

Name

Class

Date

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CHAPTER 01: INVITATION TO PERSONAL LEARNING AND GROWTH

1. Positive psychology

- a. is a biological approach to humor and creativity.
- b. is the study of positive emotions and positive character traits.
- c. has no support in the empirical literature.
- d. is no longer a popular approach to the study of development.

ANSWER:

b

2. In regard to change, the authors believe that

- a. we can expect that others will change as a result of the changes we make in our lives.
- b. change is a comfortable process.
- c. we find ourselves in isolation, meditation, and probing our unconscious for insight.
- d. if you are making change happen in your life, others may not appreciate all of the ways that you are changing.

ANSWER:

d

3. Freedom entails

- a. doing whatever you want without regard for others.
- b. a basic part of our birthright.
- c. a sense of detachment and a need for privacy, creativity, and spontaneity, and an ability to accept responsibility for choices.
- d. an illusion, since we are determined by our past experiences.

ANSWER:

c

4. Personal growth is best viewed as

- a. a fixed point at which we arrive when we reach adulthood.
- b. exactly the same thing as adjustment.
- c. a lifelong process rather than a fixed point at which we arrive.
- d. what we do on our own, not engaging other people in the process.

ANSWER:

c

5. Self-actualization is best described as

- a. working toward fulfilling our potential, toward becoming all that we are capable of becoming.
- b. being pain-free, not allowing outside circumstances to affect our peace of mind.
- c. something that only mature adults can accomplish if they have mastered all developmental tasks of earlier years.
- d. settling for a complacent existence, with neither challenge nor excitement.

ANSWER:

a

6. A central concept of the humanistic approach to personal growth is

- a. self-actualization
- b. determinism

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- c. transference
- d. social interest

ANSWER: a

7. The self-actualization process implies that you will be an _____; you assume responsibility for your education, question what is presented to you, and apply what you learn.

- a. active learner
- b. auditory learner
- c. visual learner
- d. passive learner

ANSWER: a

8. According to Maslow, self-actualization is possible only when

- a. we come to terms with our parents.
- b. our most basic needs are fulfilled.
- c. we resolve our mid-life crises.
- d. we understand our dreams.

ANSWER: b

9. Maslow found that self-actualizing people have all of the following characteristics **EXCEPT**:

- a. a capacity to tolerate and even welcome uncertainty in their lives.
- b. spontaneity and creativity.
- c. a need for privacy and solitude.
- d. acceptance of themselves but not of others.

ANSWER: d

10. Carl Rogers's theory focused on

- a. social interest as the standard by which to judge psychological health.
- b. striving toward self-actualization.
- c. the importance of nonjudgmental listening and acceptance as a condition for people to feel free enough to change.
- d. the goal of individuation, or a fully harmonious and integrated personality.

ANSWER: c

11. Rogers built his entire theory and practice of psychotherapy on the concept of

- a. the fully functioning person.
- b. achieving individuation.
- c. striving for self-actualization.
- d. self-determination.

ANSWER: a

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12. All of the following are guidelines that will help you become active and involved in your personal learning **EXCEPT**:

- a. preparing in advance.
- b. ignoring fears.
- c. establishing trust.
- d. practicing self-disclosure.

ANSWER:

b

13. The process of achieving individuation implies

- a. being self-actualized.
- b. developing a fully harmonious and integrated personality.
- c. social interest based on identification and empathy with others.
- d. separating from the influence of early childhood experiences.

ANSWER:

b

14. The primary goal of Jung's theory is

- a. rejecting the dark side of our nature.
- b. recognizing that we are creative, active, choice-making beings, and that all of our actions have purpose and meaning.
- c. overcoming the deterministic view of human behavior.
- d. achieving individuation, or a fully harmonious and integrated personality.

ANSWER:

d

15. Psychological research overwhelmingly supports random acts of kindness as being:

- a. beneficial to the individual giver both mentally and physically.
- b. harmful to the individual.
- c. beneficial to the recipient of the act only.
- d. beneficial to the individual only in social standing.

ANSWER:

a

16. A basic concept of Alfred Adler's theory is

- a. self-actualization.
- b. individuation.
- c. determinism.
- d. social interest.

ANSWER:

d

17. Adler's theory stresses self-determination in opposition to Freud's

- a. psychosexual stages of development.
- b. psychic structure composed of id, ego, and superego.
- c. defense mechanisms.

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- d. deterministic view of the person.

ANSWER:

d

18. Adler equates his basic concept of community feeling with
- a. belonging to the ongoing development of humankind.
 - b. fusion with others,
 - c. extraversion.
 - d. the social microcosm.

