Empowerment Series Generalist Practice with Organizations and Communities 7th edition Kirst Ashman Test Bank

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TRUE/FALSE

1 : Stress is the comprehensive process by which external pressures affect individuals emotionally and physically, producing some internal tension.
A : true
B : false

Correct Answer : A

2 : Events that cause stress are always negative.
A : true
B : false

Correct Answer : B

3 : Type A personalities appear to be the least prone to stress.
A : true
B : false

Correct Answer : B

4 : In the resistance phase of the GAS, the body responds by preparing for fight or flight.
A : true
B : false

Correct Answer : B

5 : Stress-related problems are most often triggered by a single major short-term stressful event.
A : true
B : false

Correct Answer : B

6 : Behavioral correlates of stress include any acts resulting directly from excess stress.
A : true
B : false

Correct Answer : A

7 : The D in the ABCDE theory of irrational thinking stands for the defining event.
A : true
B : false

Correct Answer : B

8 : The E in the ABCDE theory of irrational thinking stands for examination.
A : true
B : false

Correct Answer : B

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9 : Having an object to dwell on is a basic component to meditation approaches.
A : true
B : false

Correct Answer : A

10 : An increase in hand temperature indicates an increase in stress level.
A : true
B : false

Correct Answer : B

11 : Exercising reduces stress.
A : true
B : false

Correct Answer : A

12 : Having too little work can produce stress.
A : true
B : false

Correct Answer : A

13 : According to the text, an individual who sees time as a precious commodity, and feels guilty if it is wasted, is a nose to the grindstone type.
A : true
B : false

Correct Answer : B

14 : Before beginning your time management plan, you must figure out where you currently spend your time.
A : true
B : false

Correct Answer : A

15 : Goals should be kept flexible for the most efficient use of your time.
A : true
B : false

Correct Answer : B

16 : According to the text, you should handle each sheet of paper only once.
A : true
B : false

Correct Answer : A

17 : It is helpful to block portions of time for completing similar types of tasks.
A : true
B : false

Correct Answer : A

18 : According to the text, a messy desk reflects a productive person.
A : true
B : false

Correct Answer : B

19 : It is best to leave the ending time of a meeting open so you can finish the agenda.
A : true
B : false

Correct Answer : B

20 : During meetings you should not draw attention to the time remaining, as it will focus on ending the meeting and, therefore, interrupt the focus of the meeting.
A : true
B : false

Correct Answer : B

21 : Open second- and third class mail daily so it doesnt accumulate on your desk.
A : true
B : false

Correct Answer : B

22 : Fear of failure is a reason some people procrastinate.
A : true
B : false

Correct Answer : A

23 : When battling procrastination, it is best to break up large tasks into a number of small tasks.
A : true
B : false

Correct Answer : A

24 : Doing the easiest job first is a good way to handle procrastination.
A : true
B : false

Correct Answer : B

SHORT RESPONSE

25 : List and describe the phases of Selyes General Adaptation Syndrome.

Correct Answer : ?

26 : Cite the three types of problems stress can cause for the body and give examples of how these problems are manifested.

Correct Answer : ?

27 : List five problem areas in the work context that can cause undue stress.

Correct Answer : ?

28 : List, in order, the four primary steps cited in the text to help plan your time.

Correct Answer : ?

29 : List four techniques to battle procrastination.

Correct Answer :

MULTIPLE CHOICE

30 : is the comprehensive process by which external pressures affect individuals emotionally and physically and produce some internal tension.
A : Stress
B : Anxiety
C : Burnout
D : Depression

Correct Answer : A

31 : Which of the following is true:
A : The body responds to negative stress differently than positive stress
B : Generally men maintain more emotionally intimate relationships than women
C : Persons with rigid, authoritarian attitudes appear to be more prone to stress
D : Type A personalities are the least prone to stress

Correct Answer : C

32 : During the phase of Selyes General Adaptation Syndrome, the body recognizes the stressor and responds by preparing for fight or flight.
A : Exhaustion
B : Resistance
C : Terror
D : Alarm

Correct Answer : D

33 : The is the section of the brain that regulates a range of physiological functions.
A : Hypotheses
B : Hypothalamus
C : Hyperbole
D : Hippopotamus

Correct Answer : B

34 : The release of adrenaline and other hormones results in:
A : Decrease in breathing and heart rate
B : Decrease in blood pressure
C : Decreased coagulation of blood from the skin to the brain
D : Dilation of pupils

Correct Answer : D

35 : is the last phase in the General Adaptation Syndrome.
A : Finality
B : Exhaustion
C : Resistance
D : Alarm

Correct Answer : B

36 : In the phase, bodily processes seek to return to homeostasis.
A : Resistance
B : Exhaustion
C : Alarm
D : Expiration

Correct Answer : A

37 : During the_____ phase of Selyes General Adaptation Syndrome, the body strives to repair any damage caused bythe stressors.
A : Exhaustion
B : Alarm
C : Resistance
D : Terror

Correct Answer : C

38 : In the fight or flight concept of confronting stress, which of the following activities would be listed in the fight category:
A : Overeating
B : Drinking excessively
C : Daydreaming
D : None of the above

Correct Answer : D

39 : is a state of physical, emotional, and mental exhaustion that results from constant or repeated emotional pressure associated with an intense, long-term involvement with people.
A : Stress
B : Anxiety
C : Burnout
D : Depression

Correct Answer : C

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40 : is a mood state wherein the person anticipates future danger or misfortune with apprehension.
A : Stress
B : Anxiety
C : Burnout
D : Depression

