


Pool Canvas

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Name CHAPTER 1--INVITATION TO PERSONAL LEARNING AND GROWTH

Description

Instructions

[Modify](#)

[Add Question Here](#)

Question 1 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Positive psychology

Answer

- is a biological approach to humor and creativity.
- calls for increased attention and research on positive emotions.
- has no support in the empirical literature.
- is no longer a popular approach to the study of development.

[Add Question Here](#)

Question 2 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question In regard to change, Corey and Corey believe that

Answer

- we can expect that others will change as a result of the changes we make in our lives.
- change is a comfortable process.
- we find ourselves in isolation, meditation, and probing our unconscious for insight.
- if you are making change happen in your life, others may not appreciate all of the ways that you are changing.

[Add Question Here](#)

Question 3 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question The Coreys' basic point of view is that freedom of choice is

Answer

- doing whatever you want without regard for others.
- a basic part of our birthright.
- not something given to us but something we must actively achieve for ourselves.
- an illusion, since we are determined by our past experiences.
- something we acquire when we reach mature adulthood.

[Add Question Here](#)

Question 4 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Personal growth is best viewed as

Answer

- a fixed point at which we arrive when we reach adulthood
- exactly the same thing as adjustment.
- a process rather than a fixed point at which we arrive.
- what we do on our own, not engaging other people in the process.

[Add Question Here](#)

Question 5 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Self-actualization is best described as

Answer

- working toward fulfilling our potential, toward becoming all that we are capable of becoming.
- being pain-free, not allowing outside circumstances to affect our peace of mind.
- something that only the mature adult can accomplish if they have mastered all developmental tasks of earlier years.
- settling for a complacent existence, with neither challenge nor excitement.

[Add Question Here](#)

Question 6 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question A central concept of the humanistic approach to personal growth is

Answer

- self-actualization.
- determinism.
- active listening.
- social interest.

[Add Question Here](#)

Question 7 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question ____ is the psychologist most often credited with making the major breakthroughs in understanding self-actualization.

Answer

- Abraham Maslow
- Carl Rogers
- Alfred Adler
- Carl Jung

[Add Question Here](#)

Question 8 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question According to Maslow, self-actualization is possible only when

- Answer**
- we come to terms with our parents.
 - our most basic needs are fulfilled.
 - we resolve our mid-life crisis.
 - we understand our dreams.

[◀ Add Question Here](#)

Question 9 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Maslow found that self-actualizing people had the following characteristics:

- Answer**
- a capacity to tolerate and even welcome uncertainty in their lives.
 - spontaneity and creativity.
 - a need for privacy and solitude.
 - all of these choices.

[◀ Add Question Here](#)

Question 10 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Carl Rogers's theory focused on

- Answer**
- social interest as the standard by which to judge psychological health.
 - striving toward self-actualization.
 - the importance of nonjudgmental listening and acceptance as a condition for people to feel free enough to change.
 - the goal of individuation, or a fully harmonious and integrated personality.

[◀ Add Question Here](#)

Question 11 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Rogers built his entire theory and practice of psychotherapy on the concept of

- Answer**
- the fully functioning person.
 - achieving individuation.
 - striving for self-actualization.
 - self-determination.

[◀ Add Question Here](#)

Question 12 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question _____ made a choice to focus on the unconscious realm in his personal life, which also influenced the development of his theory of personality.

- Answer**
- Alfred Adler
 - Carl Jung
 - Abraham Maslow
 - Carl Rogers

[◀ Add Question Here](#)

Question 13 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question The process of achieving individuation implies

- Answer**
- being self-actualized.
 - developing a harmonious and integrated personality.
 - social interest based on identification and empathy with others.
 - separating from the influence of early childhood experiences.

[◀ Add Question Here](#)

Question 14 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question The primary goal of Jung's theory is

- Answer**
- rejecting the dark side of our nature.
 - recognizing that we are creative, active, choice-making beings whose every action has purpose and meaning.
 - overcoming the deterministic view of human behavior.
 - achieving individuation, or a fully harmonious and integrated personality.

[◀ Add Question Here](#)

Question 15 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question _____ developed a theory largely based on his early childhood experiences of struggling to overcome weaknesses and feelings of inferiority.

- Answer**
- Alfred Adler
 - Carl Jung
 - Abraham Maslow
 - Carl Rogers

[◀ Add Question Here](#)

Question 16 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question A basic concept of Alfred Adler's theory is

- Answer**
- self-actualization.
 - individuation.
 - determinism.
 - social interest.

