

## Chapter 2: Knowing and Managing Yourself

### Multiple Choice

1. Which level of the self is motivated by the welfare of the group?

- A) Individual
- B) Group
- C) Collective
- D) Interpersonal

Ans: C

2. The first level of skill development in any discipline involves \_\_\_\_\_.

- A) emotional challenge
- B) cognitive knowledge
- C) behavioral skills
- D) training

Ans: B

3. Brenda exhibits self-control, is trustworthy, adaptable, open to change and has a strong desire to achieve. Which component of emotional intelligence is she exhibiting?

- A) Self-management
- B) Self-awareness
- C) Social awareness
- D) Social management

Ans: A

4. Bill has been described by his employees as an empathetic boss who values diversity and is cross-culturally sensitive. Which component of emotional intelligence are his employees recognizing?

- A) Self-management
- B) Self-awareness
- C) Social awareness
- D) Social management

Ans: C

5. Which of the following is NOT a competency associated with the social management component of emotional intelligence?

- A) Self-control
- B) Leadership
- C) Conflict management
- D) Expertise in building teams

Ans: A

6. Which of the following is NOT a self-imposed barrier to rising to leadership positions?

- A) Overemphasis of personal goals
- B) Turning competitors into enemies
- C) Gaps in training
- D) Needing to lead alone

Ans: C

7. \_\_\_\_\_ are the foundation upon which attitudes and personal preferences are formed and the basis for crucial decisions, life directions, and personal choice.

- A) Personal values
- B) Self-disclosure
- C) Locus of control
- D) Personality style

Ans: A

8. According to Kohlberg's model of moral development, in which of the following stages of development would cheating on an exam be considered acceptable?

- A) Unconventional
- B) Preconventional
- C) Conventional
- D) Postconventional

Ans: B

9. Bill knows that it is against company policy to report incorrect hours on his timesheet and therefore always reports the correct number of hours he has worked. Based on this, Bill is in the \_\_\_\_\_ stage of moral development.

- A) Unconventional
- B) Preconventional
- C) Conventional
- D) Postconventional

Ans: C

10. John likes to work and sees work as an end in itself. Which of following value orientations does he have?

- A) Industry
- B) Financial
- C) Power
- D) Achievement

Ans: A

11. Which psychologist described several aspects of the human psyche based on the way in which we take in and process information?

- A) Ivan Pavlov
- B) Abraham Maslow
- C) Carl Jung
- D) Sigmund Freud

Ans: C

12. Guardians tend to be \_\_\_\_\_ while Artisans tend to be \_\_\_\_\_.
- A) Adaptable, Sociable
  - B) Sociable, Adaptable
  - C) Responsible, Analytical
  - D) Analytical, Responsible

Ans: B

13. Which of the following is NOT a characteristic of idealists?
- A) Intense
  - B) Intuitive
  - C) Inspiring
  - D) Impulsive

Ans: D

14. Raj tends to be optimistic and adaptable. Which of the following temperaments does he exhibit?
- A) Artisan
  - B) Guardian
  - C) Rational
  - D) Idealistic

Ans: B

15. Which of the following is NOT a characteristic of those with an internal locus of control?
- A) Engage in actions to improve their environment
  - B) Ask more questions
  - C) Remember more information
  - D) Believe that what happens is caused by others

Ans: D

16. Jillian desires to climb to a leadership level in an organization so as to enable integration and coordination of the efforts of others. Which of the following is most likely her career anchor?

- A) General Manager competence
- B) Security/stability
- C) Service/dedication to a cause
- D) Autonomy/independence

Ans: A

17. Who was one of the first behavioral scientists to comment on the close connection between an individual's self-concept and his or her views of others?

- A) Carl Rogers
- B) Erich Fromm
- C) Carl Jung
- D) Abraham Maslow

Ans: B

18. \_\_\_\_\_ tend to be symbolic and enthusiastic.

- A) Artisans
- B) Guardians
- C) Rationalists
- D) Idealists

Ans: D

19. Which of the following is NOT related to having an internal locus of control?

- A) Ability to cope with stress
- B) Promotability
- C) Low satisfaction
- D) Job involvement

Ans: C

20. For an employee with the \_\_\_\_\_ career anchor, flexibility is of primary importance.

- A) Lifestyle
- B) Autonomy
- C) Entrepreneurial creativity
- D) Pure challenge

Ans: B

True/False

21. True or False. The interpersonal level of self is motivated by self-interest.

Ans: False

22. True or False. The term emotional challenge refers to any real or perceived threat to our security, self-image, or sense of self-worth that stimulates our instinctive self-protective tendencies to either withdraw or become aggressive.

Ans: True

23. True or False. Social awareness is the ability to understand what one is feeling and how to direct those feelings.

Ans: False

24. True or False. People who do not trust others often are viewed by others as untrustworthy

themselves.

Ans: True

25. True or False. The human value orientation views people and relationships in a negative manner.

Ans: False

26. True or False. Personality style refers to the manner in which individuals gather and process information.

Ans: True

27. True or False. People who rely on “sensing” are more likely to focus on the future, to see the potential in a situation, and to be highly creative.

Ans: False

28. True or False. The feeler needs a thinking type to persuade and conciliate feelings, to arouse enthusiasm and to sell or advertise, and to teach and forecast.

Ans: False

29. True or False. Interpersonal orientation identifies the underlying tendencies that the individual has to behave in certain ways regardless of circumstances or presence of others.

Ans: True

30. True or False. Studies have shown that people are less likely to trust leaders who are self-disclosing.

Ans: False

Essay

31. Discuss the components of emotional intelligence. What make up each of these components? Is emotional intelligence important in managing others? Why or why not?

Ans: varies

32. Describe the different types of value orientations. How do these fit in with personal values? How might people's behavior change based on their value orientation? Discussing, using relevant examples.

Ans: varies

33. Compare and contrast the instruments used to measure the components of self-awareness. What do each of the tests measure? Do they contribute to better hiring practices? Why or why not?

Ans: varies

34. Define the five self-imposed barriers to rising to leadership positions in organizations. What are ways to overcome these barriers? Discuss, providing relevant examples.

Ans: varies



35. Fully explore vision as it relates to self-awareness. Why is developing a vision important? Develop your own personal vision statement, utilizing the guidelines from the reading.

Ans: varies