Multiple Choice Questions

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-consciousness
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 which of the following countries?

   A. China
   B. Saudi Arabia
   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 following would be the best fit for Cora?

   A. Graphic designer
   B. Pilot
   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 way regardless of the situation.

    A. values
    B. traits
    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
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C. Preparing taxes
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20. The text defines ______ as personal preferences for specific topics and activities.
   
   A. interests  
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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  
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   C. Motivation  
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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

True / False Questions

27. Self-honesty is the foundation of self-awareness.

True   False
28. Being self-aware allows you to be swayed by other people's values and opinions.

   True   False

29. People with private self-consciousness are less likely to suffer from the physical ill effects of stress.

   True   False

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

   True   False

31. Our values are often influenced by our family and friends.

   True   False

32. Our values can be influenced by our teachers, experiences, and political beliefs.

   True   False

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

   True   False

34. 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

35. 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
36. 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

37. 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

38. Job-specific skills are more important than transferable skills.

   True    False

39. Today, the average American worker changes jobs six times by the age of thirty.

   True    False

40. Most people have one career that is right for them.

   True    False

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

   True    False

**Short Answer Questions**
42. Why is self-honesty important in your quest for success?

43. Explain the relationship between values and ethics.

44. 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?
45. Explain the relationship between skills and interests.

46. Explain how self-awareness and self-knowledge are important in choosing the right career path for you.
Multiple Choice Questions

1. According to the text, __________ is the process of paying attention to yourself.
   
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   Accessibility: Keyboard Navigation  
   Blooms: Remember  
   Difficulty: 1 Easy  
   Learning Outcome: 02-01 Define self-awareness and cite its benefits.  
   Topic: Developing Self-Awareness

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

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**Accessibility: Keyboard Navigation**  
**Blooms: Remember**  
**Difficulty: 1 Easy**  
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**Topic: Defining Your Dreams**

6. The beliefs and principles you choose to live by are called your _______.

A. ethics  
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**Accessibility: Keyboard Navigation**  
**Blooms: Remember**  
**Difficulty: 1 Easy**  
**Learning Outcome: 02-02 Explain the factors that influence people’s values.**  
**Topic: Getting in Touch with Your Values**

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

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Accessibility: Keyboard Navigation  
Blooms: Remember  
Difficulty: 1 Easy  
Learning Outcome: 02-03 Define personality and list the “big five” personality traits.  
Topic: Personality and Individuality

11. People’s personalities can be described as collections of ________, which refer to the tendency to behave a certain way regardless of the situation.

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Accessibility: Keyboard Navigation  
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**Accessibility: Keyboard Navigation**  
**Blooms: Understand**  
**Difficulty: 2 Medium**  
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17. According to the text, the ability to do something specific as a result of learning and practice is called a(n) _________.

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**Accessibility: Keyboard Navigation**  
**Blooms: Remember**  
**Difficulty: 1 Easy**
18. Skills are the result of _____ combined with experience.

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C. Enterprising
D. Social

True / False Questions
27. Self-honesty is the foundation of self-awareness.

**TRUE**

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

**FALSE**

A benefit of being self-aware is that it helps you act in accordance with your personal values, rather than be swayed by what other people say or do.

29. People with private self-consciousness are less likely to suffer from the physical ill effects of stress.

**TRUE**

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

**TRUE**
31. Our values are often influenced by our family and friends.

**TRUE**

32. Our values can be influenced by our teachers, experiences, and political beliefs.

**TRUE**

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

**FALSE**

Although some traits may help us succeed in a particular setting or profession, we do not consider some inherently better than others.
34. 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**

Accessibility: Keyboard Navigation  
Blooms: Remember  
Difficulty: 1 Easy  
Learning Outcome: 02-03 Define personality and list the "big five" personality traits.  
Topic: Personality and Individuality

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

**TRUE**

Accessibility: Keyboard Navigation  
Blooms: Remember  
Difficulty: 1 Easy  
Learning Outcome: 02-03 Define personality and list the "big five" personality traits.  
Topic: Personality and Individuality

36. Most male surgeons encourage their sons to pursue a career in surgery because the aptitude for structural visualization is passed from father to son.

**FALSE**

Structural visualization is passed from mother to son; however, daughters can inherit the trait from both parents.

Accessibility: Keyboard Navigation  
Blooms: Remember  
Difficulty: 1 Easy  
Learning Outcome: 02-03 Define personality and list the "big five" personality traits.  
Topic: Personality and Individuality
37. Administering aptitude tests to help people make career decisions is best done in middle adulthood, when people's personalities have become more established.

**FALSE**

Aptitude tests are probably most effective at age sixteen to eighteen, when high school students are making career or college choices. The earlier you can discover your natural gifts, the better.

**Learning Outcome:** 02-03 Define personality and list the "big five" personality traits.
**Topic:** Personality and Individuality

38. Job-specific skills are more important than transferable skills.

**FALSE**

Transferable skills are the foundation of job-specific skills. You cannot build job-specific skills without them.

**Learning Outcome:** 02-04 Compare and contrast skills; knowledge; and interests.
**Topic:** Exploring Your Skills and Interests

39. Today, the average American worker changes jobs six times by the age of thirty.

**TRUE**

**Learning Outcome:** 02-05 Explain how personality; skills; and interests relate to career choice.
**Topic:** Putting it All Together: Self-Awareness and Work
40. Most people have one career that is right for them.

**FALSE**

There is no such thing as the one perfect career. You have a wide range of skills and interests, making it possible for you to thrive in a variety of careers.

**Accessibility: Keyboard Navigation**
**Blooms: Remember**
**Difficulty: 1 Easy**

Learning Outcome: 02-05 Explain how personality; skills; and interests relate to career choice.
Topic: Putting it All Together: Self-Awareness and Work

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

**TRUE**

**Accessibility: Keyboard Navigation**
**Blooms: Remember**
**Difficulty: 1 Easy**

Learning Outcome: 02-05 Explain how personality; skills; and interests relate to career choice.
Topic: Putting it All Together: Self-Awareness and Work

**Short Answer Questions**

42. Why is self-honesty important in your quest for success?

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.

**Blooms: Understand**
**Difficulty: 2 Medium**

Learning Outcome: 02-01 Define self-awareness and cite its benefits.
43. Explain the relationship between values and ethics.

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.

Blooms: Understand
Difficulty: 2 Medium
Learning Outcome: 02-02 Explain the factors that influence people's values.

44. 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?

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.

Blooms: Understand
Difficulty: 2 Medium
Learning Outcome: 02-03 Define personality and list the "big five" personality traits.

45. Explain the relationship between skills and interests.

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.

Blooms: Understand
46. Explain how self-awareness and self-knowledge are important in choosing the right career path for you.

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.