Student name:\_\_\_\_\_\_\_\_\_\_

**1)** Which is an outcome of writing down your goals?

A) All of the choices are correct.   
 B) It increases the likelihood of achieving your goals.  
 C) It can be the beginning of change in your life.  
 D) It reinforces your thoughts surrounding the goal.

**2)** Research has proven that goals provide the motivation for people to function more normally, even in an adverse environment.

⊚ true  
 ⊚ false

**3)** Goals should be very general and nonspecific to allow for flexibility and changing one's mind.

⊚ true  
 ⊚ false

**4)** What is an obstacle?

A) a sign we need to change dreams and goals   
 B) a warning  
 C) a problem we cannot overcome  
 D) a sign we are moving closer to our goals

**5)** Which of these would you need to reflect on before deciding on a career path?

A) your passions   
 B) All of the choices are correct.  
 C) your values  
 D) your unique gifts and talents

**6)** An avocation is a work situation taken primarily to make money.

⊚ true  
 ⊚ false

**7)** Employers prefer to hire people who are working.

⊚ true  
 ⊚ false

**8)** You should never take a job if it does not match with your program of study.

⊚ true  
 ⊚ false

**9)** A good "stretch goal" is one that is large enough to create the energy and motivation needed to achieve it, but not so lofty that it is unattainable.

⊚ true  
 ⊚ false

**10)** If you can remember your goals, there is no need to waste time writing them down.

⊚ true  
 ⊚ false

**11)** All of the following are necessary for goal-setting *except*

A) constructive thoughts.   
 B) negativity.  
 C) self-talk.  
 D) affirmations.

**12)** Which of the following is not true about a portfolio?

A) It is a group of documents that represents your work.   
 B) It is private and should not be part of your job search.  
 C) It represents your development over time.  
 D) Employers may wish to access it electronically.

**13)** Which of the following is an important question to ask yourself as you proceed in your career?

A) Will this choice make my parents happy?   
 B) Will this choice impress others?  
 C) Will this choice give me more money?  
 D) Will this choice take me closer to my destination?

**14)** A career mission statement is

A) a brief outline of your job description.   
 B) a statement that singles out a goal that needs revision.  
 C) the same as a SMART goal.  
 D) a broad statement of intent.

**15)** The portfolio must be in hard copy form only.

⊚ true  
 ⊚ false

**16)** A career mission statement is a brief description of your overall career purpose.

⊚ true  
 ⊚ false

**17)** Career mission statements can be modified over time.

⊚ true  
 ⊚ false

**18)** A career plan should be developed and implemented quickly in order to be effective.

⊚ true  
 ⊚ false

**19)** Science has proven that there is no way that we can control our thoughts.

⊚ true  
 ⊚ false

**20)** Repeating affirmations is one way to change our "self-talk."

⊚ true  
 ⊚ false

**21)** Which of the following are useful tools?

A) All of the choices are correct.   
 B) visualization  
 C) lists comparing what you want and do not want  
 D) affirmations

**22)** A portfolio is a group of documents that represents one's work.

⊚ true  
 ⊚ false

**23)** An effective mission statement should be stated so that it has a measurable component.

⊚ true  
 ⊚ false

**24)** Focusing on positives has no relationship to "good things happening" for a career seeker.

⊚ true  
 ⊚ false

**25)** There are a number of psychological studies that demonstrate meaningful goals are not essential to human health and well-being.

⊚ true  
 ⊚ false

**26)** A key feature of a good goal is that it excites you and fills you with energy.

⊚ true  
 ⊚ false

**27)** Goal formulation applies only to those who are searching for a career.

⊚ true  
 ⊚ false

**28)** Adopting a "winner's mentality" is key to achieving one's goals.

⊚ true  
 ⊚ false

**29)** An avocation is the same thing as a career.

⊚ true  
 ⊚ false

**30)** A fulfilling career may also include some tasks we do not love.

⊚ true  
 ⊚ false

**31)** What is the meaning of the phrase "What you focus on expands"?

A) Too much attention to a matter can cause it to grow out of control.   
 B) The object of your mental attention is what you will produce more of in your life.  
 C) Too much attention to one thing can make you appear negligent.  
 D) Lot of ideas tend to distract people.

**32)** Our self-talk is the mental chatter that occurs in our heads on a constant basis.

⊚ true  
 ⊚ false

**33)** Fear of failure can be an obstacle to developing goals.

⊚ true  
 ⊚ false

**34)** There is little relationship between attitude and career success.

⊚ true  
 ⊚ false

**35)** Which of the following should be true about your career mission statement?

A) It should be somewhat random in detail or direction.   
 B) It should help you plan out from where your career is now.  
 C) It should focus on the next five years.  
 D) It should land you a job.

**36)** A mission statement is designed to take a person through his or her first year of college.

⊚ true  
 ⊚ false

**37)** An affirmation is a conscious positive statement you say to yourself even if it's not true at the moment.

⊚ true  
 ⊚ false

**38)** Your mind's negative statements can be reversed.

⊚ true  
 ⊚ false

**39)** Which of the following is not a part of the career goal development process?

A) desires   
 B) interests  
 C) gifts and talents  
 D) job

**40)** Select the response that represents SMART goals.

A) Specific. Measurable. Attainable. Realistic. Tangible.   
 B) Stated. Measurable. Attainable. Realistic. Tangible.  
 C) Specific. Measurable. Actual. Realistic. Tangible.  
 D) Specific. Measurable. Attainable. Realistic. True.

**41)** Which of the following is not a useful source of salary information?

A) bls.gov   
 B) howtobeamillionaire.com  
 C) monster.com  
 D) salary.com

**42)** Which is a characteristic of people "stuck" or stalled out in their careers?

A) They feel burned out.   
 B) They feel jaded.  
 C) All of the choices are correct.  
 D) They feel uninspired.

**43)** Feeding your mind constructive thoughts will lead to confusion and should not be done.

⊚ true  
 ⊚ false

**44)** A job is a work situation you take to grow deeply.

⊚ true  
 ⊚ false

**45)** Which is a characteristic of a career?

A) It involves strategizing.   
 B) It is a kind of life path.  
 C) It is built over time and is guided by long-range goals.  
 D) All of the choices are correct.

**46)** You have found a career when your employment is built on skill, passion, experience, and education, as well as preference.

⊚ true  
 ⊚ false

**Answer Key**Test name: Career Achievement: Growing Your Goals Author: Blackett 3th ch1

1) A

2) TRUE

3) FALSE

4) D

5) B

6) FALSE

7) TRUE

8) FALSE

9) TRUE

10) FALSE

11) B

12) B

13) D

14) D

15) FALSE

16) TRUE

17) TRUE

18) FALSE

19) FALSE

20) TRUE

21) A

22) TRUE

23) TRUE

24) FALSE

25) FALSE

26) TRUE

27) FALSE

28) TRUE

29) FALSE

30) TRUE

31) B

32) TRUE

33) TRUE

34) FALSE

35) C

36) FALSE

37) TRUE

38) TRUE

39) D

40) A

41) B

42) C

43) FALSE

44) FALSE

45) D

46) TRUE