[◀ Add Question Here](#)

Question 17 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Adler's theory stresses self-determination in opposition to Freud's

- Answer**
- psychosexual stages of development.
 - psychic structure composed of id, ego, and superego.
 - defense mechanisms.
 - ✓ deterministic view of human beings.

◀ [Add Question Here](#)

Question 18 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Adler equates his basic concept of social interest with

- Answer** ✓
- identification and empathy with others.
 - unity, unification, integration, and fusion with others.
 - global responsibility.
 - collectivism, which affirms the value of preserving and enhancing the well-being of the group.

◀ [Add Question Here](#)

Question 19 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Who is considered a pioneer in person-centered expressive arts therapy?

- Answer**
- Carl Rogers
 - ✓ Natalie Rogers
 - Zerka Moreno
 - Virginia Satir

◀ [Add Question Here](#)

Question 20 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question All of the following are humanistic principles that underlie person-centered expressive arts therapy **except** for which of the following?

- Answer**
- The creative process is transformative and healing.
 - ✓ Most behavior is aimed at trying to conquer the shadow.
 - All people have an innate ability to be creative.
 - Personal growth is achieved through self-awareness, self-understanding, and insight.

◀ [Add Question Here](#)

Question 21 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Who is considered a pioneer in the development of psychodrama?

- Answer**
- Maya Angelo
 - Natalie Rogers
 - ✓ Zerka Moreno
 - Virginia Satir

◀ [Add Question Here](#)

Question 22 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Who is considered a pioneer in the development of family therapy?

- Answer**
- Maya Angelo
 - Natalie Rogers
 - Zerka Moreno
 - ✓ Virginia Satir

◀ [Add Question Here](#)

Question 23 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Which of the following is not true as it applies to psychodrama?

- Answer**
- Psychodrama is an action approach to group therapy.
 - In psychodrama, people enact their problems rather than talk about their problems.
 - ✓ Psychodrama is not concerned about the past, but is primarily oriented toward the future.
 - In psychodrama, the past, present, and future are brought together through enacting scenarios.

◀ [Add Question Here](#)

Question 24 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Empirical studies conducted on what constitutes happiness have found which factors as being **very important ingredients** for overall happiness?

- Answer**
- money, gender, social status
 - ✓ love and intimate relationships, work, personality
 - parenthood and age
 - intelligence and physical attractiveness

◀ [Add Question Here](#)

Question 25 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question The process of self-actualization as viewed from a Western orientation

- Answer**
- rests on collectivism, which affirms the value of preserving and enhancing the group as the main principle guiding social action.
 - emphasizes unity, unification, integration, and fusion.
 - ✓ is grounded in individualism, which affirms the uniqueness, autonomy, freedom, and intrinsic worth of the individual.
 - emphasizes cooperation, harmony, interdependence, the collective responsibility.

◀ [Add Question Here](#)

Question 26 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Eastern orientation emphasizes

Answer ✓ cooperation, harmony, interdependence, achievement of socially oriented group goals, and collective responsibility.
personal responsibility for our behavior and well-being.
the ultimate aim of personal self-actualization.
uniqueness, autonomy, freedom, and intrinsic worth of the individual.

[Add Question Here](#)

[Modify](#) [Remove](#)

Question 27 **Multiple Choice** **0 points**

Question How is Maslow's hierarchy of needs organized?

Answer safety; physiological; love and belongingness; self-esteem; self-actualization
self-esteem; safety; physiological; love and belongingness; self-actualization
love and belongingness; physiological; self-esteem; safety; self-actualization
✓ physiological; safety; love and belongingness; self-esteem; self-actualization

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Question 28 **Multiple Choice** **0 points**

Question Once our physiological needs have been met, our focus will then be meeting our

Answer security and stability needs.
✓ safety needs.
esteem needs.
love needs.

[Add Question Here](#)

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Question 29 **Multiple Choice** **0 points**

Question Ron is living on the streets. His alcoholism has brought him to this point and he is depressed. He is seeking help at a homeless shelter and has asked to see a counselor. According to Maslow's theory, the *first* goal of counseling would be to help Ron with

Answer the search for self-actualization.
his safety needs, which include a sense of security and stability.
working on his need for esteem, both from self and others.
✓ meeting his physiological needs.

