Becoming a Helper 8th edition Corey Test Bank

SKU: 9780357366271-TEST-BANK

1. What characteristic is considered to be unproductive and ineffective for helping clients?

a. Sharing persistent reactions to the client in an appropriate and timely manner
b. Questioning life and engaging in critical self-examination of one's beliefs and values
c. Being willing to draw on a number of resources to enable clients to move toward their goals
d. Realizing that it takes hard work to bring about change and be willing to stick with clients as they go through this difficult process

ANSWER: a

FEEDBACK:

a. Sharing persistent reactions to the client in an appropriate and timely manner may result in imposing values on the client. It is considered unproductive and ineffective for helpers. See "Portrait of the 'Ideal Helper.'"
b. Sharing persistent reactions to the client in an appropriate and timely manner may result in imposing values on the client. It is considered unproductive and ineffective for helpers. See "Portrait of the 'Ideal Helper.'"
c. Sharing persistent reactions to the client in an appropriate and timely manner may result in imposing values on the client. It is considered unproductive and ineffective for helpers. See "Portrait of the 'Ideal Helper.'"
d. Sharing persistent reactions to the client in an appropriate and timely manner may result in imposing values on the client. It is considered unproductive and ineffective for helpers. See "Portrait of the 'Ideal Helper.'"

POINTS: 1
DIFFICULTY: 3
REFERENCES: Portrait of the "Ideal Helper"
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.3 - Identify the attributes of an ideal helper.
KEYWORDS: Bloom's: Understand
DATE CREATED: 9/20/2019 11:41 AM
DATE MODIFIED: 9/20/2019 11:45 AM

2. Jim is seeking a career in the helping professions with the hope that he will exert a significant influence on the lives of those seeking help. His motivation to help others is based on the need

a. for prestige and status.
b. to care for others.
c. to make an impact.
d. to provide answers.

ANSWER: c

FEEDBACK:

a. Hoping to exert a significant influence on the lives of clients is referred to as the need to make an impact for becoming a helper. See "Examining Your Motives for Becoming a Helper."
b. Hoping to exert a significant influence on the lives of clients is referred to as the need to make an impact for becoming a helper. See "Examining Your Motives for Becoming a Helper."
c. Hoping to exert a significant influence on the lives of clients is referred to as the need to make an impact for becoming a helper. See "Examining Your Motives for Becoming a Helper."
d. Hoping to exert a significant influence on the lives of clients is referred to as the need to make an impact for becoming a helper. See "Examining Your Motives for Becoming a Helper."

POINTS: 1

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DIFFICULTY: 1
REFERENCES: Examining Your Motives for Becoming a Helper
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.1 - Recognize your motives for becoming a helper.
KEYWORDS: Bloom's: Understand
DATE CREATED: 9/20/2019 11:45 AM
DATE MODIFIED: 9/20/2019 11:47 AM

3. Helen is seeking a specialization in the helping field that attends not only to the inner workings of a person but also to the understanding of the person in the environment. Helen should seek a degree in

a. psychiatric nursing.
b. clinical psychology.
c. social work.
d. counseling psychology.

ANSWER: c
FEEDBACK:

a. The specialization of social work attends not only to the inner workings of a person but also to an understanding of the person in the environment. See "Overview of Some of the Helping Professions."
b. The specialization of social work attends not only to the inner workings of a person but also to an understanding of the person in the environment. See "Overview of Some of the Helping Professions."
c. The specialization of social work attends not only to the inner workings of a person but also to an understanding of the person in the environment. See "Overview of Some of the Helping Professions."
d. The specialization of social work attends not only to the inner workings of a person but also to an understanding of the person in the environment. See "Overview of Some of the Helping Professions."

POINTS: 1
DIFFICULTY: 1
REFERENCES: Overview of Some of the Helping Professions
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.5 - Describe the main areas of focus for key helping professions.
KEYWORDS: Bloom's: Understand
DATE CREATED: 9/20/2019 11:50 AM
DATE MODIFIED: 9/20/2019 11:52 AM

4. Students often come to Brian asking advice about their relationships. He feels uneasy when he is not able to give concrete advice concerning their problem. His motivation to help others is based on the need to

a. return a favor.
b. care for others.
c. be needed.
d. provide answers.

