NATG12 PRACTICE TEST
PERSONAL DEVELOPMENT

INSTRUCTIONS: Read each question carefully and write the correct answer in a separate sheet of paper, or in the answer sheet provided to you. Do not write anything on this test questionnaire.

1. Which of the following is NOT an element of a healthy relationship?
   A. Trust one another
   B. One person makes all the decisions
   C. Respect one another
   D. Open and honest communication

2. What skills do you need to make healthy decisions in a relationship?
   A. Intelligence, memory, ability to do public speaking
   B. Assertive communication, active listening, and negotiation skills
   C. Ability to persuade others, love,
   D. passive communication
   E. None of the above

3. Which of the following are signs that you may be in an abusive relationship?
   A. Bruises, scratches and other signs of injuries
   B. Avoiding friends
   C. Apologizing for your partner`s behavior
   D. All of the above

4. Jane has ability to stay calm and deal with her emotion during stressful and difficult times.
   A. Emotional Stability
   B. Agreeableness
   C. Conscientiousness
   D. Extraversion

5. In a healthy relationship, both partners:
   Statement 1: Are treated with kindness and respect
   Statement 2: Are honest with each other
   A. Only statement 1 is correct
   B. Only Statement 2 is Correct
   C. Both Statements are correct
   D. Both statements are in correct

6. Which of the following is a characteristic of a healthy relationship?
   A. Feel pressure
   B. Good communication
   C. Have a lack of privacy
   D. Neglecting others

7. It can be thought of as a close tie between two people that is often built upon mutual experiences, shared interests, proximity, and emotional bonding.
   A. Family
   B. Friends
   C. Lovers
   D. Partnership

8. In a healthy relationship, both partners:
   Statement 1: Don't like to spend time together
   Statement 2: Take an interest in things that are important to each other

   A. Only statement 1 is correct
   B. Only Statement 2 is Correct
   C. Both Statements are correct
   D. Both statements are in correct

9. In a healthy relationship, both partners:

Statement 1: Respect one another's emotional, physical and sexual limits

Statement 2: Can speak dishonestly about their feelings

A. Only statement 1 is correct
B. Only Statement 2 is Correct
C. Both Statements are correct
D. Both statements are in correct

10. Which statement shows being responsible in a relationship?

A. Practice gratitude
B. Learn to forgive only with friends.
C. Be compassionate when you are only in a good mood.
D. Connect with your family that are close to you.

11. How would you define a personal relationship?

A. Personal relationships refer to the development of positive and healthy relations.
B. Personal relationships refer to interaction between two or more people, groups or organizations.
C. Personal relationships refer to the connection that exists between people who have interactions.
D. Personal relationships, refers to a close connection between adolescents, formed by emotional bonds and interactions.

12. What should you consider when making decisions around sex and sexual limits?

A. Your values
B. Your friends'
C. Your family
D. All of the above

13. What is the best style of communication to use when making decisions about sexual limits and boundaries?

A. Assertive
B. Passive
C. Aggressive
D. Possessive

14. Social Influence is:

A. The efforts on the part of one person to alter the behavior or attitudes of one or more others
B. Influencing how society operates and determining how it will operate in the future
C. The influence of society on us
D. Being influenced by others

15. Conformity occurs when:

A. Individuals change their behavior in order to fit that of other persons in their group
B. Individuals adhere to conventions of a society, such as wearing clothes
C. Individuals influence each other
D. Individuals mimic each other

16. What stage does peer group start to play an important role in helping to define the adolescent's identity, independent of the family; including the development of the sex role identity?

A. Adolescence
B. Childhood
C. Middle Adolescence
D. Pre-Adolescence

17. Refer to the connections that exist between people who have recurring interactions that are perceived by the participants to have personal meaning.

A. Social Influence
B. Social Deviance
C. Social Pressure
D. Social Relationship

18. Is a process by which a person influences other to accomplish an objective and directs the organization in a way that makes it more cohesive and coherent.

