

Section One    Identity

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“The Search for Identity: A Modern Problem” by Carl Rogers

1.     Rogers equates identity with
  - a.     one’s social roles.
  - b.     one’s real self.
  - c.     how others, including social institutions, define us.
  - d.     family origins.

b
  
2.     Rogers contends that compared to very early historical periods,
  - a.     identity formation is now more difficult.
  - b.     identity formation is somewhat easier.
  - c.     identity formation has about the same difficulty.
  - d.     identity formation is now more rigidly defined.

a
  
3.     Identity self-discovery is essentially
  - a.     completed by the age of 21.
  - b.     formed at the time of birth.
  - c.     a life-long process.
  - d.     established by middle age.

c
  
4.     According to Rogers, which identity search generally causes the most discomfort and anxiety?
  - a.     committing oneself to a rigorous ideology
  - b.     joining a peacetime army
  - c.     becoming a member of a political or religious sect
  - d.     individual initiative and responsibility

d
  
5.     The artist Georgia O’Keefe found her artistic identity by
  - a.     painting images she had never seen elsewhere but in her mind.
  - b.     observing works of painting masters.
  - c.     following the advice of a trusted teacher.
  - d.     a revelation while wandering in the desert.

a

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### Short-answer questions

1. Why is it more difficult in modern times to discover one's identity?
  2. Name one advantage and disadvantage each for (a) having your identity defined by someone else and (b) discovering and creating your identity.
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### "Rubricizing" by Nelson Goud

1. Rubricizing is
  - a. placing a person into a category.
  - b. a form of massage developed in Sweden.
  - c. the same as stereotyping.
  - d. a process for perceiving uniqueness. a
2. Self-rubricizing is
  - a. not possible.
  - b. freezing your own identity.
  - c. freezing another's identity.
  - d. a health-enhancing behavior. b

### True(T) or False(F)

- |    |   |   |   |   |
|----|---|---|---|---|
| 3. | T | F | Rubricizing can be a very individual experience.      | T |
| 4. | T | F | Rubricizing is usually our first perceptual response. | T |
| 5. | T | F | Rubricizing is helpful when dealing with change.      | F |
| 6. | T | F | Positive rubrics are often resisted.                  | T |
| 7. | T | F | Rubricizing is always an incomplete perception.       | T |
| 8. | T | F | Rubricizing rarely occurs with someone you know.      | F |

Place an X on any item which lessens negative rubricizing:

- |     |     |  |   |
|-----|-----|--|---|
| 9.  | ___ | Be aware of language usage.                              | X |
| 10. | ___ | Ask "What do you do?" to new people.                     |   |
| 11. | ___ | Know your "rubric triggers."                             | X |
| 12. | ___ | Do <u>not</u> be aware of "rubric triggers."             |   |
| 13. | ___ | Talk about new topics.                                   | X |
| 14. | ___ | Look at someone as if for the first time.                | X |
| 15. | ___ | Ask someone else what kind of person a new co-worker is. |   |

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### Short-answer questions

1. Describe what rubricizing is and provide examples.
2. Explain how rubricizing can be both helpful and hindering.

3. Name and describe two ways to lessen negative rubricizing.
  4. Describe and give an example of self-rubricizing.
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“The American Inquisition” Carlos Hipolito-Delgado

1. When asked “Where are you from?” the author found this question to be personally intrusive.

\*True False

2. The questioners in this article were attempting to determine the author’s

- a. occupation
- b. ethnicity
- c. last name
- d. hometown

b

True(T) or False(F)

3. T F The author was not an American citizen.

F

Short answer item:

Describe the author’s reaction to being asked “Where are you from?”

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“Tomorrow’s Sunset” Nelson Goud

True(T) or False(F)

1. T F The author believes that personality changes are normally abrupt and easily recognizable.

F

2. T F The vast majority of personality traits which change are negative.

F

Short answer item:

Explain the main theme of “Tomorrow’s Sunset”

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“Suddenly I’m the Adult?” by Richard Cohen

1. Cohen’s sudden realization that he became an adult occurred when he
  - a. voted for the first time.
  - b. became a parent.
  - c. paid for a restaurant meal.
  - d. bought a house. c
  
2. Which of the following is not a milestone mentioned by Cohen?
  - a. death of a parent
  - b. realizing that he would not be a pro athlete
  - c. a woman reaching the age when she cannot have children
  - d. a major job promotion. d

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Short-answer question

1. Describe what Cohen meant by “milestones” and provide two examples.
- 

“Challenges of the Emerging Adult” by Nelson Goud

1. Emerging adulthood refers to
  - a. persons in their late teens.
  - b. persons in their twenties.
  - c. persons in Erik Erikson’s Identity vs Identity Diffusion stage.
  - d. persons who have a steady job and mature social relations. b
  
2. Freedom is often seen as a burden for the emerging adult, because
  - a. they want others to make decisions.
  - b. they do not have the intellectual ability to handle it.
  - c. too many choices creates uncertainty.
  - d. none of the above c
  
3. The “unknown next” refers to
  - a. no new goal in one’s lifeplan.
  - b. not knowing who will be a lifetime partner.
  - c. not knowing when you will die.
  - d. the future. a

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Short-answer questions

1. Describe two of the main issues facing many emerging adults.
2. Provide a description or example of: dashed expectations, burden of too many choices, and the “unknown next.”