ANSWER: d
FEEDBACK:

a. When providing advice to others, helpers should not give their clients concrete advice when they are asked, even if they want to. This is referred to as the

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need to provide answers. See “Examining Your Motives for Becoming a Helper.”

b. When providing advice to others, helpers should not give their clients concrete advice when they are asked, even if they want to. This is referred to as the need to provide answers. See “Examining Your Motives for Becoming a Helper.”

c. When providing advice to others, helpers should not give their clients concrete advice when they are asked, even if they want to. This is referred to as the need to provide answers. See “Examining Your Motives for Becoming a Helper.”

d. When providing advice to others, helpers should not give their clients concrete advice when they are asked, even if they want to. This is referred to as the need to provide answers. See “Examining Your Motives for Becoming a Helper.”

POINTS: 1
DIFFICULTY: 3
REFERENCES: Examining Your Motives for Becoming a Helper
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.1 - Recognize your motives for becoming a helper.
KEYWORDS: Bloom’s: Understand
DATE CREATED: 9/20/2019 11:52 AM
DATE MODIFIED: 9/20/2019 11:55 AM

5. The desire to emulate a role model sometimes plays a part in the decision to be a helper. This is referred to as the need to

a. reciprocate.
b. make an impact.
c. be needed.
d. provide answers.

ANSWER: a
FEEDBACK:

a. The desire to emulate a role model sometimes plays a part in the decision to be a helper. This is referred to as the need to reciprocate. See “Examining Your Motives for Becoming a Helper.”

b. The desire to emulate a role model sometimes plays a part in the decision to be a helper. This is referred to as the need to reciprocate. See “Examining Your Motives for Becoming a Helper.”

c. The desire to emulate a role model sometimes plays a part in the decision to be a helper. This is referred to as the need to reciprocate. See “Examining Your Motives for Becoming a Helper.”

d. The desire to emulate a role model sometimes plays a part in the decision to be a helper. This is referred to as the need to reciprocate. See “Examining Your Motives for Becoming a Helper.”

POINTS: 1
DIFFICULTY: 3
REFERENCES: Examining Your Motives for Becoming a Helper
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.1 - Recognize your motives for becoming a helper.
KEYWORDS: Bloom’s: Understand

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DATE CREATED: 9/20/2019 11:55 AM
DATE MODIFIED: 9/20/2019 11:57 AM

6. Which of the following is NOT conducive to effective helping?
   a. You realize you are able to inspire clients to do in their lives what you are unable or unwilling to do in your own life.
   b. You question life and engage in critical self-examination of your beliefs.
   c. You are willing to draw on a number of resources to enable clients to move toward their goals.
   d. Even though you struggle with your own problems, this struggle does not intrude on your helping of others.

ANSWER: a
FEEDBACK:
   a. Effective helpers know that they cannot inspire clients to do in their lives what they are unable or unwilling to do in their own life. See "Portrait of the 'Ideal Helper.'"
   b. Effective helpers know that they cannot inspire clients to do in their lives what they are unable or unwilling to do in their own life. See "Portrait of the 'Ideal Helper.'"
   c. Effective helpers know that they cannot inspire clients to do in their lives what they are unable or unwilling to do in their own life. See "Portrait of the 'Ideal Helper.'"
   d. Effective helpers know that they cannot inspire clients to do in their lives what they are unable or unwilling to do in their own life. See "Portrait of the 'Ideal Helper.'"

POINTS: 1
DIFFICULTY: 3
REFERENCES: Portrait of the "Ideal Helper"
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.3 - Identify the attributes of an ideal helper.
KEYWORDS: Bloom's: Understand
DATE CREATED: 9/20/2019 11:57 AM
DATE MODIFIED: 9/20/2019 11:59 AM

7. Practitioners are asked to view their professional life as a
   a. developmental process.
   b. cathartic experience.
   c. time-limited professional journey.
   d. means to fulfill all of their needs.

