

Chapter 2 Test—Accepting Personal Responsibility

TRUE/FALSE

1. As long as you resist your role in creating the outcomes and experiences in your life, you will fall far short of your potential.

ANS: T PTS: 1

2. When a Creator is unhappy in the workplace, he or she is likely to blame others or their own permanent flaws for their occupational woes.

ANS: F PTS: 1

3. Creators make use of the power of wise choices; they believe that there is always an option that will lead them toward the success they want—in college or in the workplace.

ANS: T PTS: 1

4. A friend says that she will call you, but she never does. Rather than phone or text her, you become angry and delete her from your social networking site with the thought, "I'll show you." True or false, according to Albert Ellis, your response to your friend's behavior may be based on an irrational belief.

ANS: T PTS: 1

5. The *key concept* in a reading is the broad main topic, while the *main idea* is the most important idea about the concept.

ANS: T PTS: 1

6. Your goal in active reading is to *Collect* key concepts, important ideas and supporting details.

ANS: T PTS: 1

7. One way a student may increase his or her quantity of processing (which leads to deep and lasting learning) is to create a distributed reading schedule.

ANS: T PTS: 1

8. When we review past readings, we are able to relate new learning to our *prior learning* and build strong neural networks.

ANS: T PTS: 1

9. When you make notes about what you have read or summarize the material in a mind map, you are employing all elements of the CORE Learning System: *Collect, Organize, Rehearse, and Evaluate*.

ANS: T PTS: 1

10. Effective highlighting will result in 40-50% of a paragraph being marked for review.

ANS: F PTS: 1

11. North American culture typically defines maturity as taking responsibility for one's own life. Based on this cultural mindset, a North American college student who blames her tutor for the F on her math test would be considered mature.

ANS: F PTS: 1

12. Rosa Parks' decision to not give up her seat is an example of a Creator mindset because she saw more than one option in a difficult situation.

ANS: T PTS: 1

13. Rosa Parks stated that she was "tired of giving in" to the expectation that African Americans must give up their rights – and seats – to whites. This is an example of the Inner Critic.

ANS: F PTS: 1

14. The belief that a higher power or fate is controlling the outcome of our lives is an example of an *internal* locus of control.

ANS: F PTS: 1

MODIFIED TRUE/FALSE

1. As long as you resist your role in creating the outcomes and experiences in your life, you will fall far short of your potential.

ANS: T PTS: 1

2. The difference between responding to life as a Victim or a Creator is how we choose to use our energy.

ANS: T PTS: 1

3. When a Creator is unhappy in the workplace, he or she is likely to blame others or their own permanent flaws for their occupational woes.

ANS: F, Victim

PTS: 1

4. Creators make use of the power of wise choices; they believe that there is always an option that will lead them toward the success they want—in college or in the workplace.

ANS: T PTS: 1

5. A friend says that she will call you, but she never does. Rather than phone or text her, you become angry and delete her from your social networking site with the thought, "I'll show you." True or false, according to Albert Ellis, your response to your friend's behavior may be based on an irrational belief.

ANS: T PTS: 1

6. Reading is one of the most important ways of *Collecting* knowledge (the first step in the CORE Learning System).

ANS: T

PTS: 1

7. Mindless reading is characterized by intense mental engagement that leads to significant neural activity in the brain, assists deep and lasting learning, and leads to high grades.

ANS: F, Active Reading

PTS: 1

8. When reading actively, the supporting detail provides the most important information.

ANS: F, main idea

PTS: 1

9. The key concept in a reading is the broad main topic, while the main idea is the most important idea about the concept.

ANS: T

PTS: 1

10. Your goal in active reading is to Rehearse key concepts, important ideas and supporting details.

ANS: F, Collect

PTS: 1

MULTIPLE CHOICE

1. Which of the following is NOT a belief accepted by Creators?
- I am proactive—that is, I take action and seek solutions.
 - I respect the power of the "luck of the draw," fate, and superstition in creating my success.
 - I always have a choice.
 - all of the above
 - none of the above

ANS: B

PTS: 1

2. The intent of the Inner Critic's judgmental voice, ironically, is good. What is it?
- Listening to the Inner Critic is the only way to create a positive outcome.
 - Inner Critic keeps me safe from change and new behaviors.
 - Self-judgment is my realistic response to what others have told me about myself.
 - Criticizing myself shows that I know my flaws, can eliminate them, and win others' approval.
 - none of the above

ANS: D

PTS: 1

3. By listening to my Inner Defender voice, I can be sure that ____.
- I will identify who's to blame for circumstances in my life.
 - I will trade long-term success for short-term comfort and self-justification.
 - I will not have to face difficult changes that may need to be made in my life.

