

Question

How is asking yourself “Why” helpful in building self-awareness?

Correct answer

It makes you aware of your intentions and thought processes.

It gives you time to think before you act.

It makes you let go of biases.

It gives you an opportunity to reflect.

Explanation

Before you act or decide on anything, it is always a good idea to know why you are going to do what you are about to do. Knowing the intentions behind your actions allows you to become more aware of your thought processes and will allow you to make smarter decisions.

Question

Which statement is true of people having very high self-esteem?

Correct answer

Others will be more comfortable in giving that person constructive feedback.

Tasks are easily achieved because of this.

Maturity comes along easily compared to others.

It can distort one’s knowledge about oneself.

Explanation

A very high evaluation of oneself may result in the individual being biased about himself, focusing only on his positive traits. This can also prevent him from taking in feedback from others.

Question

Who said, “No two persons are born exactly alike; but each differs from the other in natural endowments, one being suited for one occupation and the other for another.”?

Correct answer

Herodotus

Plato

Socrates

Aristotle

Question

Why is learning considered as a social activity?

Correct answer

An ordinary conversation can be a source of learning.

It makes use of textbooks.

Only qualified people can teach.

It is limited to the classroom setting.

Explanation

Experiences are personal, but there are many things that people can learn by listening to the personal experiences, characteristics, and habits of others. Learning is considered as a social activity since it involves both the formal and informal methods of gaining knowledge from others. It is not limited to a structured setting like a classroom. Whenever there is interaction among people, there is learning. A simple conversation can serve as a spark into acquiring knowledge.

Question

What term refers to the tendency to form whole which is greater than the sum of the parts through creative evolution?

Correct answer

emotions

feelings

holism

values

Explanation

Holism is the tendency in nature to form wholes which are greater than the sum of the parts through creative evolution.

The other answers are concepts that are related to the social and emotional development and spiritual development which are two components of holism.

Question

What term refers to the mental reactions and association to emotions?

Correct answer

feelings

memory

values

virtues

Explanation

This is the answer since feelings are subjective. They give labels to emotions based on subjective experiences.

Question

What is the term used to refer to ideas that are not based on truth?

Correct answer

dualism

irrational beliefs

association

self-evaluation

Explanation

This is the answer since irrational beliefs are thoughts do not have a basis in reality.

Dualism is the belief that the recognition and comprehension of the nature of things in a dual manner.

Association is formed when behavior is thought of to be related to an outcome.

Self-evaluation is the act of recognizing and evaluating the thoughts, emotions, and behaviors of the person.

Question

Which statement is **not** an example of an automatic judgment?

Correct answer

Does she come from Manila? She's liberated.

I think she's crazy because she is seeing a psychologist.

She did not smile at me. I wonder why.

All Cavitenos are brave.

Explanation

This is the answer because the person did not easily conclude. He/She is thinking about the possible explanation.

Question

This refers to the changes in intellectual abilities and thought processes.

Correct answer

Social Development

Cognitive Development

Physical Development

Emotional Development

Explanation

The answer is cognitive development. Socioemotional development refers to the changes in emotions, behaviors, and attitudes. Physical development is defined to be bodily changes - its appearance, functions, and abilities.

Question

Which of the following are cognitive changes in middle and late adolescents?

Correct answer

Organizes thoughts and ideas

Understands cause and effect better

Develops high expectations for him/herself and worries too much about failing

Discerns about the practicality of actions for their future

Explanation

Answers are: A, B and D.

Develops high expectations for him/herself and worries too much about failing – This is part of the socioemotional domain.

Question

Who conceptualized the developmental tasks of adolescents?

Correct answer

Erik Erikson

G. Stanley Hall

Robert Havighurst

Daniel Elkind

Explanation

Answer is Robert Havighurst.

Erik Erikson – Psychosocial development

G. Stanley Hall – Storm and Stress

Daniel Elkind - Imaginary audience and personal fable

Question

How is embracing socially acceptable behavior important interpersonally?

Correct answer

It will help the adolescent attain self-identity

It will enable the adolescent to have a more satisfying and more productive relationship with his community

It will develop self-confidence

It gives them an idea on how to pay bills, what to prepare for in a job interview, etc.

