

1. The interrelated lives of the McKinley family as well as the impact of external factors such as job insecurity, health care issues, and cultural gender and role definitions that influence their individual behaviors and affect the family's general well-being can be well explained using concepts from the:

@ Pages: 39-40

A. social exchange perspective

\*B. systems perspective

C. rational choice perspective

D. humanistic perspective

2. An elderly person who receives the benefit of her basic needs being met but at the same time endures the cost of feeling that she has nothing to offer in exchange. This is an example of the:

@ Page: 52

A. rational choice perspective

\*B. social constructionist perspective

C. conflict perspective

D. humanistic perspective

3. An individual's participation in a support group for heart attack survivors has helped him modify some of his views about his situation by encouraging a solution-focused approach to his concerns. This is an example of the:

@ Page: 55

A. humanistic perspective

B. psychodynamic perspective

C. conflict perspective

\*D. social constructionist perspective

4. A perspective that is concerned with how internal processes such as needs, drives, and emotions motivate human behavior is known as the:

@ Page: 56

- A. humanistic perspective
- \*B. psychodynamic perspective
- C. developmental perspective
- D. systems perspective

5. Ruth is entering into her late old age and struggles with chronic illnesses and losses. This is an example of the:

@ Page: 59

- A. humanistic perspective
- B. psychodynamic perspective
- \*C. developmental perspective
- D. systems perspective

6. The assumption that learning takes place as individuals interact with their environments is related to the:

@ Page: 64

- \*A. social behavioral perspective
- B. psychodynamic perspective
- C. developmental perspective
- D. social constructionist perspective

7. When family members make choices based on freedom of action and search for meaning this is an example of the:

@ Page: 68

- A. social behavioral perspective
- B. developmental perspective
- C. psychodynamic perspective
- \*D. humanistic perspective

8. Individuals who hold power in the family but little power in the labor market is an example of the:

@ Page: 44

A. social behavioral perspective

\*B. conflict perspective

C. social constructionist perspective

D. systems perspective

9. If a social worker were to help family members increase their personal sense of competence in taking care of an elderly relative we would define this as:

@ Page: 66

\*A. self-efficacy

B. agency

C. efficacy expectation

D. self-actualization

10. Having a sense that you can personally accomplish a goal is known as:

@ Page: 66

A. self-efficacy

B. agency

\*C. efficacy expectation

D. self-actualization

11. Individuals who weathered several negative environmental experiences and changes in their physical functioning that may be contributing to lowered expectations of self as well as a resistance to measures that might improve their functioning. This is best described as:

@ Page: 67

A. social behavioral perspective

- B. efficacy expectations
- C. social learning theory
- \*D. learned helplessness

12. According to Maslow's hierarchy of needs, the needs that must first be satisfied before higher needs can emerge are:

@ Page: 68

- A. psychological needs
- B. belongingness and love needs
- \*C. physiological needs
- D. self-actualization needs

13. According to Maslow's hierarchy of needs, meeting one's needs for affection and intimacy refers to:

@ Page: 68

- A. psychological needs
- \*B. belongingness and love needs
- C. safety needs
- D. self-actualization needs

14. Security is very important to Stanley, which represents which of Maslow's hierarchy of needs?

@ Page: 68

- A. psychological needs
- B. belongingness and love needs
- \*C. safety needs
- D. self-actualization needs

15. A term associated with the capacity to intentionally make things happen is known as:

@ Page: 66

A. self-efficacy

B. efficacy expectation

C. esteem needs

\*D. agency

16. A theory associated with change that can be sudden, rapid, or radical is:

@ Page: 41

A. social learning theory

\*B. chaos theory

C. cognitive theory

D. operant conditioning theory

17. A theory that suggests that behavior is also learned by imitation, observation, beliefs, and expectations is:

@ Pages: 65-66

\*A. cognitive social learning theory

B. operant conditioning theory

C. classical conditioning theory

D. empowerment theory

18. A theory that guides our practice interventions towards building on client strengths is:

@ Page: 48

A. cognitive social learning theory

B. operant conditioning theory

C. classical conditioning theory

\*D. empowerment theory

19. A theory that defines behavior as the result of reinforcement is:

@ Page: 65

- A. cognitive social learning theory
- \*B. operant conditioning theory
- C. classical conditioning theory
- D. feminist theory