A. Followership
B. Leadership
C. Process Leadership
D. Trait Leadership

19. Landy hates to attend concerts but goes because his wife wants to. After three years Landy comes to genuinely enjoy concerts. This is an example of

A. How psychological reactance can lead to acceptance
B. How acceptance can lead to compliance
C. How compliance can lead to acceptance
D. The boomerang effect

20. Which is TRUE about followership?

A. Contributes in leading his team towards a positive direction where they learn the value of hard work, importance of time and establishing goals.
B. A follower not only follows the footsteps of his leader, but also supports and encourages him for doing better.
C. One who influences people through motivation and ideas for betterment
D. Follower is the ultimate epitome of inspiration

21. The ability to work being a part of a group is what makes the job of a leader easier and is the most vital characteristics of a good follower.

A. Appreciative
B. Collaboration
C. Diligence
D. Honesty

22. Some of the qualities of a good leader includes the following, except_____.

A. Ambitious
B. Appreciative
C. Building Good Relation
D. Inspiring others

23. Leaders carry out this process by applying their leadership knowledge and skills.

A. Trait Leadership
B. Process leadership
C. Controlled leadership
D. none of the above

24. How social pressure may lead us to perform immoral acts is best illustrated by studies of?

A. informational influence
B. obedience to authority
C. psychological reactance
D. spontaneous self-concept

25. Leaders have traits that can influence their actions.

A. Trait Leadership
B. Process leadership
C. Controlled leadership
D. none of the above

26. Statement 1: Social influence is the change in behavior that one person causes in another, intentionally or unintentionally, as a result of the way the changed person perceives themselves in relationship to the influencer, other people and society in general.

Statement 2: *Social relationship* can be defined as a relationship that is primarily initiated with the purpose of friendship, socialization, enjoyment or accomplishing a task

A. Only Statement 1 is correct
B. Only Statement 2 is Correct
C. Both Statements are correct
D. Both Statements are incorrect

27. Statement 1: The Opportunists are the one who secretly hate their leaders and are disloyal. They cannot easily be identified. They have a strong dislike for the leader and conspire against him.
Statement 2: Traitors are the ones who can be bought. They always go with the one who is already on the top. They are not loyal to the leader.
A. Only Statement 1 is correct
B. Only Statement 2 is Correct
C. Both Statements are correct
D. Both Statements are incorrect

28. Statement 1: Critics are such kind of followers who tend to question and oppose every move of the leader. They are usually passive. Critical types of followers are often the ones who have not been recognized for their work or have been denied appreciation.
Statement 2: Royalists are the ones who always stand by the leader. They are the true supporters of the leader. They always listen carefully to the leader and give true feedback.

A. Only Statement 1 is correct
B. Only Statement 2 is Correct
C. Both Statements are correct
D. Both Statements are incorrect

29. Statement 1: Collaboration is the most vital characteristics of a good follower. The ability to work being a part of a group is what makes the job of a leader easier.
Statement 2: Ambitious - Ambition is one such thing that boosts the chances of growth and success. A leader shows the path, whereas the followers walk on it keeping their ambitions in mind.

A. Only Statement 1 is correct
B. Only Statement 2 is Correct
C. Both Statements are correct
D. Both Statements are incorrect

30. The following are the Qualities of a Good Leadership, EXCEPT:

A. Honesty
B. Traits of Inspiring Others
C. Ability to Build a Good Relation
D. Loyalty and obedience

31. It refers to a family member is separated from the rest of the family. This may be due to employment far away; military service; incarceration; hospitalization. They remain significant members of the family.
A. Bi-racial/Multi-racial
B. Conditionally Separated
C. Foster
D. Immigrant

32. A family where one or more of the children is legally a temporary member of the household. This “temporary” period may be as short as a few days or as long as the child’s entire childhood.
A. Bi-racial/Multi-racial
B. Conditionally Separated
C. Foster
D. Immigrant