Explanation

Answer is: B.

When the adolescent adapts well with society by acting appropriately in terms of his/her age and maturity, it would be easier for him to be part of his community.

Question

What do you call the kind of comparison that happens when a person compares himself against someone worse than him?

Correct answer

Social Comparison

Upward Comparison

Downward Comparison

Healthy Comparison

Explanation

Downward Comparison takes place when a person compares himself against someone who is in a worse situation than he is.

Social Comparison is a theory. Upward Comparison is comparing against someone better.

Question

What do peers provide when they give comfort to an adolescent during times of trouble?

Correct answer

Friendship

Emotional Support

Self-worth

Financial support

Explanation

Adolescents consider their peers as equals and believe that they understand what they are going through. They receive emotional support from them, because they are able to express themselves freely without fear of being punished.

Question

How does maturity develop alongside responsibility?

Correct answer

As a person takes in more tasks, he begins to imbibe mental and emotional traits of an adult.

Physical changes are present during accomplishment of tasks.

Age becomes a factor in the process of sharing obligations.

Developmental domains are experiencing change rapidly during adolescence.

Explanation

Exposure to opportunities to become responsible allows an individual to practice skills and behavior needed in adulthood.

Question

Why is thinking before acting crucial in developing responsibility?

Correct answer

It promotes peace among members of a society.

It helps slow down the pace of development in an individual.

It gives a person the chance to make an impact on his community.

Making this a habit will help an adolescent make more informed choices about his life and will lessen chances of being in a position of difficulty and regret.

Explanation

Being able to discern well also makes him more mindful of his own actions and how these actions affect others. Responsibility will be born from this habit.

Question

What type of thinking is used when teens understand and explain concepts that are seen or directly experienced?

Correct answer

concrete

abstract

egocentrism

disturbed perception

Explanation

Concrete thinking is the answer. This type of thinking relies on directly experiencing a concept.

Abstract thinking relies on making a judgment on things that are not readily seen or directly experienced.

Egocentrism is the self-centeredness of a person.

Disturbed perception means the faulty interpretation of objects or events like hearing voices or seeing things that are not present.

Question

What competence is shown when a person can form and establish meaningful relationships with other people?

Correct answer

emotional

morality

identity

social

Explanation

This is the answer because social competence is our ability to relate to others effectively.

Emotional competence is how people manage and regulate their emotions.

Morality is how we live our lives according to a set of rules/principles.

Identity is our sense of who we are.

Question

Who is most likely to be influenced by their peers in doing risky behaviors?

Correct answer

An adolescent with supportive parents.

An adolescent who is well-adjusted.

An adolescent who was abandoned by parents.

An adolescent with poor relationships with their families.

Explanation

These are the answers because based on research, these are the types of adolescents who can be easily swayed by their peers, especially the popular ones, to engage in rule-breaking behaviors.

Question

What is the main idea of Expectancy-Value Theory?

Correct answer

The values of a person are influenced by the social environment.

The values of a person are controlled by parents.

The values of a person are mainly based on his socio-economic status.

The values of a person are affected by the social environment and the previous academic performance.

Explanation

This assumption upholds the notion that a person's values and expectations are influenced by the social environment and their prior academic performance. The presence of these two influences the parents into having a high or low expectation on the children.

Question

What is described as the permission to suppress responses that may hinder a goal?

Correct answer

inhibition

self-concept

working memory

short-term memory

Explanation

Inhibition is the answer because this is the permission to suppress responses that may hinder a goal.

Self-concept is the overall perception of a person about the self.

Working memory is memory-in-action.

Short-term memory is memory storage in which concepts or events are stored temporarily.

Question

Which situation shows defending the self-integrity?

Correct answer

A person who accepts defeat graciously

A person who is saying that he was cheated every time he loses a game

A person who practices more so he can perform better

A person who avoids joining contests because he is not in the mood to prepare an entry

Explanation

This is the answer since the person is trying to regain his lost confidence by saying that the reason he lost is that he was cheated.

The first and third choices show people who accept their defeat and strive hard to improve themselves.

The last option is a person who is not defending his self-integrity. Rather, he is just avoiding the burden and stress of joining a contest.