ANSWER: a
FEEDBACK:
   a. Practitioners are asked to view their professional life as a developmental process so as to realize their progress in steps during the learning period. See "Selecting a Professional Program and Career Path."
   b. Practitioners are asked to view their professional life as a developmental process so as to realize their progress in steps during the learning period. See "Selecting a Professional Program and Career Path."
   c. Practitioners are asked to view their professional life as a developmental process so as to realize their progress in steps during the learning period. See "Selecting a Professional Program and Career Path."
   d. Practitioners are asked to view their professional life as a developmental process so as to realize their progress in steps during the learning period. See

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Becoming a Helper 8th edition Corey Test Bank

"Selecting a Professional Program and Career Path."

POINTS: 1
DIFFICULTY: 1
REFERENCES: Selecting a Professional Program and Career Path
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.4 - Describe what is involved in selecting an educational and career path.
KEYWORDS: Bloom's: Understand
DATE CREATED: 9/20/2019 12:05 PM
DATE MODIFIED: 9/20/2019 12:07 PM

8. The MSW (master in social work) degree

a. is focused on assessment, diagnosis, and treatment procedures for mildly to severely disturbed persons.
b. trains individuals to assist relatively healthy people in solving developmental problems and functioning more effectively.
c. gives tremendous career flexibility because of the range of practice, including administration, planning, and policy areas.
d. provides maximum options in regard to specialties.

ANSWER: c
FEEDBACK:

a. A master's program in social work (MSW) prepares students broadly for casework, counseling, community intervention, social policy and planning, research and development, and administration and management. See "Overview of Some of the Helping Professions."
b. A master's program in social work (MSW) prepares students broadly for casework, counseling, community intervention, social policy and planning, research and development, and administration and management. See "Overview of Some of the Helping Professions."
c. A master's program in social work (MSW) prepares students broadly for casework, counseling, community intervention, social policy and planning, research and development, and administration and management. See "Overview of Some of the Helping Professions."
d. A master's program in social work (MSW) prepares students broadly for casework, counseling, community intervention, social policy and planning, research and development, and administration and management. See "Overview of Some of the Helping Professions."

POINTS: 1
DIFFICULTY: 1
REFERENCES: Overview of Some of the Helping Professions
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.5 - Describe the main areas of focus for key helping professions.
KEYWORDS: Bloom's: Understand
DATE CREATED: 9/20/2019 12:08 PM
DATE MODIFIED: 9/20/2019 12:11 PM

9. At the beginning of the helping career, what should a counselor try to remember when encountering anxiety and uncertainty?

a. The role clients play in finding their own answers

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b. One's own interests
c. One's own past struggles
d. Psychological theories

ANSWER: c

FEEDBACK:

a. At the beginning of the helping career, a counselor should not forget one's own struggles when encountering anxiety and uncertainty. See "Examining Your Motives for Becoming a Helper."
b. At the beginning of the helping career, a counselor should not forget one's own struggles when encountering anxiety and uncertainty. See "Examining Your Motives for Becoming a Helper."
c. At the beginning of the helping career, a counselor should not forget one's own struggles when encountering anxiety and uncertainty. See "Examining Your Motives for Becoming a Helper."
d. At the beginning of the helping career, a counselor should not forget one's own struggles when encountering anxiety and uncertainty. See "Examining Your Motives for Becoming a Helper."

POINTS: 1
DIFFICULTY: 3
REFERENCES: Examining Your Motives for Becoming a Helper
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.1 - Recognize your motives for becoming a helper.
KEYWORDS: Bloom's: Understand
DATE CREATED: 9/20/2019 12:12 PM
DATE MODIFIED: 9/20/2019 12:14 PM

10. The temptation to give up a career in the helping field is often greatest when students
a. are faced with examining their values concerning helping others.
b. realize that they still have unresolved issues.
c. begin to examine their motivations for helping others.
d. first have to apply what they have learned in their courses to the real world.

ANSWER: d

FEEDBACK:

a. The inclination to give up too soon is often greatest when you first have to apply what you have learned in your courses to a situation in the real world, such as a practicum. See "Is a Helping Career for You?"
b. The inclination to give up too soon is often greatest when you first have to apply what you have learned in your courses to a situation in the real world, such as a practicum. See "Is a Helping Career for You?"
c. The inclination to give up too soon is often greatest when you first have to apply what you have learned in your courses to a situation in the real world, such as a practicum. See "Is a Helping Career for You?"
d. The inclination to give up too soon is often greatest when you first have to apply what you have learned in your courses to a situation in the real world, such as a practicum. See "Is a Helping Career for You?"