- d. all of the above
- e. none of the above

ANS: D PTS: 1

4. The Inner Guide ____.
- a. seeks to make the best of any situation
 - b. knows that judgment doesn't improve difficult situations
 - c. observes each situation and asks, *Am I on course or off course?*
 - d. tells us the impartial truth (to the extent that it is knowable)
 - e. all of the above
 - f. none of the above

ANS: E PTS: 1

5. Which statement below best describes the ways Victims and Creators use their energy in any situation?
- a. Victims use all their energy in judging themselves or others, while Creators use their energy to solve the problem.
 - b. Creators use all their energy in judging themselves or others, while Victims use their energy to solve the problem.
 - c. Victims and Creators use their energy to find the best solutions for the problems they face.
 - d. Creators and Victims use their energy to place blame on the causes of their problems.

ANS: A PTS: 1

6. When you ask yourself "Do I have a choice here?", the answer you always assume in the Wise-Choice Process is:
- a. yes
 - b. no
 - c. maybe
 - d. all of the above
 - e. none of the above

ANS: A PTS: 1

7. When it comes to finding career opportunities, a Creator will ____.
- a. read the newspaper daily, loudly complaining about the shortage of 'good' jobs
 - b. tell a few friends that he or she is looking for a job and wait for the phone to ring
 - c. blame their lack of good job experience on bosses that never gave them responsibilities or appreciated their skills
 - d. read the newspaper daily seeking any opportunity that fits his or her skill set, go to an employment agency, take a Career Exploration course
 - e. none of the above

ANS: D PTS: 1

8. As we read in **The Late Paper**, Kim received an "F" in psychology when she did not turn in her term paper on time. What would be the most likely response of Kim's Inner Guide?
- a. "I have made some poor choices. It's time to make a change: I will re-enroll in the class for next semester."
 - b. "I should never have listened to Cindy or Mary—this is entirely their fault."
 - c. "I knew that school wasn't for me. Arnold was right."
 - d. "Who needs this class anyway? Prof. Freud never really liked me. This is proof."

ANS: A PTS: 1

9. Which of the following is NOT an effective way of disputing your irrational and self-sabotaging beliefs?
- Offer evidence that your judgments are incorrect.
 - Remind yourself that many of the people you know believe the same way about a situation or themselves.
 - Offer a positive explanation of the problem.
 - Question the importance of the problem.
 - Consider that you may be correct in your judgment and offer a plan to improve the situation.

ANS: B PTS: 1

10. Choose the TRUE statement below.
- You choose the thoughts that occupy your mind, and you can take responsibility for them.
 - You cannot control the thoughts that occupy your mind.

ANS: A PTS: 1

11. Which strategy can you use to disprove a stereotype threat?
- Offer evidence that the stereotype is wrong.
 - Question the importance of the stereotype.
 - Offer a plan to address the stereotype
 - All of the above

ANS: D PTS: 1

MATCHING

Match each statement with corresponding inner voice.

- Inner Guide
- Inner Defender
- Inner Critic

- I'm stupid.
- He's stupid.
- I'll never do as well as John; he's a genius.
- I'm not happy with my grade in English; I'll start going to the tutoring center in the morning.
- I'm having so much trouble with my girlfriend; if I fail this test, it'll be all her fault.
- The pre-requisites for the Nursing Program are too difficult; they don't want anyone to get in.
- Okay, this isn't working; I'll make a plan for doing it another way.
- I'll try to be there on time; I'm just not a morning person.
- I deserve a raise after all the work I've done. I've been here three weeks and my boss treats me like a slave.
- No point in even signing up for that math course—I've never done well in math.

- ANS: C PTS: 1
- ANS: B PTS: 1
- ANS: B PTS: 1
- ANS: A PTS: 1
- ANS: B PTS: 1
- ANS: B PTS: 1
- ANS: A PTS: 1
- ANS: C PTS: 1

9. ANS: B PTS: 1
10. ANS: A PTS: 1

ESSAY

Answer as completely as possible.

1. If we encounter an obstacle on the road to our desired outcomes and experiences, what are three strategies discussed in this chapter that can lead to wise choices? Explain the strategies and give examples of how a given strategy may succeed in assisting us.

ANS:
Answers will vary.

PTS: 1

2. Name and describe each of the inner voices. Give examples of typical statements they may make.

ANS:
Answers will vary.

PTS: 1

3. Consider the steps in the Wise-Choice Process. Which do you think is key to the process and why? Please list all the steps as part of your answer.

ANS:
Answers will vary.

PTS: 1

4. Describe in detail the behaviors of a student or an employee who accepts personal responsibility for creating his/her desired outcomes and experiences in college or the workplace.

ANS:
Answers will vary.

PTS: 1