20. A theory that defines behavior as learned through association is:

@ Pages: 64-65

- A. cognitive social learning theory
- B. operant conditioning theory
- \*C. classical conditioning theory
- D. empowerment theory

21. A theory that is based on the desire to maximize benefits and minimize costs is:

@ Pages: 48-49

- A. social network theory
- B. reasoned action theory
- C. feminist theory
- \*D. social exchange theory

22. A theory that recognizes vectors of oppression and privilege is called:

@ Page: 46

- \*A. intersectionality theory
- B. systems theory
- C. person-in-environment theory

D. privilege theory

23. A person's felt and interpreted experience of "who I am" is referred to as:

@ Page: 70

A. self-efficacy

B. role

\*C. phenomenal self

D. feedback mechanism

24. The processes by which information about past behaviors in a system are fed back into the system in a circular manner are called:

@ Page: 40

A. self-efficacy

B. roles

C. phenomenal self

\*D. feedback mechanisms

25. Which of the following is NOT a term associated with the systems perspective?

@ Pages: 39-40

\*A. phenomenal self

B. boundary

C. feedback mechanisms

D. interactions

26. The expansion of conflict theory by Randall Collins to integrate conflict processes at the social level with those at the small group and family levels addresses which criteria for evaluating theory:

@ Page: 47

- A. diversity and power
- B. usefulness for social work
- \*C. comprehensiveness
- D. competence

27. The finding that individual choices and decisions are often inconsistent with assumed rationality and are often too complicated to ascertain the most rational choice illustrates which criteria for judging social theory:

@ Page: 51

- A. coherence
- \*B. empirical support
- C. comprehensiveness
- D. diversity

28. Traditional psychodynamic theories have been criticized on which basis for of theory evaluation:

@ Pages: 57-58

- A. diversity and power
- B. testability and empirical support
- C. coherence and conceptual clarity
- \*D. all of the above are criticisms of traditional psychodynamic theory

29. Classical developmental theories have been criticized primarily for:

@ Page: 61

- A. usefulness for social work practice
- \*B. failure to address diversity and power
- C. lack of coherence and conceptual clarity
- D. poor testability



30. The humanistic perspective is called the 'third force' because it was developed in reaction to:

@ Page: 68

- \*A. psychodynamic and behavioral perspectives
- B. systems perspective
- C. developmental and constructionist perspectives
- D. conflict perspective

31. True or False. When we consider human behavior from as systems perspective, we see it as an outcome of reciprocal interactions of persons operating within linked social systems.

@ Page: 39

- \*A. True
- B. False

32. True or False. An open system is one where there is no exchange with external systems.

@ Page: 40

- A. True
- \*B. False

33. True or False. A closed system is one where there is an exchange of resources with external systems.

@ Page: 40

- A. True
- \*B. False

34. True or False. One big idea of the conflict perspective is that lack of open conflict is a sign of exploitation.

@ Page: 45

\*A. True

B. False

35. True or False. One big idea of the rational choice perspective is that human consciousness and the sense of self are shaped by continual social interaction.

@ Page: 49

A. True

\*B. False

36. True or False. One big idea of the social constructionist perspective is that people can modify meanings in the process of interaction.

@ Page: 52

\*A. True

B. False

37. True or False. One big idea of the psychodynamic perspective is that human development is a complex interaction of biological, psychological, and social factors.

@ Page: 56

A. True

\*B. False

38. True or False. A big idea of the developmental perspective is that human development occurs in clearly defined stages.

@ Page: 59

\*A. True

B. False

39. True or False. Stage 1 (birth-1 year) of Erikson's model of human development proposes the psychosocial crisis to be basic trust versus mistrust.

