

## Sample Questions and Answers - Midterm Quiz

### Personal Development Plan (Lecture 1 & 2)

1. Benefits of Personality Testing to Help Your Personal Development \_\_\_\_\_
- A) To understand the unique qualities of an individual and how these qualities affect your understanding of themselves and others
  - B) To understand how you perceive others
  - C) To understand the influence of genetics in Personality
  - D) To understand the train permanent and train adjustable part of personality
  - E) To understand how personality impact on motivation

ANSWER: A

2. Cognitive style is \_\_\_\_\_
- A) How to perceive, interpret and respond to information
  - B) How we plan and implement
  - C) How we analyze and generate knowledge
  - D) How we link to people
  - E) How we behave, and respond to information

ANSWER: A

3. Positive Psychology States \_\_\_\_\_
- A) Optimism, Resilience, Hope and Confidence
  - B) Happiness, Emotional Intelligence, Values & Beliefs
  - C) Optimism, Hope, Ability & Confidence
  - D) Pessimistic, Agentic capacity and Partway thinking
  - E) Hope and Happiness

ANSWER: A

### Values (Lecture 3)

4. An attitude includes three components \_\_\_\_\_
- A) emotions, beliefs and behaviors
  - B) Values, beliefs and behaviors
  - C) experience, values and beliefs
  - D) mindset, values and behavior
  - E) experience, mindset and behavior

ANSWER: A

5. Values are integral to personality, personal development encompasses the ongoing process of self-improvement and self-awareness, guided by those \_\_\_\_\_

- A) values
- B) parts
- C) improvements
- D) handwork
- E) abilities

ANSWER: A

#### **Teams (Lecture 4)**

6. What is the difference between Groups and Teams?

- A) A working group's performance is a function of what its members do as individuals. A Team's performance includes both individual results and what we call "collective work products"
- B) A team is a collection of individuals who coordinate their efforts, while a group is a group of people who share a common purpose.
- C) In order to improve working relationships, it's important to understand the differences between the two to encourage healthy working dynamics.
- D) A group is a more structured and cohesive form of a team.
- E) Working in an Organization is a Team

ANSWER: A