

Chapter 2: Accepting Personal Responsibility

1. Using Creator language, Juan tells himself that
- a. his teacher does not explain assignments and material clearly.
 - b. he really appreciates the help his parents have given him.
 - c. it is his own fault that he did not study more for his test.
 - d. his roommates tend to make a lot of noise.

ANSWER: c
RATIONALE: Correct. A Creator mindset causes people to accept personal responsibility.
POINTS: 1
DIFFICULTY: moderate
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: Adopting a Creator Mindset
KEYWORDS: Apply
DATE CREATED: 1/6/2019 10:55 PM
DATE MODIFIED: 1/6/2019 11:03 PM

2. The difference between a Victim mindset and a Creator mindset is in terms of
- a. whether your perspective is accurate.
 - b. believing you have choices or not.
 - c. how challenging your goals are.
 - d. focusing on short-term or long-term goals.

ANSWER: b
RATIONALE: Correct. A Creator mindset causes people to see multiple options.
POINTS: 1
DIFFICULTY: easy
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: Adopting a Creator Mindset
KEYWORDS: Understand
DATE CREATED: 1/6/2019 11:05 PM
DATE MODIFIED: 1/6/2019 11:07 PM

3. Because she has a Victim mindset and having low grade in her Math class, Julianna believes
- a. she needs to take an easier class.
 - b. her low grades are the fault of her unfair teacher.
 - c. she can improve her grades if she studies more.
 - d. that working with a tutor is the only way for her to pass the class.

ANSWER: b
RATIONALE: Correct. The Victim mindset causes people to believe that outcomes are outside of their own control.
POINTS: 1

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DIFFICULTY: moderate
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: Adopting a Creator Mindset
KEYWORDS: Apply
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DATE MODIFIED: 1/6/2019 11:09 PM

4. Julian Rotter’s term for people’s beliefs about who or what is responsible for outcomes and experiences is
- a. locus of control.
 - b. personal focus.
 - c. self-efficacy.
 - d. optimism/pessimism.

ANSWER: a
RATIONALE: Correct. Rotter set out to study people’s beliefs about who or what was responsible for the outcomes and experiences of their lives. He called it a study of “locus of control.”

POINTS: 1
DIFFICULTY: moderate
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: Adopting a Creator Mindset
KEYWORDS: Remember
DATE CREATED: 1/6/2019 11:10 PM
DATE MODIFIED: 1/6/2019 11:12 PM

5. J.B. believes that he can get a great grade in his Welding class if he pays attention in class and reads all of the material. J.B. has what kind of locus of control?
- a. realistic
 - b. optimistic
 - c. external
 - d. internal

ANSWER: d
RATIONALE: Correct. People with an internal locus of control believe their outcomes and experiences depend primarily on their own behaviors.

POINTS: 1
DIFFICULTY: moderate
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: Adopting a Creator Mindset
KEYWORDS: Apply
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6. Because she has an external locus of control, Kaitlyn believes she can do well on her French exam if
- a. her teacher creates an easy test.
 - b. she reads the book carefully.
 - c. she makes flashcards to help her study.
 - d. she gets a good night's sleep.

ANSWER: a
RATIONALE: Correct. People with an external locus of control believe their outcomes and experiences are beyond their direct control.
POINTS: 1
DIFFICULTY: moderate
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: Adopting a Creator Mindset
KEYWORDS: Apply
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7. The key factor in personal responsibility is
- a. optimism.
 - b. faith.
 - c. choice.
 - d. curiosity.

ANSWER: c
RATIONALE: Correct. The key ingredient of personal responsibility is choice.
POINTS: 1
DIFFICULTY: moderate
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: Adopting a Creator Mindset
KEYWORDS: Understand
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8. Generally speaking, our Inner Critic believes
- a. we can do anything we set our mind to.
 - b. that we are not good enough.
 - c. everything needs to be rated.
 - d. everyone shares our opinion.

ANSWER: b
RATIONALE: Correct. The Inner Critic is the internal voice that judges us as inadequate.
POINTS: 1

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DIFFICULTY: moderate
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: Mastering Creator Language
KEYWORDS: Understand
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DATE MODIFIED: 1/6/2019 11:26 PM

9. When Carter is unsuccessful in his college classes, we would expect his Inner Critic to blame
- a. Carter.
 - b. bad luck.
 - c. his parents.
 - d. his teachers.

ANSWER: a
RATIONALE: Correct. Our Inner Critic blames us for whatever goes wrong in our lives.
POINTS: 1
DIFFICULTY: moderate
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: Mastering Creator Language
KEYWORDS: Apply
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10. Your Inner Defender is likely to believe that your struggles in your Political Science class are due to
- a. lack of sleep.
 - b. genetics factors.
 - c. your boring teacher.
 - d. you not studying enough.

