

Time left 0:29:53

Question 1

Not yet answered

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Which concept involves slowing down perception and communication processes to have more control over them?

- ☐ a. Perception checking
- ☐ b. Stereotypes
- ☐ c. Self-reflection
- ☐ d. Distorted patterns of thinking and acting

Question 2

Not yet answered

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Which aspect of emotional intelligence (EQ) is directly associated with an individual's ability to empathize and connect better interpersonally?

- ☐ a. The capacity to accurately label and understand one's own emotions
- ☐ b. The tendency to ignore one's own feelings
- ☐ c. The skill of minimizing emotional expression
- ☐ d. The ability to enhance personal distress in emotional situations

Question 3

Not yet answered

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Effective communication requires the sender and receiver to periodically switch roles.

- ☐ a. TRUE
- ☐ b. FALSE

Question 4

Not yet answered

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People with low motivation to develop their self-awareness are more likely to experience a decline in their empathy for others.

- ☐ a. TRUE
- ☐ b. FALSE

Question 5

Not yet answered

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Emotion is best described by which of the following?

- ☐ a. A subjective state of being that we often describe as our feelings.
- ☐ b. An uncontrollable reaction to external stimuli.
- ☐ c. A personal feeling controlled by our environment.
- ☐ d. A subjective thought over which we have no real control.

Question 6

Not yet answered

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Scenario: Sarah is a qualified nurse who has been experiencing high levels of emotional exhaustion and depersonalization at work, along with a decreased sense of personal accomplishment. Despite her dedication to patient care, she finds herself feeling overwhelmed and disconnected from her work. Which of the following non-cognitive traits is most likely influencing Sarah's experience?

- ☐ a. Personality traits
- ☐ b. Behavior styles
- ☐ c. Emotional intelligence
- ☐ d. Technical skills

Question 7

Not yet answered

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What is a key aspect of emotion management?

- ☐ a. Suppressing all emotions
- ☐ b. Ignoring emotions entirely
- ☐ c. Only experiencing positive emotions
- ☐ d. Remaining open to a wide range of emotions

Question 8

Not yet answered

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Intrapersonal functions of emotion refer to the role emotions play between individuals within a group.

- ☐ a. TRUE
- ☐ b. FALSE

Question 9

Not yet answered

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How does demonstrating social awareness enhance interpersonal communication?

- ☐ a. By fostering a deeper understanding of diverse perspectives and needs
- ☐ b. By allowing individuals to ignore differences in communication style
- ☐ c. By encouraging the use of technical jargon
- ☐ d. By minimizing the importance of ethical standards

Question 10

Not yet answered

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Individuals discover their real selves through reflection, learning, and practice.

- ☐ a. TRUE
- ☐ b. FALSE

Question 11

Not yet answered

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Stress is not a predictor of experiencing burnout in academic contexts.

- ☐ a. TRUE
- ☐ b. FALSE

Question 12

Not yet answered

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Emotions prepare the body to take action, but whether people actually engage in action is dependent on various factors, including all but which of the following?

- ☐ a. The biological sex of the one feeling the emotion.
- ☐ b. The context within which the emotion has occurred.
- ☐ c. The target of the emotion.
- ☐ d. The perceived consequences of one's actions.

Question 13

Not yet answered

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What percentage of people are self-aware?

- ☐ a. 10-15%
- ☐ b. 25-30%
- ☐ c. 50-55%
- ☐ d. 90-95%

Question 14

Not yet answered

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The absence of reinforcement and feedback can strengthen resilience.

- ☐ a. TRUE
- ☐ b. FALSE

Question 15

Not yet answered

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Mindfulness is associated with social learning processes.

- ☐ a. TRUE
- ☐ b. FALSE