Career Success in Health Care - Professionalism in Action 4th edition Colbert Test Bank

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Name:_____ Class:_____ Date:_____

Chapter 01: Study Skills: Laying the Foundation

1. Studying for two hours at a time is the most efficient method of learning material.
   a. True
   b. False

ANSWER: False
RATIONALE: Studies show you learn more in three thirty-minute sessions than in one two-hour session. Your maximum study time without a break should be about one hour.
POINTS: 1
DIFFICULTY: Remember
REFERENCES: DAILY STUDY PREPARATION
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: CASU.COLB.25.1.1 - Relate the importance of good study habits to your personal success.
DATE CREATED: 5/2/2024 4:21 AM
DATE MODIFIED: 5/2/2024 4:23 AM

2. An active reader is able to read material relatively quickly, but will not comprehend much of it.
   a. True
   b. False

ANSWER: False
RATIONALE: If you read the material but do not comprehend much of what you have just read or lose your focus, you are a passive reader.
POINTS: 1
DIFFICULTY: Remember
REFERENCES: DAILY STUDY PREPARATION
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: CASU.COLB.25.1.1 - Relate the importance of good study habits to your personal success.
DATE CREATED: 5/2/2024 6:02 AM
DATE MODIFIED: 5/2/2024 6:04 AM

3. The cognitive educational domain establishes your knowledge and your ability to apply it to your chosen area of study.
   a. True
   b. False

ANSWER: True
RATIONALE: The cognitive domain establishes your knowledge and your ability to apply it to your chosen area of study.
POINTS: 1
DIFFICULTY: Remember
REFERENCES: EDUCATIONAL DOMAINS
QUESTION TYPE: True / False
HAS VARIABLES: False

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Chapter 01: Study Skills: Laying the Foundation

LEARNING OBJECTIVES: CASU.COLB.25.1.4 - Based on the learning process, develop strategies to improve test-taking skills.
DATE CREATED: 5/2/2024 6:05 AM
DATE MODIFIED: 5/2/2024 6:08 AM

4. Which time frame and method for studying and learning is most efficient?
   a. three hours per night with no breaks
   b. two hours per night with no breaks
   c. six one-hour sessions with five-minute breaks between sessions
   d. three 30-minute sessions with -ten-minute breaks between sessions

ANSWER: d
RATIONALE: Studies show you learn more in three thirty-minute sessions than in one two-hour session. Therefore, studying notes over shorter periods in more frequent intervals is more effective than long cramming sessions.
POINTS: 1
DIFFICULTY: Understand
REFERENCES: DAILY STUDY PREPARATION
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: CASU.COLB.25.1.2 - Perform an assessment of your current study skills.
DATE CREATED: 5/2/2024 6:16 AM
DATE MODIFIED: 5/2/2024 6:20 AM

5. When is the best time to study?
   a. right after you wake up
   b. before eating a morning meal
   c. whenever you feel most alert
   d. after eating an evening meal

ANSWER: c
RATIONALE: The time chosen for studying is very important. It may not be the same time for all of us. Some people are “morning people,” and others are not. We all have different biological clocks, so scheduling times when you are most alert and focused is the best strategy.
POINTS: 1
DIFFICULTY: Remember
REFERENCES: SELECT A GOOD TIME AND PLACE TO STUDY
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: CASU.COLB.25.1.1 - Relate the importance of good study habits to your personal success.
DATE CREATED: 5/2/2024 6:25 AM
DATE MODIFIED: 5/2/2024 6:29 AM

6. Getting tired almost immediately after attempting to study in bed is an example of which kind of psychological process?