ANSWER: c
RATIONALE: Correct. The Inner Defender judges others.
POINTS: 1
DIFFICULTY: complex
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: Mastering Creator Language
KEYWORDS: Apply
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DATE MODIFIED: 1/6/2019 11:46 PM

11. The Inner Defender would be least likely to blame our problems on
- a. our parents.

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- b. bad luck.
- c. bad choices we make.
- d. the government.

ANSWER: c
RATIONALE: Correct. The Inner Defender blames our problems on forces that are beyond our control.
POINTS: 1
DIFFICULTY: moderate
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: Mastering Creator Language
KEYWORDS: Understand
DATE CREATED: 1/6/2019 11:46 PM
DATE MODIFIED: 1/6/2019 11:49 PM

12. The Inner Critic and Inner Defender are both voices of
- a. negativity.
 - b. responsibility.
 - c. morality.
 - d. judgment.

ANSWER: a
RATIONALE: Correct. The Inner Critic and Inner Defender are both voices of judgment.
POINTS: 1
DIFFICULTY: moderate
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: Mastering Creator Language
KEYWORDS: Understand
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DATE MODIFIED: 1/6/2019 11:52 PM

13. The wise voice trying to make the best of any situation is called the Inner
- a. Self.
 - b. Guide.
 - c. Voice.
 - d. Optimist.

ANSWER: b
RATIONALE: Correct. The Inner Guide is the wise inner voice that seeks to make the best of any situation.
POINTS: 1
DIFFICULTY: moderate
QUESTION TYPE: Multiple Choice

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HAS VARIABLES: False
LEARNING OBJECTIVES: Mastering Creator Language
KEYWORDS: Understand
DATE CREATED: 1/6/2019 11:53 PM
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14. Joe decides to stay out late to party with his friends instead of studying for his Pre-Med exam. Which of the following is likely to ask him if he is making a good decision?

- a. Inner Critic
- b. Inner Defender
- c. Inner Guide
- d. Inner Critic, Inner Defender, and Inner Guide

ANSWER: c
RATIONALE: Correct. The Inner Guide objectively observes each situation and asks, ‘Am I on course or off course?’
POINTS: 1
DIFFICULTY: complex
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: Mastering Creator Language
KEYWORDS: Apply
DATE CREATED: 1/6/2019 11:56 PM
DATE MODIFIED: 1/6/2019 11:58 PM

15. When having problems, those with a Creator mindset are more likely than those with a Victim mindset to

- a. blame others for bad situations.
- b. take actions to improve situations.
- c. keep doing what they are doing.
- d. see problems are permanent.

ANSWER: b
RATIONALE: Correct. Those with a Creator mindset plan and take actions to improve their situation.
POINTS: 1
DIFFICULTY: moderate
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: Mastering Creator Language
KEYWORDS: Understand
DATE CREATED: 1/6/2019 11:59 PM
DATE MODIFIED: 1/7/2019 12:02 AM

16. While struggling in Geology, which of the following people is most likely to have a Victim mindset, rather than a Creator mindset?

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- a. Will, who decides to start a study group
- b. Grace, who decides to move closer to the front of the class and participate more
- c. Jack, who still believes he can improve his grade
- d. Karen, who blames her professor for her bad grades

ANSWER: d
RATIONALE: Correct. Those with a Victim mindset blame others for their problems.
POINTS: 1
DIFFICULTY: moderate
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: Mastering Creator Language
KEYWORDS: Apply
DATE CREATED: 1/7/2019 12:02 AM
DATE MODIFIED: 1/7/2019 12:05 AM

17. When using the ADPIE process of making a wise choice, you want to begin by doing what?
- a. Assessing
 - b. Becoming aware
 - c. Asking for help
 - d. Applying good judgment

ANSWER: a
RATIONALE: Correct. When using the ADPIE process of making a wise choice, you want to begin by assessing.
POINTS: 1
DIFFICULTY: moderate
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: Making Wise Decisions
KEYWORDS: Remember
DATE CREATED: 1/7/2019 12:05 AM
DATE MODIFIED: 1/7/2019 12:08 AM

18. The second step in the Wise Choice Process involves doing what?
- a. Determining what the current situation is
 - b. Deciding who to blame
 - c. Coming up with a list of possible options
 - d. Figuring out how you'd like your situation to be

ANSWER: d
RATIONALE: Correct. The second step involves asking yourself "How would I like my situation to be?"
POINTS: 1
DIFFICULTY: moderate

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QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: Making Wise Decisions
KEYWORDS: Remember
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19. Sierra is in the third step of the Wise Choice Process after struggling on her English quiz. She is now most likely to be

- a. coming up with possible options for how to bring her grade up.
- b. figuring out why this happened.
- c. deciding what she would like to happen and what her goal is.
- d. determining what to do now.