33. Where one or both of the parents' sexual orientation is gay or lesbian. This may be a two-parent family, an adoptive family, a single parent family or an extended family.
    A. Foster
    B. Gay/Lesbian
    C. Single parent
    D. Trans-racial Adoptive
34. The parents of the family are members of different racial identity groups.
    A. Bi-racial/Multi-racial
    B. Conditionally Separated
    C. Foster
    D. Immigrant
35. Which of the following refers to a family where the adopted child is of a different racial identity group than the parents?
    A. Adoptive B. Blended C. Extended D. Nuclear
36. A family unit consisting of at most a father, mother and dependent children. It is considered the "traditional" family.
    A. Adoptive B. Blended C. Extended D. Nuclear

37. Which of the following refers to a family consisting of parents and children, along with grandparents, grandchildren, aunts or uncles, cousins etc. In some circumstances, the extended family comes to live either with or in place of a member of the nuclear family?
    A. Adoptive B. Blended C. Extended D. Nuclear
38. What refers to a family that consists of members from two (or more) previous families?
    A. Adoptive B. Blended C. Extended D. Nuclear
39. This can be either a father or a mother who is singly responsible for the raising of a child. The child can be by birth or adoption. They may be a single parent by choice or by life circumstances.
    A. Foster
    B. Gay/Lesbian
    C. Single parent
    D. Trans-racial adoptive

40. Family where one or more of the children has been adopted. Any structure of family may also be an adoptive family.
    A. Foster
    B. Gay/Lesbian
    C. Single parent
    D. Trans-racial adoptive
41. How do you define a career?
    A. Career refers to a setting of deadlines in achieving the goals on a specific time.
    B. Career refers to a major plan that considers the situations among families especially in going college, or are about to enter college.
    C. Career defined as a work that challenges someone to manage and pursue a scholarship to aid in pursuing a dream.
    D. Career is defined as an occupation undertaken for a significant period of a person's life and with opportunities for progress.

42. Which one is an external factor influencing a Filipino adolescent's in choosing a career?
    A. Parental preferences
    B. Career choice of friends
    C. Family considerations, financial constraints, job market preference (Immediate Employment), school location
    D. Both A and B
43. What do you call the external influencing factors that parents have some idea of what course you should take up in college?
    A. Parental preferences
    B. Family considerations
    C. Financial constraints
    D. Job market preference

44. What do you call the external influencing factors that might happen associated with a particular gender?

A. Gender bias
B. Parental preferences
C. Family considerations
D. Financial constraints

45. What do you call a career development theory that is based on observations that people possess traits, behaviors and interests?

A. The Realistic type
B. The Artistic type
C. The Investigative type
D. Holland's Theory of Vocational Types

46. What do you call the term that will help you sort out your priorities and how you want to live your life? It may include short-term and long-term goals, or life-long aspirations?

A. Aspirations
B. Life goals
C. Life priority
D. Personal mission statement

47. Which of the following is NOT included in personal development career plan personal mission?

A. Career
B. Career Plan
C. Education
D. Personal attributes, such as honesty, loyalty and dedication

48. Angel needs to appear more composed during the interview because she needs to get the teaching job. What key factors does she need?

A. Education
B. Empathy
C. Motivation
D. Self-awareness

49. **Statement 1:** An honest assessment and evaluation of a teenager's work style will help them decide a career to consider. A serious thought about certain career should be prepared by an adolescent.

Statement 2: Real life experience in the work environment where teenagers may think they want to work can help them make up their minds on the career they will pursue.

A. Only Statement 1 is correct
B. Only statement 2 is correct
C. Both statements are correct
D. Both statements are incorrect

50. Which of the following refers to the characteristics that make us unique or different from others?

A. Career development
B. Career Growth
C. Personal Development
D. Personality trait

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ANSWERS KEY:

1) B
2) B
3) D
4) A
5) C
6) B
7) B
8) B
9) A
10) A
11) D
12) D
13) B
14) A
15) A
16) C
17) D
18) B
19) C
20) B
21) B
22) A
23) B
24) B
25) A
26) C
27) D
28) A
29) C
30) D
31) B
32) A
33) B
34) A
35) A
36) D
37) C
38) B
39) C
40) D
41) D
42) C
43) A
44) A
45) D
46) D
47) C
48) C
49) C
50) D