohol, nicotine and other drugs can effect employment with missed work, loss of productivity and accidents on the job. Interview employers in your area to find out how they deal with this situation. Write a report stating the statistics of substance abuse effects employment.

17. Analyze the qualities of a responsible leader including leadership styles. Create a questionnaire for your classmates with questions asking their leadership qualities and styles. Include questions as to where they may take on leadership roles in their community.
18. Review free apps for the iPad or android tablet available for your school technology programs. Create a list of available apps that students and teachers may use in your school. Be sure to check the ratings and details.
19. Solar panels are a form of sustainable energy. Research the pros and cons of solar energy and present information to a local business in your community.
20. Apply concepts of the decision-making process to financial planning. List the steps needed to achieve your personal financial goals.
21. You want to purchase a new cell phone. Study consumer buying techniques such as gathering information, researching best products and comparison shopping to make the best decision. Write a report of your findings.
22. Partner with another student and role-play a situation that may occur in families who face a crisis of abuse (child, spouse, elder). Be sure to address interventions and resources available.
23. Technology at home is needed for many reasons such school work, managing resources, keeping in communication with friends and family and for work. Analyze technology needs for a family in today's fast-paced technical world. Calculate the cost of a computer or laptop, internet service in your area, a tablet, cell phone and service, cable, Wi-Fi and entertainment. Eliminate the technology that is not absolutely necessary to stay within a limited income budget.
24. Crises can happen at various stages of the family life cycle. One stage is the single-parent family that may occur as the result of divorce, separation, death of a spouse or having children outside of marriage. Summarize how each of these may affect the parent and children in each situation.
25. Research the causes, prevention and treatment of child abuse. Create a multimedia presentation with the information learned.

Extended Thinking Assessment Key

1 - 25 Student responses will vary