Student name:\_\_\_\_\_\_\_\_\_\_

**1)** Which is a characteristic of a career?

A) It is a kind of life path.   
 B) It is built over time and is guided by long-range goals.  
 C) It involves strategizing.  
 D) All of the choices are correct.

**Question Details**Accessibility : Keyboard Navigation  
Learning Outcome : 01-01 Differentiate between a job and a career.  
Topic : The Difference Between a Job and a Career  
Difficulty : 2 Medium  
Bloom's : Understand

**2)** Which is an outcome of writing down your goals?

A) It can be the beginning of change in your life.   
 B) It increases the likelihood of achieving your goals.  
 C) It reinforces your thoughts surrounding the goal.  
 D) All of the choices are correct.

**Question Details**Accessibility : Keyboard Navigation  
Learning Outcome : 01-03 Recognize the role of effective goal setting in relation to career success.  
Topic : The Importance of Effective Goal Setting  
Difficulty : 3 Hard  
Bloom's : Analyze

**3)** Which is a characteristic of people "stuck" or stalled out in their careers?

A) They feel jaded.   
 B) They feel uninspired.  
 C) They feel burned out.  
 D) All of the choices are correct.

**Question Details**Accessibility : Keyboard Navigation  
Learning Outcome : 01-03 Recognize the role of effective goal setting in relation to career success.  
Topic : The Importance of Effective Goal Setting  
Difficulty : 3 Hard  
Bloom's : Analyze

**4)** Which of these would you need to reflect on before deciding on a career path?

A) your values   
 B) your passions  
 C) your unique gifts and talents  
 D) All of the choices are correct.

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 1 Easy  
Bloom's : Remember  
Learning Outcome : 01-02 Determine how to manage your career.  
Topic : Managing Your Career

**5)** All of the following are necessary for goal-setting *except*

A) self-talk.   
 B) constructive thoughts.  
 C) negativity.  
 D) affirmations.

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 2 Medium  
Bloom's : Understand  
Learning Outcome : 01-03 Recognize the role of effective goal setting in relation to career success.  
Topic : The Importance of Effective Goal Setting

**6)** Select the response that represents SMART goals.

A) Specific. Measurable. Attainable. Realistic. True.   
 B) Stated. Measurable. Attainable. Realistic. Tangible.  
 C) Specific. Measurable. Actual. Realistic. Tangible.  
 D) Specific. Measurable. Attainable. Realistic. Tangible.

**Question Details**Accessibility : Keyboard Navigation  
Learning Outcome : 01-03 Recognize the role of effective goal setting in relation to career success.  
Topic : The Importance of Effective Goal Setting  
Difficulty : 3 Hard  
Bloom's : Analyze

**7)** Which of the following is not a part of the career goal development process?

A) desires   
 B) gifts and talents  
 C) job  
 D) interests

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 1 Easy  
Bloom's : Remember  
Learning Outcome : 01-03 Recognize the role of effective goal setting in relation to career success.  
Topic : The Importance of Effective Goal Setting

**8)** A career mission statement is

A) a brief outline of your job description.   
 B) a statement that singles out a goal that needs revision.  
 C) a broad statement of intent.  
 D) the same as a SMART goal.

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 1 Easy  
Bloom's : Remember  
Learning Outcome : 01-04 Understand the importance of having a career mission before you create a car  
Topic : Your Career Mission Statement

**9)** Which of the following are useful tools?

A) affirmations   
 B) visualization  
 C) lists comparing what you want and do not want  
 D) All of the choices are correct.

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 1 Easy  
Bloom's : Remember  
Learning Outcome : 01-03 Recognize the role of effective goal setting in relation to career success.  
Topic : The Importance of Effective Goal Setting

**10)** Which of the following should be true about your career mission statement?

A) It should land you a job.   
 B) It should be somewhat random in detail or direction.  
 C) It should focus on the next five years.  
 D) It should help you plan out from where your career is now.

**Question Details**Accessibility : Keyboard Navigation  
Learning Outcome : 01-04 Understand the importance of having a career mission before you create a car  
Topic : Your Career Mission Statement  
Difficulty : 3 Hard  
Bloom's : Apply

**11)** Which of the following is not true about a portfolio?

A) It is a group of documents that represents your work.   
 B) It is private and should not be part of your job search.  
 C) It represents your development over time.  
 D) Employers may wish to access it electronically.

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 2 Medium  
Bloom's : Understand  
Learning Outcome : 01-04 Understand the importance of having a career mission before you create a car  
Topic : Your Career Mission Statement

**12)** Which of the following is not a useful source of salary information?

A) salary.com   
 B) monster.com  
 C) bls.gov  
 D) howtobeamillionaire.com

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 1 Easy  
Bloom's : Remember  
Learning Outcome : 01-04 Understand the importance of having a career mission before you create a car  
Topic : Your Career Mission Statement

**13)** Which of the following is an important question to ask yourself as you proceed in your career?

A) Will this choice take me closer to my destination?   
 B) Will this choice give me more money?  
 C) Will this choice make my parents happy?  
 D) Will this choice impress others?

