

# Assessment

## ***Preventing Job Burnout*** ***Revised Edition***

The objectives of this book are:

- To explain thought patterns that can cause burnout
- To suggest ways to deal with negative thought patterns
- To explain the relationship of thoughts and feelings

■ CRISP<sub>series</sub>

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## **Assessment Questions for *Preventing Job Burnout, Revised Edition***

*Select the best response.*

1. Although any person can be a victim of job burnout, the most susceptible are:
  - A. Police officers
  - B. Nurses
  - C. Researchers
  - D. All of the above
  - E. A and B
  
2. If your work once seemed important but now seems pointless:
  - A. Your work must have changed
  - B. You may be burning out
  - C. You have grown beyond your job
  
3. It's possible to feel motivated and in control even when dealing with negative situations.
  - A. True
  - B. False
  
4. Research shows that if you feel powerless, when the chance for change comes you will be able to act on it:
  - A. Easily
  - B. With difficulty
  
5. If rebelling against control has become basic for you, you may:
  - A. Find it easy to take charge of changing your life
  - B. Rebel against your own decision to change
  
6. When you write a self-contract, you should write it for:
  - A. More than you think you can accomplish
  - B. Only as much change as you know you can accomplish

7. You can get more done and increase the quality of your work if you:
  - A. Expect perfection of yourself
  - B. Are self-critical
  - C. Indulge and compliment yourself
  
8. Select the best goal:
  - A. I'll stop watching so much television.
  - B. I'll watch only educational programs on television.
  - C. I'll watch only the nightly news and two or three public TV specials each week.
  
9. A goal statement should include all of the following except:
  - A. A deadline
  - B. A negative win
  - C. A compelling image
  - D. A specific result
  
10. To map the steps needed to reach your goal:
  - A. Start with the first step you need to take
  - B. Start at the completed goal, and work your way backwards
  
11. The objective of stress management is to:
  - A. Eliminate stress
  - B. Keep stress levels manageable
  - C. Remove causes of stress
  
12. Most people are not aware of the level of tension they are experiencing.
  - A. True
  - B. False
  
13. The essential ingredient to personal power is:
  - A. Skills
  - B. Intelligence
  - C. Self-observation
  - D. Good luck

14. Changing outside circumstances is the best way to manage stress.
- A. True
  - B. False
15. Building a social support system:
- A. Should not be necessary at work
  - B. Should concentrate within the family
  - C. Is necessary in all parts of life
  - D. All of the above
16. Job security depends upon:
- A. Being an expert at what you do
  - B. Knowing how to acquire needed skills
17. When you begin work in a new job, you should:
- A. Do the job as the person before you did it
  - B. Tailor the job to your preferred way of doing it
18. The best way to expand your job is to:
- A. Work longer hours
  - B. Concentrate on a few specific tasks
  - C. Identify unattached problems
  - D. Ask your boss what more you can do
19. The best way to begin a new responsibility is to:
- A. Start with an easy task
  - B. Identify the problem to be solved
  - C. Find out how others handle the responsibility
20. If you feel burned out in your job, the first question to ask is:
- A. "Who is causing my burnout?"
  - B. "Where would I prefer to work?"
  - C. "Is the problem related to situation or tasks?"

21. Envisioning an ideal job should relate to preferred tasks but not to preferred people characteristics.
- A. True
  - B. False
22. Before you decide to look for a new job, you should:
- A. Know exactly why the present one isn't right
  - B. Not make the move if the job market is weak
23. Our moods are most influenced by:
- A. What people do to us
  - B. Our responsibilities
  - C. The environment around us
  - D. What we think
24. It is possible to train yourself to never have negative thoughts.
- A. True
  - B. False
25. "Detached concern" is:
- A. Not letting a bad situation affect you
  - B. Making every situation a winning one
  - C. A balance of involvement and nonattachment
  - D. Being concerned but not empathetic

**Answer Key for  
Preventing Job Burnout, Revised Edition**

*Recommended response (Corresponding workbook page)*

- |           |              |            |            |             |
|-----------|--------------|------------|------------|-------------|
| 1. E (3)  | 6. B (43)    | 11. B (46) | 16. B (71) | 21. B (89)  |
| 2. B (2)  | 7. C (40)    | 12. A (52) | 17. B (76) | 22. A (85)  |
| 3. A (22) | 8. C (28-29) | 13. C (53) | 18. C (80) | 23. D (93)  |
| 4. B (14) | 9. B (28)    | 14. A (58) | 19. B (80) | 24. B (98)  |
| 5. B (22) | 10. B (34)   | 15. C (62) | 20. C (85) | 25. C (100) |