ANSWER: a
RATIONALE: Correct. The third step involves listing possible choices that you could do.
POINTS: 1
DIFFICULTY: complex
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: Making Wise Decisions
KEYWORDS: Apply
DATE CREATED: 1/7/2019 12:11 AM
DATE MODIFIED: 1/7/2019 12:14 AM

20. In the Wise Choice Process, once you have listed possible options, there very next thing to do is

- a. pick one.
- b. determine what is likely to happen with each option.
- c. come up with a way to measure the outcomes.
- d. show them to friends so they can evaluate them.

ANSWER: b
RATIONALE: Correct. After determining possible choices, you should decide how you think each choice is likely to turn out.
POINTS: 1
DIFFICULTY: moderate
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: Making Wise Decisions
KEYWORDS: Understand
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21. The Wise Choice Process contains how many steps?

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- a. 4
- b. 5
- c. 6
- d. 10

ANSWER: c
RATIONALE: Correct. There are the six empowering steps of the Wise Choice Process.
POINTS: 1
DIFFICULTY: moderate
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: Making Wise Decisions
KEYWORDS: Remember
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22. The final step of the Wise Choice Process involves
- a. accepting responsibility for what occurred.
 - b. journaling about the whole experience.
 - c. determining how and when to evaluate your plan.
 - d. committing to a decision.

ANSWER: c
RATIONALE: Correct. The final step of the Wise Choice Process involves determining when and how to evaluate the plan.
POINTS: 1
DIFFICULTY: moderate
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: Making Wise Decisions
KEYWORDS: Remember
DATE CREATED: 1/7/2019 12:20 AM
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23. According to your textbook, what is the basis of career success?
- a. Responsibility
 - b. Making good decisions
 - c. Believing in successful outcomes
 - d. Not failing

ANSWER: a
RATIONALE: Correct. The foundation of career success is responsibility.
POINTS: 1
DIFFICULTY: complex
QUESTION TYPE: Multiple Choice

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HAS VARIABLES: False
LEARNING OBJECTIVES: Personal Responsibility at Work
KEYWORDS: Remember
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24. The two major categories of responsibility at work are called what?
- a. Global and moral
 - b. Internal and external
 - c. Group and individual
 - d. Personal and social

ANSWER: d
RATIONALE: Correct. There are two major categories of responsibility at work: (a) personal responsibility, and (b) social responsibility.
Correct. There are two major categories of responsibility at work: (a) personal responsibility, and (b) social responsibility.

POINTS: 1
DIFFICULTY: moderate
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: Personal Responsibility at Work
KEYWORDS: Remember
DATE CREATED: 1/7/2019 12:27 AM
DATE MODIFIED: 1/7/2019 2:12 AM

25. According to the 2017 CareerBuilder survey, 54% of employers did not hire a candidate for what reason?
- a. Lying or not answering questions during the job interview
 - b. Information the candidate posted on social media
 - c. Incomplete information and typos on their resume
 - d. Dressing inappropriately during their interview

ANSWER: b
RATIONALE: Correct. According to the 2017 CareerBuilder survey, 54 percent of employers found posted content on social media that led them not to hire a candidate.

POINTS: 1
DIFFICULTY: moderate
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: Personal Responsibility at Work
KEYWORDS: Remember
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26. Due to health issues with her son, Olga did not finish the report that her boss needed. The Partnership for 21st Century Learning (P21) would recommend that she tell her boss which of the following?

- a. "It's not my fault that my son was sick."
- b. "I am sorry about this. I promise to have it done by the end of the day."
- c. "Everybody makes mistakes sometimes. This is no big deal."
- d. "You never told me that you needed that report today."

ANSWER: b

RATIONALE: Correct. P21.org believes that accountability and responsibility are two of the most important skills you can learn to prepare for a successful career.

POINTS: 1

DIFFICULTY: moderate

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: Tech Tips: - Personal Responsibility

KEYWORDS: Apply

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27. In Albert Ellis' $A + B = C$ equation, the 'B' represents

- a. Our beliefs
- b. Our behavior
- c. Our biology
- d. Better Outcomes

ANSWER: a

RATIONALE: Correct. In Ellis' theory the Activating Event (A) + Our Beliefs (B) = Consequence (C) or how we respond.

POINTS: 1

DIFFICULTY: moderate

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: Believing In Yourself - Develop Self-Acceptance

KEYWORDS: Remember

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DATE MODIFIED: 1/7/2019 1:12 AM

28. Albert Ellis believes that we get upset due to

- a. what has happened.
- b. what we think about what has occurred.
- c. what others say.
- d. what others say.

