

Chapter_1

1 ■ ■ The way you see the world has been influenced by the family you grew up in, the culture you inhabit, and the way you have made sense of the events of your life.

- True
 False

2 ■ ■ The use of gender stereotypes as the standard for defining adaptive or healthy behavior and good psychological functioning may lead to gender bias.

- True
 False

3 ■ ■ Recent research suggests that our sexual orientation is partially determined by biology.

- True
 False

4 ■ ■ Heterosexism is the belief that male-female sexuality is the only natural, normal, or moral mode of sexual behavior.

- True
 False

5 ■ ■ A family can only consist of a father, mother, and possibly children.

- True
 False

6 ■ ■ Secondary traumatic stress occurs in clients who experience multiple personal traumas.

- True
- False

7 ■ ■ Culture is defined as the customary beliefs, social forms, and behavior patterns of a racial, religious, or social group.

- True
- False

8 ■ ■ Our culture provides us with a framework of assumptions for understanding the world.

- True
- False

9 ■ ■ Being aware of the privileges granted to members of the dominant group will not help you understand the experiences of both the dominant group and minority groups since the privileges are irrelevant to the individual.

- True
- False

10 ■ ■ Parents and other family members are always expected to be involved in decisions made by adult children, such as whom to marry and how much money is spent.

- True
- False

11 ■ ■ Cultural knowledge is helpful in providing insight into the family and community influences on clients' values, concerns, and decisions.

- True
- False

12 ■ ■ Societal beliefs, stereotypes, and views about relational and sexual expression are embedded in our sexual orientation, which transcends the cultural context.

- True
- False

13 ■ ■ The helping professions are immune to the influence of heterosexism and homophobia because professionals are specially trained to be empathic.

- True
- False

14 ■ ■ Families within an open system avoid change and hold on to their established traditions and values.

- True
- False

15 ■ — Our perceptions of truth depend on



- the beliefs we hold.
- our intelligence and our ability to differentiate between truths and falsehoods.
- whether truth exists in the world.
- our parents, who are the only influence on our perceptions.

16 ■ — _____ is an essential step toward understanding others.



- Knowing helping skills
- Having empathy
- Understanding and accepting yourself

Talking to their family members

17 Which of the following are NOT influenced by our culture?



- language
- ways of understanding others
- rules
- specific physical characteristics

18 Gender is a _____ based concept.



- culturally
- biologically
- individually
- developmentally

19 Becoming culturally competent means



- knowing how to work with people from your own culture and ethnicity.
- being fluent enough in the multiple cultural nuances to work effectively with people from different cultures.
- gaining expertise in cultural celebrations and participating in cultural traditions.
- using pop culture such as events in the media in the therapy room.

20 The empty nest occurs when



- people move into a bigger house, and the house feels emptier.
- one of the spouses passes away, and the other spouse feels lonely.
- children move away from home, and the parents feel their absence.
- spouses drift apart, and each feels empty inside.

21 Clients may be uncomfortable about each of these experiences because of their stereotypes about gender roles



EXCEPT

- personal space and touch.
- facial expressiveness.

- emotional expressiveness.
- where they were born.

An addendum is an addition or clarification issued to bidders *before* the bidding is closed, whereas a change order is a change made to the contract *after* the contract has been awarded.

22 ■— If you have been trained to avoid showing emotion, some clients may find you



- personable and friendly.
- distant or lacking feelings.
- warm and competent.
- outgoing and vivacious.

They are provided by equipment manufacturers to show details of the equipment for a specific job.

23 ■— Members of the dominant culture have _____ privileges that they perceive as normal or expected.



- well-deserved
- hard earned
- unearned
- very few

The main steps include preparing a material take-off, tabulating and pricing, and then summarizing the costs. Material take-offs mean counting, measuring, and listing all the material, devices, and equipment required to complete the installation and fulfill the contract. Pricing means assigning actual individual costs for each item, as well as the labour required to install everything. Standard labour units are usually used, as established by various organizations, based on specified working conditions. These units would be adjusted according to actual job conditions. Summarizing the job estimate will also include other costs, such as overhead, tool and equipment rentals, travel, and, of course, profit.

24 ■— White privilege is




- an institutionalized set of benefits granted to those who resemble the people in power in a culture's institutions.
 - only granted to people of color who acculturate into 'white' culture.
 - a myth that has been refuted by empirical studies.
 - thus named because it is benign and harmless, like 'white magic' or 'white lies'.
- Arrangements must be made for field approval by the inspection authority before it can be installed.

25 ■— Communication patterns include all of the following EXCEPT




- the number of languages a client can speak.
- timing of eye contact.
- personal space.
- directness with which one person comes to the point of the conversation.

According to Technical Specification 26 05 33, a separate bonding conductor must be provided in all non-metallic raceways.


26  The coming-out process is sometimes complicated by

- medical conditions.
- relationships with other homosexuals.
- homosexual tendencies.
- social and cultural constraints created by heterosexism and/or homophobia.


Referring to Technical Specification 27 30 00, the contractor must supply and install a complete system of empty conduits (minimum 21 mm), with pull strings, terminal cabinets, pull boxes, and outlets as shown on the drawings or described therein.

27  How well a family adapts in each stage of the family life cycle depends on

- the number of members in the family.
- the resources of the family system.
- the willingness of the family to attend therapy.
- the age of each family member.


28  Family systems are

- software analysis programs that are designed to map family patterns.
- ways that members of a family interact with each other.
- always closed systems.
- a type of counseling that is designed specifically for families.

29  What is white privilege?


Answer:

Answer may vary

30  What is the difference between sex and gender?


Answer:

Answer may vary

31  Briefly describe the concept of self-care and how it plays out in your own life as a student /practitioner.

Answer:

Answer may vary

32  Describe and explain the various developmental stages that a family goes through. Discuss some of the stressors that may occur at each stage.


Answer:

Answer may vary

33  What is the difference between spirituality and religion? How might each influence your client? Give examples.

Answer:

Answer may vary

34  Describe the influence culture has on us. List examples from your own life depicting your culture's influence on you.

Answer:

Answer may vary

35 How might your own personal beliefs influence your definition of healthy functioning or pathology?



Answer:

Answer may vary