

Student name: \_\_\_\_\_

1) According to the text, \_\_\_\_\_ is the process of paying attention to yourself.

- A) self-honesty
- B) self-awareness

- C) self-direction
- D) self-reflection

2) Which of the following is cited in the text as a benefit of self-awareness?

- A) It allows you to only see your positive attributes.
- B) It makes it easier to adopt other people's viewpoints.
- C) It helps you appreciate your unique personality,

skills, and interests.

- D) It allows you to focus on the negative aspects of yourself.

3) The ability to see your strengths and weaknesses clearly is referred to as \_\_\_\_\_.

- A) self-honesty
- B) self-awareness

- C) self-realization
- D) self-consciousness

4) Daphne often becomes nervous and anxious before going to parties even though her close friends tell her she shouldn't. She spends a great deal of time choosing the "right" thing to wear and rehearsing things to say to people that will make her appear smarter and less awkward than she really

feels. Daphne probably has a high level of \_\_\_\_\_.

- A) self-honesty
- B) private self-consciousness
- C) public self-awareness

- D) emotional awareness

5) When talking about success, a \_\_\_\_\_ is an aspiration, a hope, or vision of the future that gives your life meaning.

- A) desire
- B) purpose

- C) value
- D) dream

6) The beliefs and principles you choose to live by are called your \_\_\_\_\_.

- A) ethics
- B) values

- C) goals
- D) dreams

7) \_\_\_\_\_ are the principles you use to define acceptable behavior and decide what is right and wrong.

- A) Ethics
- B) Values

- C) Goals
- D) Virtues

8) The values of responsibility, tolerance, and independence are most likely promoted in the culture of

- A) China
- B) Saudi Arabia

which of the following countries?

- C) United States
- D) New Zealand

9) Cora is trying to find the right career match for her values. She knows that she most strongly values security, integrity, kindness, and social responsibility. Which of the

- A) Graphic designer
- B) Pilot

following would be the best fit for Cora?

- C) Social worker
- D) Freelance journalist

10) In the field of psychology, we refer to the relatively stable pattern of behavior that distinguishes one person from all others as \_\_\_\_\_.

- A) personality
- B) character

- C) disposition
- D) temperament

11) People's personalities can be described as collections of \_\_\_\_\_, which refer to the tendency to behave a certain

- A) values
- B) traits

way regardless of the situation.

- C) ethics
- D) characteristics

12) Which of the "big five" personality traits relates to trustworthiness and cooperativeness?

- A) Extroversion
- B) Openness

- C) Conscientiousness
- D) Agreeableness

13) If someone has high self-discipline and the desire to achieve, which of the "big five" personality traits does she show a high degree of?

- A) Openness
- B) Emotional stability

- C) Conscientiousness
- D) Agreeableness

14) Jonathan's friends describe him as very willing to try new things and always willing to listen to his classmates' ideas without criticism or dismissal. They also describe him as being a bit of a wallflower. Jonathan shows a high degree

of \_\_\_\_\_ and a low degree of \_\_\_\_\_.

- A) agreeableness;

extroversion

- B) conscientiousness; openness
- C) extroversion; conscientiousness

D) openness;  
extroversion

15) In some of his earlier aptitude tests, Johnson O'Connor found a distinct correlation between career success and \_\_\_\_\_.

- A) numerical reasoning
- B) vocabulary

C) observation  
D) analytical  
reasoning

16) What is one way you could expand your interpersonal "intelligence"?

- A) Join a local sports league.
- B) Create a Zen garden for your home.
- C) Start a diary or journal.

D) Begin  
practicing yoga at home.

17) According to the text, the ability to do something specific as a result of learning and practice is called a(n) \_\_\_\_\_.

- A) talent
- B) strategy

C) skill  
D) aptitude

18) Skills are the result of \_\_\_\_\_ combined with experience.