ANSWER: b

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RATIONALE: Correct. Ellis suggests that our upsets are caused not so much by our problems as by what we think about our problems.

POINTS: 1

DIFFICULTY: moderate

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: Believing In Yourself - Change - Your Inner Conversation

KEYWORDS: Understand

DATE CREATED: 1/7/2019 1:13 AM

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29. According to Albert Ellis, a key to correcting irrational thinking involves doing which of the following?
- Immediate action
 - Not letting ourselves get depressed
 - Changing 'must' into a preference
 - Realizing that problems need to be 'fixed'

ANSWER: c

RATIONALE: Correct. According to Ellis, a key to correcting irrational thinking is changing a "must" into a preference.
Correct. According to Ellis, a key to correcting irrational thinking is changing a "must" into a preference.

POINTS: 1

DIFFICULTY: moderate

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: Believing In Yourself - Change - Your Inner Conversation

KEYWORDS: Remember

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30. Chandler has heard people say that guys are not good at taking care of kids and he fears that he won't be good at taking care of his niece whom he is babysitting. Chandler's fear is typical of which of the following?
- An activating event
 - An external locus of control
 - Stereotype threat
 - The Inner Defender

ANSWER: c

RATIONALE: Correct. Stereotype threat is a fear that your behavior in a particular situation might confirm a negative stereotype about a cultural group to which you belong.

POINTS: 1

DIFFICULTY: complex

QUESTION TYPE: Multiple Choice

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HAS VARIABLES: False
LEARNING OBJECTIVES: Believing In Yourself - Change - Your Inner Conversation
KEYWORDS: Apply
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31. Claude Steele found that when race was emphasized, how did African American college students perform compared to their white classmates on a standardized test?

- a. Worse
- b. Similar
- c. Better
- d. Results varied

ANSWER: a
RATIONALE: Correct. Steele and his colleagues showed that when race was emphasized, African American college students did less well than their white classmates on a standardized test.
Correct. Steele and his colleagues showed that when race was emphasized, African American college students did less well than their white classmates on a standardized test.

POINTS: 1
DIFFICULTY: moderate
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: Believing In Yourself - Change - Your Inner Conversation
KEYWORDS: Remember
DATE CREATED: 1/7/2019 1:24 AM
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32. The European Prospective Investigation into Cancer and Nutrition (EPIC) study found that lifestyle habits

- a. had an impact on diabetes, but not on cancer.
- b. had minimal impact on cancer and strokes.
- c. had an impact on strokes and heart attacks.
- d. had an impact on heart attacks, but not diabetes.

ANSWER: c
RATIONALE: Correct. The study found that lifestyle habits reduced diabetes by 93 percent, strokes by 50 percent, cancers by 36 percent, and heart attacks by 81 percent.
POINTS: 1
DIFFICULTY: moderate
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: Healthy Choices: Introduction
KEYWORDS: Remember

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33. Moderate alcohol consumption has been shown to reduce the risk of which of the following?
- a. Gallstones
 - b. Hepatitis
 - c. Epilepsy
 - d. Kidney failure

ANSWER: a
RATIONALE: Correct. In various studies, moderate (1-2 standard drinks of alcohol per day) drinking reduced risk of gallstones, dementia, and heart attack.
POINTS: 1
DIFFICULTY: moderate
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: Healthy Choices: Alcohol
KEYWORDS: Remember
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34. Donna is drinking alcohol with her friend Allan. They have both consumed the same amount of alcohol so far. It is likely that Donna's blood alcohol concentration (BAC) will be about
- a. 10% lower than Allen's.
 - b. the same as Allen's.
 - c. 10% higher than Allen's.
 - d. 25% higher than Allen's.

ANSWER: d
RATIONALE: Correct. A woman who drinks the same amount of alcohol as a man will often have a BAC anywhere from 20 to 30 percent higher.
POINTS: 1
DIFFICULTY: moderate
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: Healthy Choices: Alcohol
KEYWORDS: Apply
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35. Numerous studies have found that excessive alcohol consumption causes nerve-cell loss in the brain area responsible for forming new memories which is called what?
- a. Occipital lobe
 - b. Prefrontal cortex

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- c. Hippocampus
- d. Hypothalamus

ANSWER: c

RATIONALE: Correct. Numerous studies have shown that excessive alcohol causes show nerve-cell loss in an area of the brain called the hippocampus, which is the region essential in forming new memories.

POINTS: 1

DIFFICULTY: moderate

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: Healthy Choices: Alcohol

KEYWORDS: Remember

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