POINTS: 1
DIFFICULTY: 3
REFERENCES: Is a Helping Career for You?
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False

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Becoming a Helper 8th edition Corey Test Bank

LEARNING OBJECTIVES: 1.2 - Identify whether a helping career is for you.
KEYWORDS: Bloom's: Understand
DATE CREATED: 9/20/2019 12:14 PM
DATE MODIFIED: 9/20/2019 12:16 PM

11. What is the part of a counselor in resolving the problems of clients revealing their painful stories?
    a. Being a passive listener
    b. Being a professional caregiver
    c. Being a supervisor
    d. Being an empathic listener

ANSWER: d
FEEDBACK:
    a. A counselor should be an empathic listener when clients reveal their painful stories, in order to be aware of the healing properties the clients experience. See "Our Own Beginnings as Helpers."
    b. A counselor should be an empathic listener when clients reveal their painful stories, in order to be aware of the healing properties the clients experience. See "Our Own Beginnings as Helpers."
    c. A counselor should be an empathic listener when clients reveal their painful stories, in order to be aware of the healing properties the clients experience. See "Our Own Beginnings as Helpers."
    d. A counselor should be an empathic listener when clients reveal their painful stories, in order to be aware of the healing properties the clients experience. See "Our Own Beginnings as Helpers."

POINTS: 1
DIFFICULTY: 3
REFERENCES: Our Own Beginnings as Helpers
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.1 - Recognize your motives for becoming a helper.
KEYWORDS: Bloom's: Understand
DATE CREATED: 9/20/2019 12:17 PM
DATE MODIFIED: 9/20/2019 12:19 PM

12. What is increasingly important for a helping professional in effectively working with diverse clients and areas?
    a. Acquiring multicultural knowledge and skills
    b. Becoming a generalist
    c. Developing expertise in an area of specialization
    d. Establishing a comprehensive developmental counseling program

ANSWER: b
FEEDBACK:
    a. It is increasingly important for a helping professional to become a generalist to be able to work with a range of client populations in a variety of problem areas. See "Is a Helping Career for You?"
    b. It is increasingly important for a helping professional to become a generalist to be able to work with a range of client populations in a variety of problem areas. See "Is a Helping Career for You?"
    c. It is increasingly important for a helping professional to become a generalist to be able to work with a range of client populations in a variety of problem areas. See "Is a Helping Career for You?"

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d. It is increasingly important for a helping professional to become a generalist to be able to work with a range of client populations in a variety of problem areas. See “Is a Helping Career for You?”

POINTS: 1
DIFFICULTY: 3
REFERENCES: Is a Helping Career for You?
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.2 - Identify whether a helping career is for you.
KEYWORDS: Bloom’s: Understand
DATE CREATED: 9/20/2019 12:19 PM
DATE MODIFIED: 9/20/2019 12:21 PM

13. Which of the following specializations is primarily concerned with relationship counseling?
    a. Clinical psychology
    b. Counseling psychology
    c. Couples and family counseling
    d. Rehabilitation counseling

ANSWER: c
FEEDBACK:
a. The specialization of couples and family therapy is primarily concerned with relationship counseling. It deals with assessing and treating clients from a family-systems perspective. See “Overview of Some of the Helping Professions.”
b. The specialization of couples and family therapy is primarily concerned with relationship counseling. It deals with assessing and treating clients from a family-systems perspective. See “Overview of Some of the Helping Professions.”
c. The specialization of couples and family therapy is primarily concerned with relationship counseling. It deals with assessing and treating clients from a family-systems perspective. See “Overview of Some of the Helping Professions.”
d. The specialization of couples and family therapy is primarily concerned with relationship counseling. It deals with assessing and treating clients from a family-systems perspective. See “Overview of Some of the Helping Professions.”