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“CrazyBusy” Edward H. Hallowell, M. D.

1. According to the author, the greatest damage from being too busy is that it
  - a. causes lower productivity
  - b. hampers intimacy
  - c. increases blood pressure
  - d. keeps one from what is most important

d

True(T) or False(F)

2. T F The more we respond to the demands on our lives, the more control we have over it.

F
3. T F If you concentrate, you can perform multiple tasks simultaneously as well as performing them singly.

F
4. T F Multi-tasking is to be avoided when performing important activities.

T
5. The more information we experience, the better the chance of becoming an independent thinker.

F

Short answer items:

Describe the signs of being CrazyBusy and at least two consequences.

Discuss when multi-tasking is harmful.

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“Harrison Bergeron” Kurt Vonnegut, Jr.

1. Which is not a theme in “Harrison Bergeron”?
    - a. having state-enforced handicaps can be socially desirable
    - b. individual excellence is a desired societal objective
    - c. equality means sameness
    - d. trying hard is what counts
- b
2. The Handicapper General
    - a. administered and enforced handicaps
    - b. was the chief of the government’s disability unit
    - c. punished those who mocked the handicapped
    - d. was the person with the greatest number of disabilities
- a

True(T) or False(F)

3. T F Harrison Bergeron was the ideal role model for citizens.

F

Short answer item:

Describe how equality was achieved in this story. Explain why this is a good or poor idea.

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“The Work World and the Emerging Adult” by Nelson Goud

True(T) or False(F)

- |    |   |   |   |   |
|----|---|---|---|---|
| 1. | T | F | Job-hopping for twentysomethings is not as negative as it was in the past.                          | T |
| 2. | T | F | One of the guidelines for improving one’s attitude toward work is not to think of negative aspects. | F |
| 3. | T | F | It is advised to not change your routine if dissatisfied with your job.                             | F |

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Short-answer question

1. Describe two ways to make your work more satisfactory according to the article.
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“You’re in Prison” John Purugganan

1. For the author, the major factor causing emotional stress was
- a. fear of sexual attack
  - b. taking a shower
  - c. boredom
  - d. brutal and unjust guards
- c
2. Convicted of first-degree murder, the author attributes the killing to
- a. effect of a cocaine binge
  - b. gang fight
  - c. unstable and abusive childhood
  - d. insanity
- a

True(T) or False(F)

3. T F The author’s family provided emotional support throughout his imprisonment

F

4. T F The author found fellow inmates to be more polite than hostile.

T

Short answer item:

Describe two main reactions the author experiences during imprisonment.

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“If I Were A Car, I’d Be A Lemon” by Denise Karuth, and “Think ‘People First’” Ohio Public Images/Public Images Network

True(T) or False(F)

- |    |   |   |   |   |
|----|---|---|---|---|
| 1. | T | F | The author’s disabilities include deafness.   | F |
| 2. | T | F | Karuth’s inability to control her body has broken her spirit and makes it difficult to find joy.                          | F |
| 3. | T | F | Karuth advises others to first identify themselves when encountering someone you know is blind.                           | T |
| 4. | T | F | Of the 168 hours in a week, the author can spend about one-third of it out of bed.  | F |
| 5. | T | F | The author believes that having a major disability simplifies one’s life.   | F |
| 6. | T | F | The author’s best friend is her boyfriend.  | F |
| 7. | T | F | Disability advocates prefer the phrase “confined to a wheelchair” rather than “she uses a wheelchair.”                    | F |
| 8. | T | F | Disability advocates recommend viewing a person with a disability as one who is <u>not</u> a superhuman model of courage. | T |

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Short-answer questions

1. Describe at least two major ways in which the author’s life differs from a non-disabled person.
  2. According to the article and the boxed piece “Think ‘People First’,” what are two recommended ways to speak to and about persons with disabilities? Provide examples.
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## Section Two Human Communication

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### “Interpersonal Communication” by Warner Burke

1. According to Burke, which of the following is not a filter or barrier as a sender?
  - a. wondering if you have something worthy to say
  - b. your gender
  - c. feeling anxious about the message
  - d. wondering if others will understand youb
  
2. The “third ear” refers to
  - a. environmental stimuli.
  - b. one who wears an earphone.
  - c. repeating another’s message to make sure it’s accurate.
  - d. non-verbal communication cues.d
  
3. Which of the following is not a method for sending messages effectively?
  - a. attempt to write your message as well as say it
  - b. finding the appropriate words and emotions
  - c. continually looking for comprehension cues from a listener
  - d. desire to be understooda
  
4. A major problem in effective listening is
  - a. one can think faster than the speaker can talk.
  - b. some speakers talk faster than our brains can process.
  - c. over-utilization of the “third ear.”
  - d. ear wax.a
  