ANSWER:

a

19. _____ is as much a state of mind as it is life circumstances.
- a. Meaningful life work
 - b. Happiness
 - c. A close relationship
 - d. Self-interest

ANSWER:

b

20. All of the following are humanistic principles that underlie person-centered expressive arts therapy **EXCEPT**:

- a. The creative process is transformative and healing.
- b. Most behavior is aimed at trying to conquer the shadow.
- c. All people have an innate ability to be creative,
- d. Personal growth is achieved through self-awareness, self-understanding, and insight.

ANSWER:

b

21. Learning the art of _____ and being accepting of yourself is essential in making life changes
- a. being critical of yourself
 - b. change
 - c. self-compassion
 - d. personal growth

ANSWER:

c

22. _____ can be contrasted with *languishing*, which is a state of emptiness and stagnation denoted by markers of psychopathology and the absence of positive mental health.

- a. Positive psychology
- b. Humanistic psychology
- c. Subjective well-being
- d. Flourishing

ANSWER:

d

23. Which of the following is **NOT** true as it applies to psychodrama?

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- a. Psychodrama is an action approach to group therapy.
- b. In psychodrama, people enact their problems rather than talk about their problems.
- c. Psychodrama is not concerned about the past but is primarily oriented toward the future.
- d. In psychodrama, the past, present, and future are brought together through enacting scenarios.

ANSWER:

c

24. Empirical studies conducted on what constitutes happiness have found which factors as being very important ingredients for overall happiness?

- a. money, gender, social status
- b. love and relationship satisfaction, work, genetics, and personality
- c. parenthood and age
- d. intelligence and physical attractiveness

ANSWER:

b

25. The process of self-actualization as viewed from a Western orientation

- a. rests on collectivism, which affirms the value of preserving and enhancing the group as the main principle guiding social action.
- b. emphasizes unity, unification, integration, and fusion.
- c. is grounded in individualism, which affirms the uniqueness, autonomy, freedom, and intrinsic worth of the individual.
- d. emphasizes cooperation, harmony, interdependence, the collective responsibility.

ANSWER:

c

26. Eastern orientation emphasizes

- a. cooperation, harmony, interdependence, achievement of socially oriented and group goals, and collective responsibility.
- b. personal responsibility for our behavior and well-being.
- c. the ultimate aim of personal self-actualization.
- d. uniqueness, autonomy, freedom, and intrinsic worth of the individual.

ANSWER:

a

27. How is Maslow's hierarchy of needs organized?

- a. Safety; physiological; love and belongingness; self-esteem; self-actualization
- b. Self-esteem; safety; physiological; love and belongingness; self-actualization
- c. Love and belongingness; physiological; self-esteem; safety; self-actualization
- d. Physiological; safety; love and belongingness; self-esteem; self-actualization

ANSWER:

d

28. _____ interventions have been found to enhance both psychological and subjective well-being and to aid in decreasing depressive symptoms.

- a. Humanistic psychology

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- b. Positive psychology
- c. Personal growth
- d. Change

ANSWER:

b

29. Ron is living on the streets. His alcoholism has brought him to this point, and he is depressed. He is seeking help at a homeless shelter and has asked to see a counselor. According to Maslow's theory, the *first* goal of counseling would be to help Ron with

- a. the search for self-actualization.
- b. his safety needs, which include a sense of security and stability.
- c. working on his need for esteem, both from self and others.
- d. meeting his physiological needs.

ANSWER:

d

30. _____ is a motivational step beyond self-actualization.

- a. Self-esteem
- b. Self-transcendence
- c. Self-care
- d. Self-acceptance

ANSWER:

b

31. The behaviors and traits of self-awareness include:

- a. sense of social interest, interpersonal relationships, sense of humor
- b. efficient perception of reality, ethical awareness, freshness of appreciation
- c. search for purpose and meaning, independence, acceptance of self and others
- d. detachment, creativity, spontaneity

ANSWER:

b

32. The behaviors and traits of freedom include:

- a. sense of social interest, interpersonal relationships, sense of humor
- b. efficient perception of reality, ethical awareness, freshness of appreciation
- c. search for purpose and meaning, independence, acceptance of self and others
- d. detachment, creativity, spontaneity

ANSWER:

d

33. The behaviors and traits of basic honesty and caring include:

- a. sense of social interest, interpersonal relationships, sense of humor
- b. efficient perception of reality, ethical awareness, freshness of appreciation
- c. search for purpose and meaning, independence, acceptance of self and others
- d. detachment, creativity, spontaneity