POINTS: 1
REFERENCES: Overview of Some of the Helping Professions
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.5 - Describe the main areas of focus for key helping professions.
KEYWORDS: Bloom’s: Understand
DATE CREATED: 9/20/2019 12:21 PM
DATE MODIFIED: 9/20/2019 12:23 PM

14. At the undergraduate level, human services programs would be most likely to train practitioners for
    a. independent private practice.
    b. working with couples and families.
    c. community agency work.

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d. long-term psychotherapy.

ANSWER: c

FEEDBACK:

a. At the undergraduate level, human services programs train practitioners for community agency work. See “Selecting a Professional Program and Career Path.”

b. At the undergraduate level, human services programs train practitioners for community agency work. See “Selecting a Professional Program and Career Path.”

c. At the undergraduate level, human services programs train practitioners for community agency work. See “Selecting a Professional Program and Career Path.”

d. At the undergraduate level, human services programs train practitioners for community agency work. See “Selecting a Professional Program and Career Path.”

POINTS: 1

DIFFICULTY: 1

REFERENCES: Selecting a Professional Program and Career Path

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: 1.4 - Describe what is involved in selecting an educational and career path.

KEYWORDS: Bloom’s: Understand

DATE CREATED: 9/20/2019 12:24 PM

DATE MODIFIED: 9/20/2019 12:26 PM

15. What is the best way of overcoming ambivalent feelings about the helping profession?

a. Making a decision based on initial experiences

b. Remaining open to feedback from others

c. Working hard to achieve one’s career goals without hearing from others

d. Being aware of the aspects of various specialty areas

ANSWER: b

FEEDBACK:

a. Practitioners should overcome ambivalent feelings about their career by remaining open to the pattern of consistent feedback from faculty members, supervisors, and their peers. They should not make a decision based on initial experiences. See “Is a Helping Career for You?”

b. Practitioners should overcome ambivalent feelings about their career by remaining open to the pattern of consistent feedback from faculty members, supervisors, and their peers. They should not make a decision based on initial experiences. See “Is a Helping Career for You?”

c. Practitioners should overcome ambivalent feelings about their career by remaining open to the pattern of consistent feedback from faculty members, supervisors, and their peers. They should not make a decision based on initial experiences. See “Is a Helping Career for You?”

d. Practitioners should overcome ambivalent feelings about their career by remaining open to the pattern of consistent feedback from faculty members, supervisors, and their peers. They should not make a decision based on initial experiences. See “Is a Helping Career for You?”

POINTS: 1

DIFFICULTY: 3

REFERENCES: Is a Helping Career for You?

QUESTION TYPE: Multiple Choice

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HAS VARIABLES: False
LEARNING OBJECTIVES: 1.2 - Identify whether a helping career is for you.
KEYWORDS: Bloom's: Understand
DATE CREATED: 9/20/2019 12:26 PM
DATE MODIFIED: 9/20/2019 12:28 PM

16. What is the best way for practitioners to learn to cope with institutions and systems?

a. Striving to change the institutions and systems
b. Drawing the attention of the faculty and administrators toward one's concerns
c. Striving hard to change unfair practices with one's potential
d. Remaining passive to the practices and procedures within the systems as a learner

ANSWER: a
FEEDBACK:

a. Practitioners may learn to cope with institutions and systems by questioning and striving to change their institutions and systems. See "Selecting a Professional Program and Career Path"
b. Practitioners may learn to cope with institutions and systems by questioning and striving to change their institutions and systems. See "Selecting a Professional Program and Career Path"
c. Practitioners may learn to cope with institutions and systems by questioning and striving to change their institutions and systems. See "Selecting a Professional Program and Career Path"
d. Practitioners may learn to cope with institutions and systems by questioning and striving to change their institutions and systems. See "Selecting a Professional Program and Career Path"

POINTS: 1
DIFFICULTY: 3
REFERENCES: Selecting a Professional Program and Career Path
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.4 - Describe what is involved in selecting an educational and career path.
KEYWORDS: Bloom's: Understand
DATE CREATED: 9/21/2019 1:15 AM
DATE MODIFIED: 9/21/2019 1:18 AM

17. All of the following statements regarding the personal and professional journey of helpers are true EXCEPT the one that follows:

a. Ask for help when you need it, both personally and professionally.
b. Find a group of people who are supportive and can offer you encouragement.
c. Be an agent of social change instead of individual.
d. Learn about people from cultures different from your own and strive to acquire cultural competencies.

