TEST ITEMS

Multiple Choice:

1. What factors most influence the development of a group?
    a. The physical location of the group, the developmental level of the group members, and the training of the group leader.
    b. The psychological characteristics of the group members, the maturity level of the group members, and the theoretical orientation of the group leader.
    c. The purpose of the group, its membership, the leader's style, and whether a group is open or closed.
    d. The purpose of the group, the training of the group leaders, and the theoretical orientation of the group leader.

2. The terms storming, transition, conflict, acceptance, orientation, and exploration have been used to describe which stage of a group?
    a. Stage one
    b. Stage two
    c. Stage three
    d. Stage four

3. What is a common behavior exhibited by group members related to stage one of a group?
    a. Group members define where, or if, they fit into the group and what role they will have.
    b. Group members make a commitment to the group and members become cohesive.
    c. Group members test their power in the group.
    d. Group members challenge the authority of the group leader.

4. Anxiety is a common emotion experienced by group members during which stage of a group?
    a. Stage One
    b. Stage Two
    c. Termination
    d. Both during Stage One and Termination

5. What is a step that group leaders need to take during the definitive stage of a group?
    a. Group leaders need to decide the group's logistics such as time, place, number of meetings, and whether the group will have an open versus closed format.
    b. Group leaders need to help group members explore how they can transfer what has been learned within the group to their lives outside of the group.
    c. Group leaders need to link group members' issues and concerns to enhance feelings of universality.
    d. Group leaders need to define the groups' process and write a treatment plan for the individual group members.

6. What member behaviors are characteristic of the personal involvement stage?
   a. Group members fully self-disclose information to the group leader.
   b. Group members make a commitment to self to engage in the group.
   c. Group members start to merge their individual goals with the goals of the group.
   d. Group members share personal information and engage in confrontation and power struggles with each other.

7. Which of the following statements is an example of a group leader using the technique of blocking?
   a. "Before we move on to your subject, I think Jorge was trying to add something."
   b. "Andre, I am hearing sadness in your voice and see the dejected way you are holding your shoulders."
   c. "John, your issue related to anger outbursts seems very similar to what Omar was just saying about his own."
   d. "I can see that it is hard to open up when members may not know each other well."

8. What is a correct example of a group leader's technique of linking?
   a. "Before we move on to your subject, I think Jorge was trying to add something."
   b. "Andre, I am hearing sadness in your voice and see the dejected way you are holding your shoulders."
   c. "John, your issue related to anger outbursts seems very similar to what Omar was just saying about his own."
   d. "I can see that it is hard to open up when members may not know each other well."

9. All the following are true statements about group members' resistance EXCEPT:
   a. Group members' resistance can be a message to the leader that something else needs to be attended to for the group or for an individual.
   b. Group members' resistance is a sign that the group leader is doing something incorrectly in how he or she is running the group.
   c. Group members' resistance can be productive and lead to greater trust and openness within the group.
   d. Group members' resistance needs to be processed within the group.

10. Which one of the following is a technique to help less active group members share with the group?
    a. Making rounds
    b. Intratherapeutic self-disclosure
    c. Linking
    d. Blocking

11. Which one of the following is a technique to help group members build rapport with each other?
    a. Making rounds
    b. Intratherapeutic self-disclosure

c. Linking
d. Blocking

12. What definition most accurately defines the concept of intratherapeutic self-disclosure?
    a. Intratherapeutic self-disclosure is when a group member self-discloses how the member is feeling and thinking about the group, group members, or group process.
    b. Intratherapeutic self-disclosure occurs when a group member uses the technique of making rounds.
    c. Intratherapeutic self-disclosure occurs when a group member who has been blocked demonstrates emotion.
    d. Intratherapeutic self-disclosure is when the group leader self-discloses how the counselor is feeling and thinking about the group, group members, or group process.

13. Which group stage is best characterized by group members self-evaluation and self-assessment of their own behavior, attitudes, values, and behaviors.
    a. Personal involvement stage
    b. Group involvement stage
    c. Termination stage
    d. Definitive stage

14. Which group stage is best characterized by group members questions of "Can I trust the leader? Can I trust the group members?
    a. Personal involvement stage
    b. Group involvement stage
    c. Termination stage
    d. Definitive stage

15. During which stage of group counseling is it most characteristic for the group leader to model the behaviors that are expected in the group?
    a. Personal involvement stage
    b. Group involvement stage
    c. Termination stage
    d. Definitive stage

16. During which stage of group counseling is it most characteristic for the group leader to become involved as a participant?
    a. Personal involvement stage
    b. Group involvement stage
    c. Termination stage
    d. Definitive stage

Essay:

1. Briefly discuss at least three reasons as to why it is important for group leaders to provide a formal termination and closure process for group members.

2. Describe at least three common member behaviors and three leader behaviors for the personal involvement stage of a group.

3. Provide a brief explanation as to why group leaders welcome group conflict and why conflict can be helpful to the growth of the group members.

4. Provide a brief explanation of what it means when a group leader *draws out* group members. Provide and explain at least two techniques that a group leader might use to do this.