5. According to psychotherapist Carl Rogers, a major barrier to effective communication is
  - a. insufficient knowledge of cultural backgrounds.
  - b. our tendency to judge and evaluate messages.
  - c. a hesitancy to self-disclose.
  - d. being too empathic.b
  
6. Which is not a way to improve listening skills according to Burke?
  - a. Listen for the main thought or idea.
  - b. Try to remember each fact or supporting point.
  - c. Attempt to find the sender’s frame of reference.
  - d. Watch nonverbal cues.b



7. What is a major fear of really understanding another's point of view?
- a. You may find out the other person is smarter.
  - b. You will be expected to show why your viewpoint is right.
  - c. You run the risk of being changed in your views.
  - d. You run the risk of becoming more intimate.
- c

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Short-answer questions

- 1. Identify and discuss three barriers to effective communication.
  - 2. Name and discuss two ways to become a more effective listener according to Burke.
  - 3. According to Burke, what are two major ways in which to become a more effective sender?
  - 4. When does it take courage to be a good listener according to Burke?
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"To Hear and To Be Heard" by Carl Rogers

- 1. When Rogers says he really hears someone, he detects all of the following except
  - a. another's words and feelings.
  - b. a deeper universal meaning.
  - c. how everyone tends to be like their parents.
  - d. subconscious meanings.

c
- 2. When someone really hears you, according to Rogers, which of the following is most likely to happen?
  - a. awful feelings become bearable
  - b. tension reduction
  - c. a chance to re-perceive your world
  - d. you feel judged and analyzed
  - e. all of the above
  - f. all but one of the above

f
- 3. Rogers finds that he cannot really hear another when
  - a. he is sure in advance what another will say.
  - b. he perceives another's message may be threatening.
  - c. he distorts another's message to fit what he wants.
  - d. all of the above
  - e. all but one of the above

d
- 4. When others do not understand you, according to Rogers, you
  - a. can feel very alone.
  - b. could possibly develop serious psychological problems.
  - c. could give up hope that you'll ever be understood.
  - d. all of the above
  - e. all but one of the above

d

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### Short-answer questions

1. Describe what happens when a person really hears another according to Rogers.
  2. According to Rogers, a person cannot really hear another if he/she acts in particular ways. Name two of them.
  3. When a person tries to express himself/herself but is not understood, what, according to Rogers, is a possible consequence?
- 

### “Johnny Bear and the Empath” by Nelson Goud

1. Johnny Bear represented what kind of empathy?
    - a. true empathy
    - b. excessive empathy
    - c. He showed sympathy, not empathy.
    - d. quasi-empathy
- d

### True(T) or False(F)

2. T F The author believes that there can never be enough empathy. F
3. T F One strength of being an empath is the enhanced ability to self-disclose. F

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### Short-answer questions

1. Discuss at least two kinds of empathy described in this article.
  2. According to the articles, what is a hindrance of quasi-empathy? Being an empathic?
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### “Self-Disclosure” by Nelson Goud

1. One major research finding on the relationship between self-disclosure and mental health is
  - a. positive mental health is characterized by high disclosure to a few important people.
  - b. those who consistently tend to under-disclose are healthier than those who consistently over-disclose.
  - c. breadth of self-disclosure is highly correlated with positive mental health.
  - d. the more often one self-discloses, the healthier one becomes.

2. Which of the following is not a reason for low self-disclosure?
  - a. fear of rejection
  - b. inability to recognize emotions
  - c. fear that the revealed information will not be kept secret
  - d. too much trust

d
  
3. Which of the following is not a consequence of over-disclosure according to the article?
  - a. Others begin to avoid the over-discloser.
  - b. Others do not feel safe in revealing themselves to an over-discloser.
  - c. Quick but short-lasting friendships
  - d. The over-discloser is seen as strange.

c
  
4. Which of the following is not one of the purposes of self-disclosure according to the article?
  - a. to encourage intimacy
  - b. to learn about the other person
  - c. to avoid responsibility
  - d. to manipulate

b

True(T) or False(F)

5. T F Mutual self-disclosure leads to greater intimacy. T
6. T F In early relationship stages, it is advised to emphasize breadth of disclosure (vs. depth). T
7. T F The article says that in any deep, intimate relationship full disclosure of all your feelings is necessary. F
8. T F It is preferable to have one person to receive your disclosures rather than several. F
9. T F The “last minute disclosure” is a recommended technique. F
10. T F The dyad is the single best number of people for effective disclosure. T
11. T F Crisis situations increase the chances of high disclosure. T
12. T F In fusion communication the same person is both the sender and receiver. T
13. T F Boomerang dialogue is a form of disclosure preferred in the Australian outback. F
14. T F Self-disclosure leads to self-knowledge. T
15. T F Men disclose more negative information than women. F
16. T F Both men and women disclose more as they age. T

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### Short-answer questions

1. Explain and provide an example for each of the following concepts: disclosure breadth and depth, under-disclosure, over-disclosure.
2. Discuss two of the guidelines mentioned for disclosing in interpersonal relationships.
3. Name and explain two purposes of self-disclosure.