ANSWER: c
FEEDBACK:

a. A few points on the personal and professional journey include asking for help when you need it, both personally and professionally; finding a group of supportive people; and learning about diverse culture people and striving to acquire cultural competencies. One should be an agent of individual and social change. See "Overview of Some of the Helping Professions."
b. A few points on the personal and professional journey include asking for help when you need it, both personally and professionally; finding a group of

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supportive people; and learning about diverse culture people and striving to acquire cultural competencies. One should be an agent of individual and social change. See “Overview of Some of the Helping Professions.”

c. A few points on the personal and professional journey include asking for help when you need it, both personally and professionally; finding a group of supportive people; and learning about diverse culture people and striving to acquire cultural competencies. One should be an agent of individual and social change. See “Overview of Some of the Helping Professions.”

d. A few points on the personal and professional journey include asking for help when you need it, both personally and professionally; finding a group of supportive people; and learning about diverse culture people and striving to acquire cultural competencies. One should be an agent of individual and social change. See “Overview of Some of the Helping Professions.”

POINTS: 1
DIFFICULTY: 1
REFERENCES: Overview of Some of the Helping Professions
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.5 - Describe the main areas of focus for key helping professions.
KEYWORDS: Bloom’s: Understand
DATE CREATED: 9/21/2019 1:18 AM
DATE MODIFIED: 9/21/2019 1:20 AM

18. Which of the following statements would leaders in the field of counseling be inclined to make to those entering the field?

a. Seek help when you need it, both personally and professionally.

b. Focus on your limitations.

c. Do not strive to integrate your personal and professional journeys.

d. Focus on short-term goals but not on long-term goals since they will likely change.

ANSWER: a
FEEDBACK:

a. Leaders in the field of counseling encourage the helpers who are entering the field to seek help when you need it, both personally and professionally. See “Overview of Some of the Helping Professions.”

b. Leaders in the field of counseling encourage the helpers who are entering the field to seek help when you need it, both personally and professionally. See “Overview of Some of the Helping Professions.”

c. Leaders in the field of counseling encourage the helpers who are entering the field to seek help when you need it, both personally and professionally. See “Overview of Some of the Helping Professions.”

d. Leaders in the field of counseling encourage the helpers who are entering the field to seek help when you need it, both personally and professionally. See “Overview of Some of the Helping Professions.”

POINTS: 1
DIFFICULTY: 1
REFERENCES: Overview of Some of the Helping Professions
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.5 - Describe the main areas of focus for key helping professions.
KEYWORDS: Bloom’s: Understand

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DATE CREATED: 9/21/2019 1:20 AM
DATE MODIFIED: 9/21/2019 1:22 AM

19. Which of the following is true for one pursuing a helping career after taking courses?

a. Appreciating the prospects of one's career choice
b. Making one's own decisions without depending on others in whatever stage of career development
c. Deciding whether to pursue the career or not by initial experiences
d. Applying those learned aspects to real-life situations

ANSWER: d
FEEDBACK:

a. After taking courses, a person pursuing a helping career may apply their knowledge of theories and techniques to actual situations. See "Is a Helping Career for You?"
b. After taking courses, a person pursuing a helping career may apply their knowledge of theories and techniques to actual situations. See "Is a Helping Career for You?"
c. After taking courses, a person pursuing a helping career may apply their knowledge of theories and techniques to actual situations. See "Is a Helping Career for You?"
d. After taking courses, a person pursuing a helping career may apply their knowledge of theories and techniques to actual situations. See "Is a Helping Career for You?"