- A) dedication
- B) knowledge

C) practice  
D) natural  
aptitude

- 19) Which of the following is an example of a transferable skill?
- A) Programming a computer
  - B) Replacing a carburetor
  - C) Preparing taxes
  - D) Writing coherently
- 20) The text defines \_\_\_\_\_ as personal preferences for specific topics and activities.
- A) interests
  - B) hobbies
  - C) skills
  - D) traits
- 21) What do psychologists call the state of exhilaration and intense productivity that occurs when you are absorbed in an activity that makes full use of your skills?
- A) Zen
  - B) Flow
  - C) Motivation
  - D) Drive
- 22) One of the benefits of work is meaning. Which of the following is associated with meaning derived from work?
- A) Learning from other people who share our interests.
  - B) Earning the respect and appreciation of others.
  - C) Working toward our life goals.
  - D) Gaining a sense of satisfaction from a job well-done.
- 23) Of the six different work personality types, most people tend to be strongest in how many?
- A) One to two
  - B) Two to three
  - C) Three to four
  - D) Four to five

**24)** Which work personality type describes someone who values self-expression and dislikes structure?

- A) Realistic
- B) Investigative

- C) Social
- D) Artistic

**25)** If someone's most dominant work personality type is realistic, which of the following careers would probably suit him best?

- A) Elementary school teacher
- B) Police officer

- C) School counselor
- D) Photographer

**26)** Jackie is trying to match her work personality to a career path. She is very ambitious and persistent, and she has no hesitation to make decisions and take on a leadership role. She is most likely dominant in which one of the following work personality types?

- A) Artistic
- B) Conventional

- C) Enterprising
- D) Social

**27)** Why is self-honesty important in your quest for success?

**28)** Explain the relationship between values and ethics.

**29)** Why should we assess our personality traits before trying to find a career we can be successful at? Why can't we just change our personality traits to fit any career?

**30)** Explain the relationship between skills and interests.

**31)** Explain how self-awareness and self-knowledge are important in choosing the right career path for you.

**32)** Self-honesty is the foundation of self-awareness.

- ☐ true
- ☐ false

**33)** Being self-aware allows you to be swayed by other people's values and opinions.

- ☐ true
- ☐ false

**34)** People with private self-awareness are less likely to suffer from the physical ill effects of stress.

- ☐ true
- ☐ false

**35)** It is more difficult to be emotionally aware when things aren't going well for you.

- ☐ true
- ☐ false

**36)** Our values are often influenced by our family and friends.

- ☐ true
- ☐ false

**37)** Our values can be influenced by our teachers, experiences, and political beliefs.

- ☐ true
- ☐ false

**38)** Personality traits exist on a range of degrees, with some being better than others.

- ☐ true
- ☐ false

**39)** Studies show that identical twins tend to have similar personality traits whether they are raised together or apart and

adopted children tend to share personality traits with their adoptive parents.

- ☐ true
- ☐ false

**40)** International studies suggest that every person shows varying degrees of the same five personality traits. Of openness, conscientiousness, extroversion, agreeableness, and emotional stability.

- ☐ true
- ☐ false

**41)** Most male surgeons encourage their sons to pursue a career in surgery because the aptitude for structural

visualization is passed from father to son.

- ☐ true
- ☐ false

**42)** Administering aptitude tests to help people make career decisions is best done in middle adulthood, when

people's personalities have become more established.

- ☐ true
- ☐ false

**43)** Job-specific skills are more important than transferable skills.

- ☐ true
- ☐ false

**44)** Today, the average American worker changes jobs six times by the age of thirty.

- ☐ true
- ☐ false

**45)** Most people have one career that is right for them.

- ☐ true
- ☐ false

**46)** People who have similar personalities are often interested in and good at similar kinds of careers.

- ☐ true
- ☐ false

## **Answer Key**

Test name: Chapter 02 Test Bank

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

20) A

21) B

22) C

23) A

24) D

25) B

26) C

27) With self-honesty, you can see both what you have to offer and what you need to become the person you want to be. It helps

you get in touch with your dreams, values, and interests.

28) Values are closely intertwined with ethics, which are the principles you use to decide what is right and wrong. However, there is no such thing as a "right" or "wrong" value.

Values reflect what matters to you as a unique individual.

29) Your personality and its traits are relatively stable, so it does not easily yield to change. There are no personality traits that are better than others, but having some traits may help you succeed in a particular profession. Therefore, it is a good idea to discover your

unique traits, then find a career that is suited for them.

30) Your interests and skills usually lie in the same area, because you are usually skilled at the things you are interested in and interested in the things you are skilled at. Also, having a

skill at something makes doing it more fun and interesting.

31) Self-awareness and self-knowledge allow you to assess your values, personality traits, innate talents, skills, and interests that lead to

a career that will bring out the best in you.

32) TRUE

33) FALSE

34) TRUE

35) TRUE

36) TRUE

37) TRUE

38) FALSE

39) TRUE

40) TRUE

41) FALSE

42) FALSE

43) FALSE

44) TRUE

45) FALSE

46) TRUE