[Add Question Here](#)

[Modify](#) [Remove](#)

Question 30 **Multiple Choice** **0 points**

Question According to Maslow, we are able to strive toward self-actualization once the following needs are met

Answer psychological, cognitive, spiritual, and emotional.
✓ physiological, safety, love, and esteem.
belongingness, freedom, basic honesty and caring.
autonomy, love, and self-esteem.

[Add Question Here](#)

[Modify](#) [Remove](#)

Question 31 **Matching** **0 points**

Question Match the category for self-actualization with the behaviors and traits listed below.

Answer	Match Question Items	Answer Items
B. -	A. Self-awareness	A. sense of social interest, interpersonal relationships, sense of humor
D. -	B. Freedom	B. efficient perception of reality, ethical awareness, freshness of appreciation
A. -	C. Basic honesty and caring	C. search for purpose and meaning, autonomy and independence, acceptance of self and others
C. -	D. Trust and autonomy	D. detachment, creativity, spontaneity

[Add Question Here](#)

[Modify](#) [Remove](#)

Question 32 **Multiple Choice** **0 points**

Question Which of the following is *not* a characteristic of self-actualizing people?

Answer sense of social interest
✓ being completely independent
having a capacity for real love and fusion with another
possessing a sense of humor

[Add Question Here](#)

[Modify](#) [Remove](#)

Question 33 **Multiple Choice** **0 points**

Question Emotional intelligence pertains to the ability to:

Answer control impulses
empathize with others
form responsible interpersonal relationships
✓ all of these choices

[Add Question Here](#)

[Modify](#) [Remove](#)

Question 34 **Multiple Choice** **0 points**

Question John is working in a helping profession. He enjoys being around people and has many friends. He seems to learn best by relating, sharing, and participating in cooperative group environments. These characteristics are associated with the following type of intelligence:

Answer intrapersonal.
visual-spatial.
✓ interpersonal.
verbal-linguistic.

[Add Question Here](#)

[Modify](#) [Remove](#)

Question 35 **Multiple Choice** **0 points**

Question For the most part, traditional approaches to schooling, including teaching methods, class assignments, and tests, have been geared to and measure the growth of

- Answer**
- visual-spatial and intrapersonal abilities.
 - multidimensional intellectual abilities.
 - verbal-linguistic and logical-mathematical abilities.
 - both intuitive and cognitive abilities.

[◀ Add Question Here](#)

Question 36 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Michael likes to read maps, charts, and diagrams. He is able to visualize clear images when he thinks about things. He is planning to become an engineer and his favorite classes are those in which he can design and create things. Michael has the following intellectual orientation:

- Answer**
- intrapersonal.
 - visual-spatial.
 - logical-mathematical.
 - verbal-linguistic.

[◀ Add Question Here](#)

Question 37 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question If you are a kinesthetic learner, you prefer to learn by

- Answer** doing, by getting physically involved through movement and action.
- reading, watching videotapes, and observing demonstrations.
 - listening to lectures, audiotapes, and discussing what you've heard.
 - reciting information and teaching others.

[◀ Add Question Here](#)

Question 38 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question If your intelligence is logical-mathematical, you probably

- Answer**
- have clear visual images when you think about things.
 - like to explore patterns and relationships and enjoy doing activities in sequential order.
 - prefer listening to music when you study or read.
 - like being in cooperative group environments.

[◀ Add Question Here](#)

Question 39 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question In choice theory, total behavior consists of all of the following components of behavior **except for**

- Answer**
- acting
 - working
 - thinking
 - physiology

[◀ Add Question Here](#)

Question 40 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Examples of those who are naturalistic learners include

- Answer**
- speakers, attorneys, poets, and teachers.
 - biologists, geologists, physicists, and researchers.
 - painting, sculpting, and engineering.
 - farmers, botanists, hunters, ecologists, and landscapers.

[◀ Add Question Here](#)

Question 41 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Self-disclosure is best described as

- Answer**
- adopting a direct communication style.
 - sharing our deepest secrets with others.
 - a way of deepening self-knowledge by sharing oneself with others.
 - the act of telling others our unconscious motivation for our behavior.

[◀ Add Question Here](#)

Question 42 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Marge had problems with math when she was in grade school. She is now in college and fearful of taking the required math courses that will allow her to graduate. She tells herself that she will fail again, so why try? Marge is almost ready to quit school. This is an example of

- Answer**
- a self-fulfilling prophecy.
 - individuation.
 - a deterministic acceptance of fear.
 - failing to take a risk.

[◀ Add Question Here](#)

OK