POINTS: 1
DIFFICULTY: 3
REFERENCES: Is a Helping Career for You?
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.2 - Identify whether a helping career is for you.
KEYWORDS: Bloom's: Understand
DATE CREATED: 9/21/2019 1:23 AM
DATE MODIFIED: 9/21/2019 1:25 AM

20. Many training programs offer some _____ in which students can become more aware of how their personal attributes manifest in relationships.

a. vocational assistance
b. self-exploration experiences
c. failure and frustration
d. self-absorbed training

ANSWER: b
FEEDBACK:

a. Many training programs offer some self-exploration experiences in which students can become more aware of how their personal attributes manifest in relationships. See "Portrait of the 'Ideal Helper.'"
b. Many training programs offer some self-exploration experiences in which students can become more aware of how their personal attributes manifest in relationships. See "Portrait of the 'Ideal Helper.'"
c. Many training programs offer some self-exploration experiences in which students can become more aware of how their personal attributes manifest in relationships. See "Portrait of the 'Ideal Helper.'"
d. Many training programs offer some self-exploration experiences in which students can become more aware of how their personal attributes manifest in

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relationships. See “Portrait of the ‘Ideal Helper.’”

POINTS: 1
DIFFICULTY: 1
REFERENCES: Portrait of the “Ideal Helper”
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.3 - Identify the attributes of an ideal helper.
KEYWORDS: Bloom’s: Understand
DATE CREATED: 9/21/2019 1:26 AM
DATE MODIFIED: 9/21/2019 1:28 AM

21. Which of the following is NOT explained in the text as considerations when selecting an educational program and a career for helping professions?

a. The joys and rewards of being a helping professional
b. Creating realistic expectations and testing them
c. Deciding which educational and professional route to pursue
d. Determining which educational program costs the least amount

ANSWER: d
FEEDBACK:

a. The joys and rewards of being a helping professional, creating realistic expectations and testing them, and deciding which educational and professional route to pursue are considered in selecting an educational program and a career for helping professions. Determining which educational program costs the least amount is not taken into account. See “Selecting a Professional Program and Career Path.”
b. The joys and rewards of being a helping professional, creating realistic expectations and testing them, and deciding which educational and professional route to pursue are considered in selecting an educational program and a career for helping professions. Determining which educational program costs the least amount is not taken into account. See “Selecting a Professional Program and Career Path.”
c. The joys and rewards of being a helping professional, creating realistic expectations and testing them, and deciding which educational and professional route to pursue are considered in selecting an educational program and a career for helping professions. Determining which educational program costs the least amount is not taken into account. See “Selecting a Professional Program and Career Path.”
d. The joys and rewards of being a helping professional, creating realistic expectations and testing them, and deciding which educational and professional route to pursue are considered in selecting an educational program and a career for helping professions. Determining which educational program costs the least amount is not taken into account. See “Selecting a Professional Program and Career Path.”

POINTS: 1
DIFFICULTY: 1
REFERENCES: Selecting a Professional Program and Career Path
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.4 - Describe what is involved in selecting an educational and career path.
KEYWORDS: Bloom’s: Understand
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DATE MODIFIED: 9/21/2019 1:30 AM

22. What is the key in investing in your educational program?

a. To be personally involved in your educational program and to see a connection between your formal studies and your personal and professional goals

b. To force yourself to enjoy the program even when you are not

c. To find someone in your program that will help you and possibly do your work for you if you do not understand

d. To drop out when you encounter external and internal barriers

ANSWER: a

FEEDBACK:

a. The key is to be personally involved in your educational program and to see a connection between your formal studies and your personal and professional goals. See “Selecting a Professional Program and Career Path”

b. The key is to be personally involved in your educational program and to see a connection between your formal studies and your personal and professional goals. See “Selecting a Professional Program and Career Path”

c. The key is to be personally involved in your educational program and to see a connection between your formal studies and your personal and professional goals. See “Selecting a Professional Program and Career Path”

d. The key is to be personally involved in your educational program and to see a connection between your formal studies and your personal and professional goals. See “Selecting a Professional Program and Career Path”

POINTS: 1
DIFFICULTY: 1
REFERENCES: Selecting a Professional Program and Career Path
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.4 - Describe what is involved in selecting an educational and career path.
KEYWORDS: Bloom’s: Understand
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23. Your _____ pertain to what you hope to accomplish in an occupation.

a. work salaries

b. work needs

c. work values

d. work priorities

ANSWER: c

FEEDBACK:

a. Your work values pertain to what you hope to accomplish in an occupation. Work values are an important aspect of your total value system. Recognizing those things that bring meaning to your life is crucial in finding a career that has personal value for you. See “Is a Helping Career for You?”

b. Your work values pertain to what you hope to accomplish in an occupation. Work values are an important aspect of your total value system. Recognizing those things that bring meaning to your life is crucial in finding a career that has personal value for you. See “Is a Helping Career for You?”

c. Your work values pertain to what you hope to accomplish in an occupation. Work values are an important aspect of your total value system. Recognizing those things that bring meaning to your life is crucial in finding a career that has personal value for you. See “Is a Helping Career for You?”