Question

What do you call the type of person that is most likely to suffer from episodic acute stress?

Correct answer

worry wart

an introvert

a doctor

a criminal

Explanation

A worry wart is someone who focuses on the negative side of things, always foresees or expects something unfortunate to happen, and who pointlessly worries so much about the past and the future.

Question

Wally has seen how stress affected his parents' marriage in a negative way. He promised himself that he would live a stress-free life instead. Why is this mentality wrong?

Correct answer

All kinds of stress are good for one's health.

Stress makes a person friendly and positive about life.

His parents just did not love each other anymore.

Stress is good because it makes a person motivated, efficient and productive.

Explanation

Not all kinds of stress are bad. Too much or too little of stress is not healthy for a person either way. Stress can make a person rise to a challenge.

Question

What coping strategies release the hormone endorphin?

Correct answer

resting

laughing

exercising

talking

Explanation

Laughing and exercising both release endorphins which are known to be "happy hormones" that make a person feel good and relaxed.

Question

Ben can meet all his goals for the day. What coping strategy did he apply to deal with the stress?

Correct answer

meditation

talking it out

managing time

laughing

Explanation

The feeling of being overwhelmed with tasks can be addressed by managing your time wisely. One must learn to set goals, standards, and limits when planning your days and weeks.

Question

Which part of the forebrain controls the flow of information from the cortex to the muscles and senses and vice versa?

Correct answer

amygdala

midbrain

thalamus

pons

Explanation

The thalamus is also found in the forebrain. Its main job is to control the flow of information going into the cerebral cortex, which is distributed to the muscles and senses and vice versa.

Question

Which one *does not* belong in the group?

Correct answer

pituitary gland

medulla oblongata

hippocampus

thalamus

Explanation

The medulla oblongata is located in the hindbrain, the rest are all part of the forebrain.

Question

What method is used when people are sitting together and giving ideas on how to solve a problem?

Correct answer

sharing

debate

brainstorming

rehearsing

Explanation

Brainstorming is a strategy in which ideas are elicited and collected by people in a particular group setting.

Question

Ron writes using his right hand, what region dominates Ron?

Correct answer

hindbrain

right brain

left brain

midbrain

Explanation

The brain hemispheres control the body in a contralateral way. The left hemisphere controls the right side of the body while the right side of the brain controls the left side of the body.

Question

Which mind-map focuses on the visualization of the outcome?

Correct answer

linear note-taking

lecture notes

tunnel timeline

power point

Explanation

Tunnel Timeline Map. The key phrase in this mind map is visualizing success. It is designed to deliver a solution or outcome. The key is to do visualization (like a picture) of the expected outcome or success.

Question

Aside from focusing on visual perception, what are the other domains that the right hemisphere is capable of processing?

Correct answer

Reading Math symbols.

Identifying the emotional content of facial expressions.

Evaluating the details of a story.

Arranging data in a logical manner.

Explanation

The right hemisphere also helps a person identify the emotional connotation of facial expressions and voice tone.

Question

What is the mnemonic device that refers to the organization of items.

Correct answer

categorical clustering

acrostic

interactive image

chunking

Explanation

Categorical clustering is the organization of a list of items into types.

Question

What could be the reason why teachers make students apply their lessons in actual situations or problem-solving items?

Correct answer

To recall and master the lessons learned

To master the use of mnemonic devices

To make the lesson enjoyable to students

To make use of their midbrain

Explanation

New information can be linked to the previous body of information through rehearsal. In terms of learning, new information can also be related to other subjects so recalling them can be easier.

Question

Eudaimonic, or psychological, well-being is rooted from the Greek word "daimon", which means _____.

Correct answer

autonomy

purpose

true nature

positive relations

Explanation

Daimon means "true nature." It reflects the essence of psychological well-being, which is to find one's true purpose in life.

Question

What psychological well-being dimension refers to one's sense of direction and ability to establish goals?

Correct answer

Personal Growth

Purpose in Life

Hedonic

Life Satisfaction

Explanation

This facet talks about how a person can define, pursue and act on one's life purpose to be able to find happiness.

Question

This is a distinct pattern of deliberately causing harm and humiliation towards others. It is called _____.