**Question Details**Accessibility : Keyboard Navigation  
Learning Outcome : 01-04 Understand the importance of having a career mission before you create a car  
Topic : Your Career Mission Statement  
Difficulty : 3 Hard  
Bloom's : Apply

**14)** What is the meaning of the phrase "What you focus on expands"?

A) Lot of ideas tend to distract people.   
 B) Too much attention to a matter can cause it to grow out of control.  
 C) The object of your mental attention is what you will produce more of in your life.  
 D) Too much attention to one thing can make you appear negligent.

**Question Details**Accessibility : Keyboard Navigation  
Learning Outcome : 01-03 Recognize the role of effective goal setting in relation to career success.  
Topic : The Importance of Effective Goal Setting  
Difficulty : 3 Hard  
Bloom's : Analyze

**15)** What is an obstacle?

A) a problem we cannot overcome   
 B) a sign we need to change dreams and goals  
 C) a sign we are moving closer to our goals  
 D) a warning

**Question Details**Accessibility : Keyboard Navigation  
Learning Outcome : 01-03 Recognize the role of effective goal setting in relation to career success.  
Topic : The Importance of Effective Goal Setting  
Difficulty : 3 Hard  
Bloom's : Analyze

**16)** A job is a work situation you take to grow deeply.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Learning Outcome : 01-01 Differentiate between a job and a career.  
Topic : The Difference Between a Job and a Career  
Difficulty : 1 Easy  
Bloom's : Remember

**17)** You have found a career when your employment is built on skill, passion, experience, and education, as well as preference.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Learning Outcome : 01-01 Differentiate between a job and a career.  
Topic : The Difference Between a Job and a Career  
Difficulty : 1 Easy  
Bloom's : Remember

**18)** A fulfilling career may also include some tasks we do not love.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Learning Outcome : 01-01 Differentiate between a job and a career.  
Topic : The Difference Between a Job and a Career  
Difficulty : 2 Medium  
Bloom's : Understand

**19)** An avocation is the same thing as a career.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Learning Outcome : 01-01 Differentiate between a job and a career.  
Topic : The Difference Between a Job and a Career  
Difficulty : 1 Easy  
Bloom's : Remember

**20)** You should never take a job if it does not match with your program of study.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Learning Outcome : 01-01 Differentiate between a job and a career.  
Topic : The Difference Between a Job and a Career  
Difficulty : 2 Medium  
Bloom's : Understand

**21)** Employers prefer to hire people who are working.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Learning Outcome : 01-01 Differentiate between a job and a career.  
Topic : The Difference Between a Job and a Career  
Difficulty : 1 Easy  
Bloom's : Remember

**22)** Goal formulation applies only to those who are searching for a career.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 1 Easy  
Bloom's : Remember  
Learning Outcome : 01-03 Recognize the role of effective goal setting in relation to career success.  
Topic : The Importance of Effective Goal Setting

**23)** Research has proven that goals provide the motivation for people to function more normally, even in an adverse environment.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 2 Medium  
Bloom's : Understand  
Learning Outcome : 01-03 Recognize the role of effective goal setting in relation to career success.  
Topic : The Importance of Effective Goal Setting

**24)** Science has proven that there is no way that we can control our thoughts.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 2 Medium  
Bloom's : Understand  
Learning Outcome : 01-03 Recognize the role of effective goal setting in relation to career success.  
Topic : The Importance of Effective Goal Setting

**25)** Feeding your mind constructive thoughts will lead to confusion and should not be done.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 2 Medium  
Bloom's : Understand  
Learning Outcome : 01-03 Recognize the role of effective goal setting in relation to career success.  
Topic : The Importance of Effective Goal Setting

**26)** Goals should be very general and nonspecific to allow for flexibility and changing one's mind.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 2 Medium  
Bloom's : Understand  
Learning Outcome : 01-03 Recognize the role of effective goal setting in relation to career success.  
Topic : The Importance of Effective Goal Setting

**27)** Your mind's negative statements can be reversed.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 1 Easy  
Bloom's : Remember  
Learning Outcome : 01-03 Recognize the role of effective goal setting in relation to career success.  
Topic : The Importance of Effective Goal Setting

**28)** Focusing on positives has no relationship to "good things happening" for a career seeker.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 1 Easy  
Bloom's : Remember  
Learning Outcome : 01-03 Recognize the role of effective goal setting in relation to career success.  
Topic : The Importance of Effective Goal Setting

**29)** A career plan should be developed and implemented quickly in order to be effective.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 2 Medium  
Bloom's : Understand  
Learning Outcome : 01-04 Understand the importance of having a career mission before you create a car  
Topic : Your Career Mission Statement

**30)** A mission statement is designed to take a person through his or her first year of college.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 2 Medium  
Bloom's : Understand  
Learning Outcome : 01-04 Understand the importance of having a career mission before you create a car  
Topic : Your Career Mission Statement