ANSWER:

a

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34. The behaviors and traits of trust and autonomy include:

- a. sense of social interest, interpersonal relationships, sense of humor
- b. efficient perception of reality, ethical awareness, freshness of appreciation
- c. search for purpose and meaning, independence, acceptance of self and others
- d. detachment, creativity, spontaneity

ANSWER:

c

35. Which of the following is **NOT** a characteristic of self-actualizing people?

- a. sense of social interest
- b. being completely independent
- c. having a capacity for real love and fusion with another
- d. possessing a sense of humor

ANSWER:

b

36. Emotional intelligence pertains to the ability to do all of the following **EXCEPT**:

- a. control impulses.
- b. empathize with others.
- c. form responsible interpersonal relationships.
- d. develop uncooperative attitudes and behaviors.

ANSWER:

d

37. John is working in a helping profession. He enjoys being around people and has many friends. He seems to learn best by relating, sharing, and participating in cooperative group environments. These characteristics are associated with the following type of intellectual ability:

- a. intrapersonal
- b. visual-spatial
- c. interpersonal
- d. verbal-linguistic

ANSWER:

c

38. For the most part, traditional approaches to schooling, including teaching methods, class assignments, and tests, have been geared to and measure the growth of

- a. visual-spatial and intrapersonal abilities.
- b. multidimensional intellectual abilities.
- c. verbal-linguistic and logical-mathematical abilities.
- d. both intuitive and cognitive abilities.

ANSWER:

c

39. Michael likes to read maps, charts, and diagrams. He is able to visualize clear images when he thinks about things. He is planning to become an engineer and his favorite classes are those in which he can design and create things. Michael has the following intellectual orientation:

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- a. intrapersonal
- b. visual-spatial
- c. logical-mathematical
- d. verbal-linguistic

ANSWER:

b

40. If you are a bodily-kinesthetic learner, you prefer to learn by
- a. doing, by getting physically involved through movement and action.
 - b. reading, watching videotapes, and observing demonstrations.
 - c. listening to lectures, audiotapes, and discussing what you've heard.
 - d. reciting information and teaching others.

ANSWER:

a

41. If your intelligence is logical-mathematical, you probably:
- a. have clear visual images when you think about things.
 - b. like to explore patterns and relationships and enjoy doing activities in sequential order.
 - c. prefer listening to music when you study or read.
 - d. like being in cooperative group environments.

ANSWER:

b

42. In choice theory, total behavior consists of all of the following components of behavior **EXCEPT for:**
- a. acting.
 - b. working.
 - c. thinking.
 - d. physiology.

ANSWER:

b

43. Examples of those who are naturalist learners include
- a. speakers, attorneys, poets, and teachers.
 - b. biologists, geologists, physicists, and researchers.
 - c. painters, sculptors, and engineers.
 - d. farmers, botanists, hunters, ecologists, and landscapers.

ANSWER:

d

44. In the change model outlined by Prochaska and Norcross, the _____ stage is characterized by a person intending to take action immediately and reporting some small behavioral changes.
- a. precontemplation
 - b. contemplation
 - c. preparation
 - d. action

ANSWER:

c

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45. According to Prochaska and Norcross, when an individual has no intention of changing a behavior pattern in the near future, he or she is in the _____ stage.

- a. precontemplation
- b. contemplation
- c. preparation
- d. action

ANSWER: a

46. When an individual is taking steps to modify his or her behavior to solve a problem, he or she is considered to be in which of the following stages?

- a. precontemplation
- b. contemplation
- c. preparation
- d. action

ANSWER: d

47. Which of the following was **NOT** found by the founder of positive psychology to be one of the three distinct pathways necessary to living a full life?

- a. experiencing pleasure and positive emotions
- b. pursuing engagement
- c. achieving meaning
- d. achieving self-actualization

ANSWER: d

48. According to positive psychologists, educational success and occupational success are indicative of

- a. subjective well-being
- b. objective well-being
- c. high self-esteem
- d. self-determination

ANSWER: b

49. If you define success as striving to learn something new and stretching yourself even at the risk of encountering struggle and setbacks, it is likely that you have

- a. a fixed mindset.
- b. a growth mindset.
- c. a challenge mindset
- d. an obsessive mindset.

ANSWER: b

50. The hallmark of human nature is our capacity to:

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- a. change others without changing ourselves.
- b. change others behaviors.
- c. remain the same.
- d. change, adapt, and grow.

ANSWER:

d