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a. operant conditioning
b. classical conditioning
c. cognitive dissonance
d. cognitive disassociation

ANSWER: b
RATIONALE: Classical conditioning (also known as Pavlovian or respondent conditioning) is a learning process in which an innate response (sleep) to a potent stimulus (lying in bed) is elicited in response to a previously neutral stimulus (studying); this is achieved by repeated pairings of the neutral stimulus with the potent stimulus.
POINTS: 1
DIFFICULTY: Remember
REFERENCES: EDUCATIONAL DOMAINS
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: CASU.COLB.25.1.5 - Relate the importance of health and good study skills.
DATE CREATED: 5/2/2024 6:39 AM
DATE MODIFIED: 5/2/2024 6:44 AM

7. Which term is synonymous with classroom behavior?
a. classroom etiquette
b. classroom achievement
c. cognitive assimilation
d. cognitive mapping

ANSWER: a
RATIONALE: Classroom behavior and classroom etiquette are synonymous.
POINTS: 1
DIFFICULTY: Remember
REFERENCES: USE GOOD STUDY HABITS
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: CASU.COLB.25.1.5 - Relate the importance of health and good study skills.
DATE CREATED: 5/2/2024 6:44 AM
DATE MODIFIED: 5/2/2024 6:48 AM

8. What is the main purpose of taking notes?
a. to get key points from textbooks and lectures
b. to highlight what the lecturer thinks is important
c. to make lengthy summaries of textbooks
d. to enhance short-term memory

ANSWER: a
RATIONALE: The purpose of taking notes is to get key points from textbooks and lectures.
POINTS: 1
DIFFICULTY: Remember

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Chapter 01: Study Skills: Laying the Foundation

REFERENCES: NOTE TAKING
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: CASU.COLB.25.1.6 - Identify success strategies for online courses.
DATE CREATED: 5/2/2024 6:56 AM
DATE MODIFIED: 5/2/2024 6:58 AM

9. What's the best method to use while studying a chapter of your text?
   a. highlighting
   b. outlining
   c. copying
   d. skimming

ANSWER: b
RATIONALE: Outlining may initially take longer than highlighting, but you will learn the material better.
POINTS: 1
DIFFICULTY: Remember
REFERENCES: NOTE TAKING
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: CASU.COLB.25.1.3 - Formulate a plan for improvement of study skills.
DATE CREATED: 5/2/2024 6:58 AM
DATE MODIFIED: 5/2/2024 7:18 AM

10. A passive reader ____.
   a. vividly uses imagination while reading
   b. automatically makes cognitive associations while reading
   c. reads material quickly but inefficiently
   d. reads deliberately and retains most of the material

ANSWER: c
RATIONALE: Passive readers read material relatively quickly, but don't comprehend or recall much of it.
POINTS: 1
DIFFICULTY: Remember
REFERENCES: Use Good Study Habits
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: CASU.COLB.25.1.2 - Perform an assessment of your current study skills.
DATE CREATED: 5/2/2024 7:42 AM
DATE MODIFIED: 5/2/2024 7:50 AM

11. Which type of reader tends to make the most efficient use of their time when studying and learning?
   a. affective reader
   b. sensory reader

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c. passive reader
d. active reader

ANSWER: d
RATIONALE: Active readers want to understand and remember what was just read. They increase their com-prehension by writing notes as they read, asking themselves questions about what they are reading, and even marking their text with notes. While this takes more time and effort initially, you will need less time to review for the exam, you will be better prepared, and more likely to get a good grade.
POINTS: 1
DIFFICULTY: Remember
REFERENCES: ACTIVE READING
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: CASU.COLB.25.1.3 - Formulate a plan for improvement of study skills.
DATE CREATED: 5/2/2024 7:51 AM
DATE MODIFIED: 5/2/2024 7:53 AM

12. ____ and taking notes while reading are very effective reading techniques.
a. Outlining
b. Skimming
c. Multitasking
d. Surfing

ANSWER: a
RATIONALE: Outlining and taking notes while reading are very effective active reading techniques.
POINTS: 1
DIFFICULTY: Remember
REFERENCES: NOTE TAKING
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: CASU.COLB.25.1.6 - Identify success strategies for online courses.
DATE CREATED: 5/2/2024 7:54 AM
DATE MODIFIED: 5/2/2024 7:57 AM

13. Which part of the classroom has fewer personal and electronic distractions, making it the best section to for learning?
a. near the back
b. near the front
c. side closest to the windows
d. side closest to the door

ANSWER: b
RATIONALE: Sitting near the front creates fewer distractions because there are fewer personal and electronic side conversations.
POINTS: 1
DIFFICULTY: Remember

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Chapter 01: Study Skills: Laying the Foundation