Correct answer

Bullying

Mental health

Emotional changes

Risky behavior

Explanation

Bullying is a distinct pattern of deliberately causing harm and humiliation towards others. Often the bullied are smaller, weaker, and younger. There is also a larger number of bullies against the bullied, or the bullied is more vulnerable than the bully.

Report errors

Question

Among the choices, which is not included in low mental health signs under prominent physical symptoms?

Correct answer

Digestive problems

Insomnia

Palpitations

Weight gain/loss

Question

What cognitive distortion pertains to thinking that if we feel a certain way about something or someone that is factually true?

Correct answer

Blaming

Shoulds

Personalization

Emotional reasoning

Explanation

Our emotions do not always indicate the truth of the situation. However, because of emotional reasoning our views are distorted into feeling a certain way about something or someone.

Question

What are the components of substance-induced disorders?

Correct answer

Intoxication

Withdrawal symptoms

Blaming

Catastrophizing

Explanation

Intoxication and withdrawal symptoms are components or symptoms of substance-induced disorders.

Question

What do you call the concept pertaining to the set of activities and actions that allow a person to be in a state of equilibrium with the socio-cultural environment the person is in?

Correct answer

Mental health

Mental hygiene

Socio-cultural environment

Self-Affirmation

Explanation

Mental hygiene depicts the harmony and balance of the various aspects of life of an individual. In general, mental hygiene is a concept pertaining to the set of activities and actions that allow a person to be in a state of equilibrium with the sociocultural environment the person is in.

Question

Which of the following are ways to find time for yourself?

Correct answer

Meditation

Drugs and alcohol

Working on a hobby

Self-affirmation

Explanation

Examples of finding time for one's self are: meditation and working on a hobby. These activities allow the person to rest and take a break from the responsibilities in daily life.

Question

Which of the following is **not** a component of emotion?

Correct answer

behavioral

cognitive

moral

physical

Explanation

The three major components of emotions are the following: physical, cognitive and behavioral components.

Question

Which among the components of emotion comes first in the overall experience of emotion?

Correct answer

behavioral

cognitive

physical

spiritual

Explanation

The first three options are the answers. All these three components appear to be interdependent. Multiple perspectives attempt to further explore the complexities of emotions.

Question

What particular domain of emotional intelligence requires us to accurately label and identify our emotions?

Correct answer

Perceiving emotions

Facilitating Emotions

Understanding Emotions

Managing emotions

Explanation

Understanding Emotions is the ability to appreciate the meaning of the emotion which starts by labeling or identifying the emotions with appropriate words, understanding the combination of the other expressed emotions, and understanding its complexities. For example, the feeling of boredom may lead to disgust, or a simple interest may eventually lead to irrational vigilance.

Question

Misty does not want to follow the instructions given by their teacher because her teacher usually gives her low grades. She suddenly shouted at her. On what emotional domain does Misty should improve?

Correct answer

Perceiving emotions

Facilitating emotions

Understanding emotions

Managing emotions

Explanation

This is the answer because Misty was not able to manage her emotion properly that is why she suddenly shouted at her teacher.

Question

Which among the following is **not** a positive emotion?

Correct answer

anticipation

surprise

disappointment

submission

Explanation

Anticipation, surprise, and submission are positive emotions. Disappointment is a mixed emotion from a primary emotion of sadness.

Question

How can we counter the unproductive effects of negative emotions?

Correct answer

ignore the negative emotion because it will pass

think of at least three positive emotions you experienced in the past

express it out by crying all day long

post your feelings on social media

Explanation

It is recommended that for every one negative emotion; one must have at least three positive ones to maintain the balance.

Question

According to a cognitive approach, what determines the emotion or feelings?

Correct answer

event/situation

emotional experience

a memory of experience

interpretation of the situation

Explanation

The cognitive approach discusses that during the process of self-talk, the interpretation a person makes of a situation or event determines the emotion or feelings.

Question

Which of the following emotion/s can give us the stimulus to improve on a certain situation?

Correct answer

fear

grief

sadness

annoyance

Explanation

Intense emotions can cause debilitating reaction, like grief, rage and terror, while emotions with lesser intensity (fear, sadness and annoyance) can give us the stimulus to improve in certain situations.