

Chapter_2

1 ■ ■ Constructivists propose that people test their personal constructs by noting how well the constructs predict life circumstances.

- True
 False

2 ■ ■ The strengths perspective invites clients to look for their weaknesses or problems, to identify supportive external resources to help them overcome weaknesses, and to focus on possibilities for the future.

- True
 False

3 ■ ■ Resilience is the ability to respond effectively to stressors.

- True
 False

4 ■ ■ The ecological perspective looks primarily at reciprocal relationships between people and their environment.

- True
 False

5 ■ ■ In the ecological perspective, behaviors are seen as dysfunctional and maladaptive.

- True
 False

6 ■ ■ The dual perspective recognizes that life is viewed differently by people in marginalized groups since culture maintains the dominant group's power by objectifying the "other."

True
 False

7 ■ ■ A personal construct is an explanation of an event or series of events that eventually becomes the lens through which the individual sees the world.

True
 False

8 ■ ■ Historically, Western cultures have valued family relationships whereas many other cultures have favored more individual relationships over family and communal relationships.

True
 False

9 ■ ■ The Constructivist practitioner works with clients to find out if there are exceptions to their experiences that might challenge their current construction of reality and to identify ways the construct may be causing problems for the clients.

True
 False

10 ■ ■ Problems are usually experienced as something that can be overcome and may represent an opportunity for growth, as opposed to challenges, which are often viewed negatively.

True
 False

11 ■ ■ Focusing on the present rather than on the past or the future is a quality that can build resilience.

- True
- False

12 ■ ■ In the Challenge Model, stress decreases competence.

- True
- False

13 ■ ■ According to the Protective Model, one moderating factor on stress may increase the effect of another factor.

- True
- False

14 ■ ■ People of color are more likely than the dominant white population to endorse a worldview that promotes both individual and collective resilience.

- True
- False

15 ■ — In the past, helping professionals often viewed the world through a(n)


- foggy lens.
- problem-solving lens.
- microscope.
- interpretation of dreams.

A three-wire system uses one wire as a neutral or return path, and a three-phase system uses three hot wires, so the three-phase system brings more power to a location. In three-wire systems, the two hot wires are opposite polarity with DC or 180° out of phase with AC, but three-phase power employs three hot wires 120° out of phase with each other.

16 ■ — All of the following are ways of perceiving self and others EXCEPT


- ecological perspective.
- dual perspective.
- resilience perspective.
- individualistic perspective.

Higher voltages require smaller wires to transmit the same power. It is much cheaper, as the conductors are smaller and all the equipment that supports it is also cheaper to build.

17  Which of the following is NOT included in the text's description of personality?

- Behavior patterns
- Traits
- Characteristics
- Emotions

The insulators are different sizes to break up flowing liquids into droplets because streams would provide a conductive path for electricity.

18  All of the following are resilience models EXCEPT


- Challenge Model.
- Compensatory Model.
- Protective Model.
- Stress Recovery Model.

The basic impulse limits of a system are the voltage spikes caused by lightning, arc faults, or harmonics that briefly raise the voltage of a wire much higher than the nominal voltage to which the wire is connected. They occur normally during the operation of any high-voltage conductor, and so the insulators that isolate the conductors must be capable of withstanding these spikes in voltage to prevent flashover and the collapse of voltage that will follow.

19  There is a direct correlation between empowerment and


- level of participation.
- independence.
- happiness.
- wealth.

They are buried to reduce the possibility of human interaction or of weather interfering with the cable and to improve the appearance of the power distribution system.

20  Which of the following is NOT one of the three components of the ecological perspective?


- Life stressors
- Adaptations
- Interpersonal transactions
- Person-environment fit

1. conductor
2. conductor shield or screen
3. insulation
4. insulation shield or screen (semi-conductive or metallic)
5. jacket


21  From the ecological perspective, problems arise when challenges occur in _____ environments.

- unresponsive
- overly responsive
- family
- intrapsychic


It must be smooth to prevent any differences forming in the electrical field which will increase the electrical pressure at that point, resulting in cable failure.

22  Some of the firmest constructs of the self are developed _____.



- in vitro.
- in childhood.
- in adolescence.
- individually.

23  _____ focus on how relationships, language, and context influence an individual's or a groups' interpretation of themselves.



- Social constructivists
- Psychodynamic theorists
- Cognitivists
- Humanists

24  Language is an important factor in this process of making meaning of experiences because



- people who cannot speak often do not experience things the same way as people who can speak.
- meaning comes from what others tell you to believe.
- one cannot have experiences without language.
- the ways that people talk about themselves and their world influence their perceptions.

25   Strengths are found in all of the following EXCEPT



- people struggling to overcome difficulties.
- personal qualities or virtues that are admired.
- physical limitations.
- developed and underdeveloped talents.

26   Resilience is developed from resources that exist within all of the following EXCEPT

- the individual.
- the practitioner.
- the racial or cultural group
- spiritual beliefs.

27   Protective factors that play a role in developing and sustaining resilience include all of the following EXCEPT

- individual and family characteristics.
- the school or work environment.
- community support.
- previous stressors.

28   More recent research has noted that culture, ethnicity, and environment play key roles in the manifestation of resilience in

- people of color.
- white people.
- the dominant culture.
- non-Americans.

29 Briefly describe the internal and external components of empowerment.



Answer:

Answer may vary

30



Describe Appreciative Inquiry and give an example.

Answer:

Answer may vary

31



Briefly describe the four factors that characterize resilient children.

Answer:

Answer may vary

32



According to the ecological perspective, behaviors must be viewed as having multiple dimensions. Give three examples of behaviors and how their meanings change in different environments.

Answer:

Answer may vary

33



What is Lewin's *force field perspective*?

Answer:

Answer may vary

34



Describe at least two ways to apply each of the perspectives.

Answer:

Answer may vary

35



Discuss how language affects our thinking.

Answer:

Answer may vary