@ Page: 60

\*A. True

B. False

40. True or False. Stage 4 (ages 6-12) of Erikson's model of human development proposes the psychosocial crisis to be industry versus inferiority.

@ Page: 60

\*A. True

B. False

41. True or False. Stage 7 (late 20s -50s) of Erikson's model of human development proposes the psychosocial crisis to be intimacy versus isolation.

@ Page: 61

A. True

\*B. False

42. True or False. One big idea of the social behavioral perspective is that all human problems can be formulated as undesirable behavior.

@ Page: 66

\*A. True

B. False

43. True or False. One big idea of the humanistic perspective is that all behavior can be defined and changed.

@ Page: 68

A. True

\*B. False

Type: E

44. In a short answer discuss two merits of using multiple perspectives as a social worker.

@ Pages: 72-74

A. Varies

Type: E

45. Define the systems perspective and discuss two of the big ideas associated with it.

@ Pages: 39-43

A. Varies

Type: E

46. Define the conflict perspective and discuss two of the big ideas associated with it.

@ Pages: 44-48

A. Varies

Type: F

47. Social workers have used the conflict perspective as a base to develop practice-oriented \_\_\_\_\_ theories, which focus on inequality, injustice, and increasing power.

@ Page: 48

A. empowerment

Type: F

48. The theory of \_\_\_\_\_ presents a vision of a just world, which is based on gender equity.

@ Page: 46

A. feminism

Type: E

49. Define the exchange and choice perspective and discuss two of the big ideas associated with it.

@ Pages: 48-51

A. Varies

Type: F

50. The premise that social behavior is based on the desire to maximize benefits and minimize cost is \_\_\_\_\_ theory.

@ Pages: 48-49

A. social exchange

Type: E

51. Define the social constructionist perspective and discuss two of the big ideas associated with it.

@ Pages: 52-55

A. Varies

Type: E

52. Define the psychodynamic perspective and discuss two big ideas associated with it.

@ Pages: 55-59

A. Varies

Type: E

53. Define the developmental perspective and discuss two big ideas associated with it.

@ Pages: 59-63

A. Varies

Type: E

54. List the eight stages, including age range and psychosocial crisis, of Erikson's model of human development.

@ Pages: 60-61

A. Varies

Type: E

55. Define the social behavioral perspective and discuss two big ideas associated with it.

@ Pages: 62-67

A. Varies

Type: F

56. Persons in nondominant positions are more vulnerable to \_\_\_\_\_ because of prior experience with environmental forces that has led to low self-efficacy and expectations of efficacy.

@ Page: 67

A. learned helplessness

Type: E

57. Define the humanistic perspective and discuss two big ideas associated with it.

@ Pages: 67-71

A. Varies

Type: E

58. List in order Maslow's hierarchy of needs.

@ Pages: 68-69

A. Varies

Type: E

59. Identify two theories that would be useful in your work with the McKinley family. Define those theories in your essay and cite examples of how you would utilize those theories with the Clark family.

@ Pages: 36-38, 72-73

A. Varies

Type: E

60. Compare and contrast the ideas of the systems perspective and the conflict perspective. Cite examples of how you think these theories would help with assessment and intervention in your practice with clients.

@ Pages: 39-48

A. Varies

Type: E

61. Compare and contrast the ideas of the psychodynamic perspective and the developmental perspective. Cite examples of how you think these theories would help with assessment and intervention in your practice with clients.

@ Pages: 55-63

A. Varies

Type: E

62. Compare and contrast the ideas of the social behavioral perspective and the humanistic perspective. Cite examples of how you think these theories would help with assessment and intervention in your practice with clients.

@ Pages: 63-71

A. Varies

Type: E

63. What are the merits of using multiple perspectives in social work practice? How can these perspectives help mitigate our personal biases and encourage objective, comprehensive assessment?

@ Pages: 71-74

A. Varies

Type: E

64. Describe classical conditioning, operant conditioning, and cognitive social learning theories.

@ Pages: 64-66

A. Varies

Type: E

65. Describe theories consistent with the conflict perspective.

@ Pages: 45-47

A. Varies