

Quiz
Course 2: Finding Your Voice

Name:

Date:

Instructions: Read each question or statement and answer carefully. Choose the best answer.

True or False

1. Physical responses can provide clues about one's interests, preferences, strengths and challenges.
 - a. True
 - b. False
2. Trying new experiences can help someone identify their interests, preferences, strengths and challenges.
 - a. True
 - b. False
3. Your interests, preferences, strengths and challenges never change.
 - a. True
 - b. False
4. *SMART* goals give a general idea about what you want to work toward.
 - a. True
 - b. False
5. Identifying supports and resources in your community can help you reach your goals.
 - a. True
 - b. False

Multiple Choice

6. A profile:
 - a. can help organize your thoughts before you share personal information with others
 - b. is a brief snapshot of who you are
 - c. includes information, such as your interests, preferences, strengths, and needs
 - d. all of the above

7. The communication style that is most successfully used to advocate needs and resolve conflict is:
 - a. passive
 - b. assertive
 - c. aggressive