Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Instructor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Instructor Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Quiz Chapter 1 – Where Should I Start?

**True/False**

1. The Career Development process begins with an understanding of what’s important to *you*.
Answer: True\*
2. A “getting a job” mindset is the foundation for good career development.
Answer: False\*
3. Career development is a “self-directed” process.
Answer: True\*
4. “Career resilience” means being able to control events that impact your career.
Answer: False\*
5. The ability to connect skills, preferences, and values to career choices is the secret to career success only for celebrities.
Answer: False\*
6. Career theorists study those factors that influence career and life decision-making.
Answer: True\*
7. Developmental theories are not a factor in explaining career development.
Answer: False\*
8. A person who is considering cutting back on his or her hours in an effort to ease into retirement is experiencing the life stage known as “disengagement.”
Answer: True\*

**Multiple Choice**

1. Diversity is changing the workplace. Which of the following statements best describes how it can influence a career seeker?
	1. Communities can expect a growth in churches offering different religions
	2. More employers will be people of color\*
	3. Technology will become color-blind
	4. More jobs will be eliminated

1. A major contributor to an increasingly multigenerational workplace is:
2. The obesity epidemic
3. The availability of web-based media
4. Inflation
5. An increased lifespan\*
6. This generation is known as Generation X:
7. Born between 1946 – 1964
8. Born between 1965 – 1980\*
9. Born between 1981 – 1999
10. Born between 2000 – Present
11. This generation is most likely to speak up to authority, feel empowered, and value collaboration:
12. Traditionalists
13. Generation X
14. Baby Boomers
15. Millennials\*
16. Technological advances that directly connect individuals have led to the development of a:
17. Flat global economy\*
18. Hierarchical global economy
19. Stagnant global economy
20. Massive global economy
21. Which of the following steps is not part of the career development process:
22. Daydreaming\*
23. Self-awareness
24. Decision making
25. Taking action
26. The career theorist who posited the idea that one’s self-concept evolves and is influenced by many factors is named:
27. Donald Rumsfeld
28. Donald Super\*
29. Donald Trump
30. Donald Parsons
31. The life stage that is responsible for helping us to clarify our interests and career choices is called:
32. Growth
33. Establishment\*
34. Exploration
35. Maintenance

**Short Answer**

1. Explain the concept of “self-assessment” as it relates to Career Development.
Answer:
The process of becoming aware of one’s thoughts, feelings, biases, preconceptions, fears and aspirations and incorporating this information into one’s career decisions
2. Give an example of an area within the world of work that is evolving.
Answer:
Any of the following: diversity, multigenerational issues, technology, globalization
3. How does a “career” differ from a “job?”
Answer:
A career evolves over time, reflects broad themes and involves an accumulation of skills and talents

**Completion**

1. A toolbox is to a construction worker as a career portfolio is to a \_\_\_\_\_\_\_\_\_\_\_\_.
Answer:
job seeker