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d. Your work values pertain to what you hope to accomplish in an occupation. Work values are an important aspect of your total value system. Recognizing those things that bring meaning to your life is crucial in finding a career that has personal value for you. See “Is a Helping Career for You?”

POINTS: 1
DIFFICULTY: 1
REFERENCES: Is a Helping Career for You?
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.2 - Identify whether a helping career is for you.
KEYWORDS: Bloom’s: Understand
DATE CREATED: 9/21/2019 1:33 AM
DATE MODIFIED: 9/21/2019 1:35 AM

24. Which of the following is an ongoing process for all helping professionals to help clarify beliefs and values?
    a. Self-disclosure
    b. Self-direction
    c. Self-discipline
    d. Self-assessment

ANSWER: d
FEEDBACK:
a. Self-assessment is an ongoing process for all helping professionals to clarify beliefs and values. Taking a self-survey of attitudes, beliefs, and values introduces a helper to issues and stimulates his thoughts and interest. See “Self-Assessment: An Inventory of Your Attitudes and Beliefs About Helping.”
b. Self-assessment is an ongoing process for all helping professionals to clarify beliefs and values. Taking a self-survey of attitudes, beliefs, and values introduces a helper to issues and stimulates his thoughts and interest. See “Self-Assessment: An Inventory of Your Attitudes and Beliefs About Helping.”
c. Self-assessment is an ongoing process for all helping professionals to clarify beliefs and values. Taking a self-survey of attitudes, beliefs, and values introduces a helper to issues and stimulates his thoughts and interest. See “Self-Assessment: An Inventory of Your Attitudes and Beliefs About Helping.”
d. Self-assessment is an ongoing process for all helping professionals to clarify beliefs and values. Taking a self-survey of attitudes, beliefs, and values introduces a helper to issues and stimulates his thoughts and interest. See “Self-Assessment: An Inventory of Your Attitudes and Beliefs About Helping.”

POINTS: 1
DIFFICULTY: 1
REFERENCES: Self-Assessment: An Inventory of Your Attitudes and Beliefs About Helping
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: 1.6 - Assess your attitudes and beliefs about the helping process.
KEYWORDS: Bloom’s: Understand
DATE CREATED: 9/21/2019 1:35 AM
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25. Which of the following subjects is NOT included in the assessment of attitudes and beliefs of helpers?
    a. Visual pleasures
    b. Personal traits

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c. Key attributes

d. Ethical decision making

ANSWER: a

FEEDBACK:

a. The assessment of attitudes and beliefs of helpers takes into account personal traits, key attributes, and ethical decision making. Visual pleasures are not considered in it. See “Self-Assessment: An Inventory of Your Attitudes and Beliefs About Helping.”

b. The assessment of attitudes and beliefs of helpers takes into account personal traits, key attributes, and ethical decision making. Visual pleasures are not considered in it. See “Self-Assessment: An Inventory of Your Attitudes and Beliefs About Helping.”

c. The assessment of attitudes and beliefs of helpers takes into account personal traits, key attributes, and ethical decision making. Visual pleasures are not considered in it. See “Self-Assessment: An Inventory of Your Attitudes and Beliefs About Helping.”

d. The assessment of attitudes and beliefs of helpers takes into account personal traits, key attributes, and ethical decision making. Visual pleasures are not considered in it. See “Self-Assessment: An Inventory of Your Attitudes and Beliefs About Helping.”

POINTS: 1

DIFFICULTY: 1

REFERENCES: Self-Assessment: An Inventory of Your Attitudes and Beliefs About Helping

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: 1.6 - Assess your attitudes and beliefs about the helping process.

KEYWORDS: Bloom’s: Understand

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