1. After completing several sessions with a social worker, Mr. H advises that he believes that he is capable of achieving his goals. This statement is an example of:

a. self-efficacy.

b. setting boundaries.

c. situational ideation.

d. self-concept.

2. Which of the following is a reason for monitoring the progress of clients?

a. Support research on practice methods.

b. Assess motivation for the change effort.

c. Report measures of recorded baseline data.

d. Evaluate the effectiveness of interventions.

3. Additive empathy is employed as a means to enhance:

a. interpersonal relations.

b. emotional reaction.

c. self-awareness.

d. perceptual set.

4. The term relational reactions are an expression of:

a. emotions on the part of the client or social worker.

b. quality of client's interactions with family members.

c. candid confrontations between marital partners.

d. feelings expressed by a client at termination.

5. Tasks to be completed by the social worker during the initial phase of the helping process include:

a. gathering information about the person.

b. partializing goals into manageable steps.

c. concentrating on establishing desired outcomes.

d. intervening to assess the nature of the concern.

6. The following statements about the solution focused approach are true EXCEPT:

a. facilitates client ownership of concerns.

b. focuses on goals.

c. assumes that clients have solutions within.

d. emphasizes expert information.

7. Self-efficacy refers to a belief that you can successfully accomplish tasks or behaviors associated with specific goals.

True

False

8. Relational reactions or emotional reactions that impede effectiveness of a working relationship can occur to:

a. clients.

b. social workers.

c. both clients and social workers.

9. Calling clients by their first names is a universally accepted way of establishing rapport.

True

False

10. A skill that encourages a client to continue verbalizing a concern is known as:

a. paraphrasing.

b. furthering.

c. empathizing.

d. intellectualizing.