Correct Answer : B

41 : is a condition characterized by disheartened mood, unhappiness, lack of interest in daily activities, pessimism, and thoughts about suicide.
A : Stress
B : Anxiety
C : Burnout
D : Depression

Correct Answer : D

42 : A father who becomes depressed and possibly suicidal is an example of a _____ stress-related problem.
A : Physiological
B : Psychological
C : Behavioral

Correct Answer : B

43 : A mother who develops skin rashes is an example of a ____ stress-related problem.
A : Physiological
B : Psychological
C : Behavioral

Correct Answer : A

44 : A father who hits his 5-year-old daughter after hes had a hard day at work is an example of a ____ stress-related problem.
A : Physiological
B : Psychological
C : Behavioral

Correct Answer : C

45 : In the ABCDE theory of irrational thinking, the C stands for:
A : Conflicting beliefs
B : Consequences
C : Complication
D : Conclusion

Correct Answer : B

46 : In the text, contradictory expectations for worker performance is called:
A : Expectation overload
B : Role imprecision

C : Performance evasion
D : Role ambiguity

Correct Answer : D

47 : According to the text, imagery relaxation and deep breathing relaxation are forms of:
A : Procrastination
B : Trances
C : Rumination
D : Meditation

Correct Answer : D

48 : Which of the following is (are) considered relaxation approaches to stress management:
A : Imagery relaxation
B : Progressive muscle relaxation
C : Rumination relaxation
D : a and b only

Correct Answer : D

49 : Step 1 in the time-management approach of planning your time is to:
A : Specify tasks for each goal
B : Figure out where the time goes
C : Prioritize your goals
D : Establish goals for yourself

Correct Answer : B

50 : What is the first task you need to do to figure out where your time goes:
A : Establish goals
B : Prioritize goals
C : Figure out how you presently spend your time
D : Specify tasks

Correct Answer : C

51 : is defined in the text as a detailed and time-consuming technique for analyzing how you spend your time in which you keep an hourly, half-hour, or 15-minute record of how you spend your time.
A : Time calendar
B : Task master
C : Time logging
D : Goal tending

Correct Answer : C

52 : Step 2 in the time-management approach of planning your time is:
A : Specify tasks for each goal
B : Figure out where the time goes
C : Prioritize your goals
D : Establish goals for yourself

Correct Answer : D

53 : Step 3 in the time-management approach of planning your time is:
A : Specify tasks for each goal
B : Figure out where the time goes
C : Prioritize your goals
D : Establish goals for yourself

Correct Answer : C

54 : Step 4 in the time-management approach of planning your time is:
A : Specify tasks for each goal
B : Figure out where the time goes
C : Prioritize your goals
D : Establish goals for yourself

Correct Answer : A

55 : Which of the following principles is (are) included in controlling your own behavior in time management:
A : Look at yourself
B : Help colleagues and they will help you
C : To get something done right, do it yourself
D : All of the above

Correct Answer : A

56 : Efficient handling of paperwork includes:
A : Using form letters for standard correspondence
B : Writing replies to correspondence by email or by hand when you can take the time to do a good job
C : Opening second- and third-class mail every day to avoid a back-log
D : a and c

Correct Answer : A

57 : Which of the following is (are) true:
A : One reason for procrastination is fear of failure
B : It is best to do the easiest job first to get yourself started
C : It is better to begin several projects at a time, so when you tire of one you can move on to another
D : a and b

Correct Answer : A

58 : is the tendency to put off doing something until a future time because it is perceived as being too onerous, unpleasant, or unappealing.
A : Burnout
B : Time traveling
C : Procrastination
D : Propinquity

Correct Answer : C

59 : Which of the following would be considered a good technique for battling procrastination:
A : Do the easiest jobs first so you feel a sense of accomplishment
B : Do it right now
C : Begin several projects so when you tire of one, you can change to a different task
D : a and b

Correct Answer : B

60 : Caspi and colleagues found that
A : depression is caused by too much serotonin.
B : when exposed to stressful life events, persons with two long alleles (LL) for 5-Htt were at the highest risk for depression.
C : when exposed to stressful life events, persons with a long and a short allele (Ls) for 5-Htt were at the highest risk for depression.
D : when exposed to stressful life events, persons with two short alleles (SS) for 5-Htt were at the highest risk for depression.

Correct Answer : D

61 : Maria is acting out because she is in a school system without adequate special-education resources. This statement represents a _____ hypothesis.
A : biophysical
B : psychologica
C : social
D : strengths

Correct Answer : C

62 : Hypotheses are used by the social worker to
A : examine possible etiology and explanations of client functioning.
B : help guide questioning and data gathering for assessment.
C : examine human behavior from proven theories.
D : are accurate without supporting evidence.

Correct Answer : A

63 : Extreme forms of behaviorism
A : include limits on behavior based on genetics and other biological influences.
B : include internal mental and emotional processes.
C : are recognized for directing our focus on observable aspects of human behavior.
D : are considered an early form of cognitive structuralism.

Correct Answer : C

64 : The psychological dimension does NOT
A : contribute to the organization or integration of the individuals mental processes.
B : involve the systems of information processing and cognitive development.
C : involve communication, social cognition, and emotions.
D : involve social relationships that a person interacts with individually or in a group.

Correct Answer : D

65 : _____ is/are the cement that holds together all forms of social life.
A : Organizations
B : Self-help groups
C : Social institutions
D : Religion

Correct Answer : C

66 : The medical approach does NOT
A : focus on treatment of identified diseases and disorders.
B : imply that health is the absence of a disorder or disease.
C : ignore problems of living.
D : ignore the illness.

Correct Answer : D