

Student name: _____

1) Which is an outcome of writing down your goals?

A) All of the choices are correct.

B) It increases the likelihood of achieving your goals.

C) It can be the beginning of change in your life.

D) It reinforces
your thoughts surrounding
the goal.

2) Research has proven that goals provide the motivation for people to function more normally, even in an adverse environment.

☐ true

☐ false

3) Goals should be very general and nonspecific to allow for flexibility and changing one's mind.

☐ true

☐ false

4) What is an obstacle?

A) a sign we need to change dreams and goals

B) a warning

C) a problem we cannot overcome

D) a sign we are
moving closer to our goals

5) Which of these would you need to reflect on before deciding on a career path?

A) your passions

B) All of the
choices are correct.

- C) your values
- D) your unique gifts and talents

6) An avocation is a work situation taken primarily to make money.

- ☐ true
- ☐ false

7) Employers prefer to hire people who are working.

- ☐ true
- ☐ false

8) You should never take a job if it does not match with your program of study.

- ☐ true
- ☐ false

9) A good "stretch goal" is one that is large enough to create the energy and motivation needed to achieve it, but not

so lofty that it is unattainable.

- ☐ true
- ☐ false

10) If you can remember your goals, there is no need to waste time writing them down.

- ☐ true
- ☐ false

11) All of the following are necessary for goal-setting *except*

- A) constructive thoughts.
- B) negativity.

- C) self-talk.
- D) affirmations.

12) Which of the following is not true about a portfolio?

- A) It is a group of documents that represents your work.
- B) It is private and should not be part of your job search.
- C) It represents your development over time.

- D) Employers may wish to access it electronically.

13) Which of the following is an important question to ask yourself as you proceed in your career?

- A) Will this choice make my parents happy?
- B) Will this choice impress others?
- C) Will this choice give me more money?

- D) Will this choice take me closer to my destination?

14) A career mission statement is

- A) a brief outline of your job description.
- B) a statement that singles out a goal that needs revision.

- C) the same as a SMART goal.
- D) a broad statement of intent.

15) The portfolio must be in hard copy form only.

- Ⓐ true

16) A career mission statement is a brief description of your overall career purpose.

- ☐ true
- ☐ false

17) Career mission statements can be modified over time.

- ☐ true
- ☐ false

18) A career plan should be developed and implemented quickly in order to be effective.

- ☐ true
- ☐ false

19) Science has proven that there is no way that we can control our thoughts.

- ☐ true
- ☐ false

20) Repeating affirmations is one way to change our "self-talk."

- ☐ true
- ☐ false

21) Which of the following are useful tools?

- A) All of the choices are correct.
- B) visualization
- C) lists comparing what you want and do not want

D) affirmations

22) A portfolio is a group of documents that represents one's work.

- ☐ true
- ☐ false

23) An effective mission statement should be stated so that it has a measurable component.

- ☐ true
- ☐ false

24) Focusing on positives has no relationship to "good things happening" for a career seeker.

- ☐ true
- ☐ false

25) There are a number of psychological studies that demonstrate meaningful goals are not essential to human health and well-being.

- ☐ true
- ☐ false

26) A key feature of a good goal is that it excites you and fills you with energy.

- ☐ true
- ☐ false

27) Goal formulation applies only to those who are searching for a career.

- ☐ true
- ☐ false

28) Adopting a "winner's mentality" is key to achieving one's goals.

- ☐ true
- ☐ false

29) An avocation is the same thing as a career.

- ☐ true
- ☐ false

30) A fulfilling career may also include some tasks we do not love.

- ☐ true
- ☐ false

31) What is the meaning of the phrase "What you focus on expands"?

A) Too much

attention to a matter can cause it to grow out of control.

B) The object of your mental attention is what you will produce more of in your life.

C) Too much attention to one thing can make you

appear negligent.

D) Lot of ideas tend to distract people.

32) Our self-talk is the mental chatter that occurs in our heads on a constant basis.

☐ true

☐ false

33) Fear of failure can be an obstacle to developing goals.

☐ true

☐ false

34) There is little relationship between attitude and career success.

☐ true

☐ false

35) Which of the following should be true about your career mission statement?

A) It should be somewhat random in detail or direction.

B) It should help you plan out from where your career is now.

C) It should focus on the next five years.

D) It should land you a job.

⊙ true

37) An affirmation is a conscious positive statement you say to yourself even if it's not true at the moment.

- ☐ true
- ☐ false

38) Your mind's negative statements can be reversed.

- ☐ true
- ☐ false

39) Which of the following is not a part of the career goal development process?

- A) desires
- B) interests

- C) gifts and talents
- D) job

40) Select the response that represents SMART goals.

- A) Specific. Measurable. Attainable. Realistic. Tangible.
- B) Stated. Measurable. Attainable. Realistic. Tangible.
- C) Specific. Measurable. Actual. Realistic. Tangible.

- D) Specific. Measurable. Attainable. Realistic. True.

41) Which of the following is not a useful source of salary information?

- A) bls.gov
- B) howtobeamillionaire.com

- C) monster.com
- D) salary.com

- A) They feel burned out.
- B) They feel jaded.
- C) All of the choices are correct.

D) They feel
uninspired.

43) Feeding your mind constructive thoughts will lead to confusion and should not be done.

- ☐ true
- ☐ false

44) A job is a work situation you take to grow deeply.

- ☐ true
- ☐ false

45) Which is a characteristic of a career?

- A) It involves strategizing.
- B) It is a kind of life path.
- C) It is built over time and is guided by long-range

goals.

D) All of the
choices are correct.

46) You have found a career when your employment is built on skill, passion, experience, and education, as well as preference.

- ☐ true
- ☐ false

Answer Key

Test name: Career Achievement: Growing
Your Goals Author: Blackett 3th ch1

- 1) A
- 2) TRUE
- 3) FALSE
- 4) D
- 5) B
- 6) FALSE
- 7) TRUE
- 8) FALSE
- 9) TRUE
- 10) FALSE
- 11) B
- 12) B
- 13) D
- 14) D
- 15) FALSE
- 16) TRUE
- 17) TRUE
- 18) FALSE
- 19) FALSE

- 20) TRUE
- 21) A
- 22) TRUE
- 23) TRUE
- 24) FALSE
- 25) FALSE
- 26) TRUE
- 27) FALSE
- 28) TRUE
- 29) FALSE
- 30) TRUE
- 31) B
- 32) TRUE
- 33) TRUE
- 34) FALSE
- 35) C
- 36) FALSE
- 37) TRUE
- 38) TRUE
- 39) D
- 40) A

41) B

42) C

43) FALSE

44) FALSE

45) D

46) TRUE