REFERENCES: CLASSROOM ETTIQUETTE
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: CASU.COLB.25.1.7 - Develop strategies for "branding" or "showcasing" yourself as a successful student and a future employee.
DATE CREATED: 5/2/2024 7:59 AM
DATE MODIFIED: 5/2/2024 8:03 AM

14. How many different and unique learning domains are there?
    a. five
    b. four
    c. three
    d. two

ANSWER: c
RATIONALE: There are three distinct educational domains.
POINTS: 1
DIFFICULTY: Remember
REFERENCES: EDUCATIONAL DOMAINS
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: CASU.COLB.25.1.2 - Perform an assessment of your current study skills.
DATE CREATED: 5/2/2024 8:04 AM
DATE MODIFIED: 5/2/2024 8:07 AM

15. Which educational domain involves assessing, teaching, and learning theories and facts?
    a. affective
    b. psychomotor
    c. sensory
    d. cognitive

ANSWER: d
RATIONALE: The cognitive domain comprises assessing, teaching, and learning theories and facts.
POINTS: 1
DIFFICULTY: Remember
REFERENCES: EDUCATIONAL DOMAINS
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: CASU.COLB.25.1.2 - Perform an assessment of your current study skills.
DATE CREATED: 5/2/2024 8:08 AM
DATE MODIFIED: 5/2/2024 8:13 AM

16. Which educational domain begins with learning definitions and recognizing information?
    a. affective
    b. psychomotor

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c. sensory
d. cognitive

ANSWER: d
RATIONALE: Cognitive learning must begin with the foundation (knowledge), learning definitions, and recognizing information before moving on to higher levels such as application and synthesis.
POINTS: 1
DIFFICULTY: Remember
REFERENCES: EDUCATIONAL DOMAIN
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: CASU.COLB.25.1.2 - Perform an assessment of your current study skills.
DATE CREATED: 5/2/2024 8:14 AM
DATE MODIFIED: 5/2/2024 8:16 AM

17. Performing CPR on a patient is an example (primarily) of what educational domain?
a. affective
b. psychomotor
c. sensory
d. cognitive

ANSWER: b
RATIONALE: Performing CPR on a patient is an example (primarily) of the psychomotor domain, although deciding when CPR is appropriate involves some cognitive knowledge.
POINTS: 1
DIFFICULTY: Remember
REFERENCES: EDUCATIONAL DOMAIN
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: CASU.COLB.25.1.2 - Perform an assessment of your current study skills.
DATE CREATED: 5/2/2024 8:19 AM
DATE MODIFIED: 5/2/2024 8:23 AM

18. Which educational domain focuses on assessing and developing professional attitudes and behaviors?
a. affective
b. psychomotor
c. sensory
d. cognitive

ANSWER: a
RATIONALE: The affective domain focuses on assessing and developing professional attitudes and behaviors.
POINTS: 1
DIFFICULTY: Remember
REFERENCES: EDUCATIONAL DOMAIN

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QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: CASU.COLB.25.1.2 - Perform an assessment of your current study skills.
DATE CREATED: 5/2/2024 8:24 AM
DATE MODIFIED: 5/2/2024 8:31 AM

19. Which educational domain involves acquisition of "soft skills" and attainment of higher emotional intelligence (EQ)?
    a. affective
    b. psychomotor
    c. sensory
    d. cognitive

ANSWER: a
RATIONALE: Affective domain requires "soft skills" and high emotional intelligence (EQ).
POINTS: 1
DIFFICULTY: Remember
REFERENCES: EDUCATIONAL DOMAIN
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: CASU.COLB.25.1.2 - Perform an assessment of your current study skills.
DATE CREATED: 5/2/2024 8:32 AM
DATE MODIFIED: 5/2/2024 8:34 AM

20. What is the correct sequence of the three A's of affective teaching/learning?
    a. acquisition, application, and action plan
    b. assessment, action plan, and acknowledgement
    c. assessment, awareness, and action plan
    d. awareness, acknowledgement, and acquisition

ANSWER: c
RATIONALE: The three A's of affective teaching/learning must be adhered to in order. First is Assessment, to see where you are currently with a skill. The next is Awareness, which is becoming aware of techniques, methods, and so forth to improve this affective skill, whatever it is. The final "A" is developing an Action Plan based on your assessment and awareness to enhance the chosen affective skill.
POINTS: 1
DIFFICULTY: Remember
REFERENCES: EDUCATIONAL DOMAIN
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: CASU.COLB.25.1.3 - Formulate a plan for improvement of study skills.
DATE CREATED: 5/2/2024 8:35 AM
DATE MODIFIED: 5/2/2024 8:37 AM

21. Which type of thinking involves gathering and analyzing information in order to solve problems or create new opportunities?

