Q1:

You're on an airplane which suddenly hits extremely bad turbulence and begins rocking from side to side. What do you do?

Continue to read your book or magazine, or watch the movie, paying little attention to the turbulence.

Become wary of an emergency, carefully monitoring the flight attendants and reading the emergency instructions card.

A little of both above.

I'm not sure; I've never noticed.

Airplane Turbulence:

Correct answer: Become wary of an emergency, carefully monitoring the flight attendants and reading the emergency instructions card.

proactive approach to understanding the situation. Monitoring the professionals in such scenarios (flight attendants) can provide non-verbal cues about the seriousness of the situation.

Explanation: This choice indicates an awareness of the potential danger and a

You've taken a group of 4-year-olds to the park, and one of

Q2:

them starts crying because the others won't play with her. What do you do? Stay out of it; let the kids deal with it on their own.

Talk to her and help her to figure out ways in which to get the other kids to play with her.

Tell her in a kind voice not to cry.

Try to distract the crying girl by showing her some other things she could play

with.

Child at the Park: Correct answer: Talk to her and help her to figure out ways in which to get the other kids to play with her.

Explanation: This proactive approach shows empathy, understanding, and a

desire to empower the child to address social challenges. By guiding her to find a solution, it helps boost her confidence in handling similar situations.

Q3:

Assume you had hoped to get an A in one of your courses,

but you have just found out you got a C- on the midterm. What do you do? Sketch out a specific plan for ways to improve your grade and resolve to follow through on your plans.

Resolve to do better in the future.

Tell yourself it really doesn't matter much how you do in that particular course, and concentrate instead on other classes where your grades are higher.

Go to the professor and try to talk her into giving you a better grade. **Grade on the Midterm:**

Correct answer: Sketch out a specific plan for ways to improve your grade and resolve to follow through on your plans.

shows resilience and a strategic approach to problem-solving, rather than denial or giving up.

Explanation: A constructive response to setbacks is essential. This choice

Imagine you are an insurance salesman calling prospective clients. Fifteen people in a row have hung up on you, and you

Q4:

are getting discouraged. What do you do? Call it a day and hope you have better luck tomorrow.

Reassess what you are doing that may be undermining your ability to make a sale.

feedback.

program.

Overhearing a Racist Joke:

promotes a healthy environment.

the hospital emergency room.

a new perspective to consider.

argument as clearly as you can.

Argument with Partner:

use of your time together.

Work Group Problem:

situations that would upset him.

while still encouraging growth.

solving.

fear.

Calming Down a Friend:

Try something new on the next call, and keep plugging away.

Consider another line of work. **Insurance Salesman:**

Correct answer: Try something new on the next call, and keep plugging away.

Q5:

Explanation: Perseverance and adaptability are key here. By choosing to modify

the approach, it shows a learning mindset and an ability to pivot based on

overhear someone telling a racist joke. What do you do?

Ignore it—it's only a joke. Call the person into your office for a reprimand.

You are a manager in an organization that is trying to

encourage respect for racial and ethnic diversity. You

Speak up on the spot, saying that such jokes are inappropriate and will not be tolerated in your organization. Suggest to the person telling the joke he go through a diversity training

Correct answer: Speak up on the spot, saying that such jokes are inappropriate and will not be tolerated in your organization. Explanation: Direct confrontation of inappropriate behavior promotes a culture of

respect and understanding. It sets a clear boundary against racism and

You are trying to calm down a friend who has worked himself

up into a fury at a driver in another car who has cut

dangerously close in front of him. What do you do?

Tell him to forget it; he's okay now and it's no big deal. Put on one of his favourite tapes and try to distract him.

Join him in putting down the other driver, but exaggerate your reaction. Tell him about a time something like this happened to you and how you felt as mad as he does now, but then you saw that the other driver was on the way to

Correct answer: Tell him about a time something like this happened to you and how you felt as mad as he does now, but then you saw that the other driver was on the way to the hospital emergency room. Explanation: Empathy and perspective-taking are shown here. By sharing a

similar experience, it helps to validate the friend's feelings while also introducing

Q7:

You and your boyfriend/girlfriend have gotten into an

argument that has escalated into a shouting match. In the

heat of the moment, you are both making personal attacks

that you don't really mean. What's the best thing to do?

Take a 20-minute break and then continue the discussion. Stop the argument - stay silent, no matter what your partner says. Say that you're sorry and ask your partner to apologize too.

Stop for a moment, collect your thoughts, and then state your side of the

Correct answer: Take a 20-minute break and then continue the discussion.

Explanation: Taking a break helps to de-escalate the situation. It allows both parties to cool down and approach the argument with a clearer mindset. Q8:

You have been assigned to lead a work group that is trying to

Draw up an agenda and allot time for discussion of each item so you make best

come up with a creative solution to a nagging problem at

work. What is the first thing you do?

comes to mind, no matter how wild their idea is.

Start with a brainstorming session, encouraging everyone to say whatever

Correct answer: Have people take the time to get to know each other better.

Explanation: Building rapport and understanding within a team can lead to

better collaboration. This choice recognizes the human element in problem-

Begin by asking each person for ideas about how to solve the problem, while ideas are fresh.

Have people take the time to get to know each other better.

Q9:

timid, and has been hypersensitive about—and a bit fearful of

Imagine that you have a 5-year-old son who is extremely

-new people and places since he was born. What do you do? Accept that he has a shy temperament and think of ways to shelter him from

Take him to a child psychiatrist for help. Deliberately expose him to lots of new people and places so he can get over his

Timid 5-year-old Son: Correct answer: Engineer an ongoing series of challenging but manageable

teach him that he can handle new people and places.

Engineer an ongoing series of challenging but manageable experiences that will

experiences that will teach him that he can handle new people and places. Explanation: Gradual exposure can help in reducing fear and building confidence. This choice understands the importance of not pushing too hard

Q10: For some time now, you have wanted to return to playing the musical instrument you learned to play when you were

and want to make the best use of your time. What do you do?

younger. You have finally gotten around to practicing again,

Hold yourself to a strict practice time every day. Choose pieces that stretch your abilities a bit.

Practice only when you are really in the mood. Pick pieces that are far beyond your current ability, but that you can master with diligent effort.

growth and development.

Returning to a Musical Instrument: Correct answer: Choose pieces that stretch your abilities a bit.

Explanation: This choice recognizes the importance of challenging oneself to improve. By selecting pieces slightly beyond one's comfort zone, it promotes