**31)** Adopting a "winner's mentality" is key to achieving one's goals.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 1 Easy  
Bloom's : Remember  
Learning Outcome : 01-03 Recognize the role of effective goal setting in relation to career success.  
Topic : The Importance of Effective Goal Setting

**32)** An effective mission statement should be stated so that it has a measurable component.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 1 Easy  
Bloom's : Remember  
Learning Outcome : 01-04 Understand the importance of having a career mission before you create a car  
Topic : Your Career Mission Statement

**33)** A key feature of a good goal is that it excites you and fills you with energy.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 2 Medium  
Bloom's : Understand  
Learning Outcome : 01-03 Recognize the role of effective goal setting in relation to career success.  
Topic : The Importance of Effective Goal Setting

**34)** There are a number of psychological studies that demonstrate meaningful goals are not essential to human health and well-being.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Learning Outcome : 01-03 Recognize the role of effective goal setting in relation to career success.  
Topic : The Importance of Effective Goal Setting  
Difficulty : 3 Hard  
Bloom's : Analyze

**35)** There is little relationship between attitude and career success.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 1 Easy  
Bloom's : Remember  
Learning Outcome : 01-03 Recognize the role of effective goal setting in relation to career success.  
Topic : The Importance of Effective Goal Setting

**36)** The portfolio must be in hard copy form only.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 1 Easy  
Bloom's : Remember  
Learning Outcome : 01-04 Understand the importance of having a career mission before you create a car  
Topic : Your Career Mission Statement

**37)** Career mission statements can be modified over time.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 1 Easy  
Bloom's : Remember  
Learning Outcome : 01-04 Understand the importance of having a career mission before you create a car  
Topic : Your Career Mission Statement

**38)** If you can remember your goals, there is no need to waste time writing them down.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 1 Easy  
Bloom's : Remember  
Learning Outcome : 01-03 Recognize the role of effective goal setting in relation to career success.  
Topic : The Importance of Effective Goal Setting

**39)** Fear of failure can be an obstacle to developing goals.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 1 Easy  
Bloom's : Remember  
Learning Outcome : 01-03 Recognize the role of effective goal setting in relation to career success.  
Topic : The Importance of Effective Goal Setting

**40)** An avocation is a work situation taken primarily to make money.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Learning Outcome : 01-01 Differentiate between a job and a career.  
Topic : The Difference Between a Job and a Career  
Difficulty : 1 Easy  
Bloom's : Remember

**41)** A good "stretch goal" is one that is large enough to create the energy and motivation needed to achieve it, but not so lofty that it is unattainable.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 1 Easy  
Bloom's : Remember  
Learning Outcome : 01-03 Recognize the role of effective goal setting in relation to career success.  
Topic : The Importance of Effective Goal Setting

**42)** Our self-talk is the mental chatter that occurs in our heads on a constant basis.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 1 Easy  
Bloom's : Remember  
Learning Outcome : 01-03 Recognize the role of effective goal setting in relation to career success.  
Topic : The Importance of Effective Goal Setting

**43)** A portfolio is a group of documents that represents one's work.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 1 Easy  
Bloom's : Remember  
Learning Outcome : 01-04 Understand the importance of having a career mission before you create a car  
Topic : Your Career Mission Statement

**44)** An affirmation is a conscious positive statement you say to yourself even if it's not true at the moment.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 1 Easy  
Bloom's : Remember  
Learning Outcome : 01-03 Recognize the role of effective goal setting in relation to career success.  
Topic : The Importance of Effective Goal Setting

**45)** A career mission statement is a brief description of your overall career purpose.

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 1 Easy  
Bloom's : Remember  
Learning Outcome : 01-04 Understand the importance of having a career mission before you create a car  
Topic : Your Career Mission Statement

**46)** Repeating affirmations is one way to change our "self-talk."

⊚ true  
 ⊚ false

**Question Details**Accessibility : Keyboard Navigation  
Difficulty : 2 Medium  
Bloom's : Understand  
Learning Outcome : 01-03 Recognize the role of effective goal setting in relation to career success.  
Topic : The Importance of Effective Goal Setting

**Answer Key**Test name: Chapter 01 Test Bank

1) D

2) D

3) D

4) D

5) C

6) D

7) C

8) C

9) D

10) C

11) B

12) D

13) A

14) C

15) C

16) FALSE

17) TRUE

18) TRUE

19) FALSE

20) FALSE

21) TRUE

22) FALSE

23) TRUE

24) FALSE

25) FALSE

26) FALSE

27) TRUE

28) FALSE

29) FALSE

30) FALSE

31) TRUE

32) TRUE

33) TRUE

34) FALSE

35) FALSE

36) FALSE

37) TRUE

38) FALSE

39) TRUE

40) FALSE

41) TRUE

42) TRUE

43) TRUE

44) TRUE

45) TRUE

46) TRUE