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a. critical thinking
b. sensory thinking
c. discrete thinking
d. lateral thinking

ANSWER: a
RATIONALE: The ability to gather and analyze information in order to solve problems or create new opportunities is referred to as critical thinking.
POINTS: 1
DIFFICULTY: Remember
REFERENCES: CRITICAL THINKING AND MEMORY
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: CASU.COLB.25.1.3 - Formulate a plan for improvement of study skills.
DATE CREATED: 5/2/2024 8:43 AM
DATE MODIFIED: 5/2/2024 8:45 AM

22. Which type of examination consists solely of multiple choice and true/false questions?
a. open-ended
b. multimodal
c. objective
d. subjective

ANSWER: c
RATIONALE: An objective examination involves multiple choice and true/false questions, without essays or short answers.
POINTS: 1
DIFFICULTY: Remember
REFERENCES: TEST-TAKING
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: CASU.COLB.25.1.4 - Based on the learning process, develop strategies to improve test-taking skills.
DATE CREATED: 5/2/2024 8:45 AM
DATE MODIFIED: 5/2/2024 8:47 AM

23. Which personality traits are particularly important for distance learning methods such as home schooling?
a. flexibility and risk-taking
b. self-discipline and self-motivation
c. determination and attention-seeking
d. curiosity and social awareness

ANSWER: b
RATIONALE: Distance learning courses are usually more difficult for the average student because they require substantial self-discipline and self-motivation.
POINTS: 1

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Chapter 01: Study Skills: Laying the Foundation

DIFFICULTY: Remember
REFERENCES: STUDY SUCCESS SKILLS FOR ONLINE COURSES
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: CASU.COLB.25.1.6 - Identify success strategies for online courses.
DATE CREATED: 5/2/2024 8:47 AM
DATE MODIFIED: 5/2/2024 8:48 AM

24. List at least five helpful points relative to selecting a good time and place to study.
ANSWER:
1. Do not study in bed.
2. Choose a place that's quiet.
3. Choose a place that has good lighting.
4. Make sure the table or desk has only needed study tools on it.
5. Limit distractions in terms of background music or interactions with people.

RATIONALE: All reasons given should reflect limiting distractions, minimizing objects within reach, and cutting out all excess noise. Study in a clean, well-lit area at a time when you are most focused.
POINTS: 1
DIFFICULTY: APPLY
REFERENCES: SELECT A GOOD TIME AND PLACE OF STUDY
QUESTION TYPE: Subjective Short Answer
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: CASU.COLB.25.1.3 - Formulate a plan for improvement of study skills.
DATE CREATED: 5/2/2024 8:48 AM
DATE MODIFIED: 5/2/2024 8:50 AM

25. Describe three ways to present yourself that showcase your authenticity.
ANSWER:
1. Willingness to work hard, get good grades, and actively participate in all aspects (classroom, lab, clinical) of your educational program
2. Developing positive relationships with faculty, fellow students, and others at your school or clinical site
3. Demonstrating a dependable reputation by being on time for class and assignments, working well with others, and doing your fair share
4. Showing a positive attitude toward learning and having your education as a priority in your life
5. Taking responsibility for your behavior and always striving for improvement

RATIONALE: All reasons should showcase how the student will apply good practices in their professional life to demonstrate their dedication and seriousness.
POINTS: 1
DIFFICULTY: APPLY
REFERENCES: BRANDING YOURSELF A SUCCESSFUL STUDENT
QUESTION TYPE: Subjective Short Answer
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic

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Name:_____ Class:_____ Date:_____

Chapter 01: Study Skills: Laying the Foundation

LEARNING OBJECTIVES: CASU.COLB.25.1.7 - Develop strategies for "branding" or "showcasing" yourself as a successful student and a future employee.
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