

# Career Job Search Skills MCQ

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## 1. Job Search Skills MCQ

- Unit 03: Stress Management
- Unit 01: Getting Started
- Unit 02: Creating A Game Plan

## 4. Chapter: Unit 03: Stress Management

### 1. Unit 03: Stress Management Questions

#### 4.1.1. According to psychiatrists Thomas Holmes and Richard Rahe, when do ...

Author: Mary Matera

According to psychiatrists Thomas Holmes and Richard Rahe, when do we generally feel stress?

Please choose only one answer:

- When we start a new and exciting job
- When we meditate
- When we have mastered our learning curve
- When we feel in control of things

Check the answer of this question online at QuizOver.com:

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#### 4.1.2. Dr. Martin Seligman says we explain events using what dimensions?

Author: Mary Matera

Dr. Martin Seligman says we explain events using what dimensions?

Please choose only one answer:

- Negativity, pervasiveness, personalization
- Permanence, pervasiveness, personalization
- Glass half empty, negativity, permanence
- Glass half empty, pervasiveness, permanence

Check the answer of this question online at QuizOver.com:

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### 4.1.3. The Holmes and Rahe Stress Scale assigns what "value" for a persona...

Author: Mary Matera

The Holmes and Rahe Stress Scale assigns what "value" for a personal injury or illness?

Please choose only one answer:

- 73
- 50
- 53
- 44

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#### 4.1.4. What is the benefit of keeping a stress diary?

Author: Mary Matera

What is the benefit of keeping a stress diary?

Please choose only one answer:

- You can analyze long-term stresses and manage them.
- It will help you understand how some stressors are beneficial to you.
- You will learn the levels of pressure at which you operate most effectively.
- You will learn which stressors to ignore, because they are just part of life.

Check the answer of this question online at QuizOver.com:

Question: [What is the benefit of keeping a stress diary Mary Matera @Saylor](#)

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#### 4.1.5. Which of the following is an appropriate reason to avoid negative t...

Author: Mary Matera

Which of the following is an appropriate reason to avoid negative thinking?

Please choose only one answer:

- People interpret negative thinking as sadness.
- Optimistic and positive people are happier and healthier than negative people.
- Positive people are more analytical than negative people.
- What we expect usually does not come true.

Check the answer of this question online at QuizOver.com:

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## 4. Chapter: Unit 01: Getting Started

### 1. Unit 01: Getting Started Questions

#### 4.1.1. According to John Holland, what values might be attributed to a &qu...

Author: Mary Matera

According to John Holland, what values might be attributed to a "Conventional" personality?

Please choose only one answer:

- Development or acquisition of knowledge
- Creative expression of ideas, emotions, or sentiments
- Material or financial accomplishment
- Fostering the welfare of others

Check the answer of this question online at QuizOver.com:

Question: [According to John Holland what values might Mary Matera @Saylor Job](#)

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#### 4.1.2. According to Jung, which criterion defines how a person implements ...

Author: Mary Matera

According to Jung, which criterion defines how a person implements the information he or she has processed?

Please choose only one answer:

- Judging-Perceiving
- Thinking-Feeling
- Sensing-Intuition
- Extraversion-Introversion

Check the answer of this question online at QuizOver.com:

Question: [According to Jung which criterion defines Mary Matera @Saylor Job](#)

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#### 4.1.3. Isabel Briggs Myers added an additional criterion to Jung's classif...

Author: Mary Matera

Isabel Briggs Myers added an additional criterion to Jung's classifications. The different combinations of all of the criteria determine how many possible types?

Please choose only one answer:

- 12
- 16
- 24
- 32

Check the answer of this question online at [QuizOver.com](http://www.quizover.com):

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#### 4.1.4. What characteristics are described by John Holland's classification...

Author: Mary Matera

What characteristics are described by John Holland's classification system?

Please choose only one answer:

- I.Q. and emotional intelligence
- Problem solving ability
- People and work environments
- Leadership and persuasion

Check the answer of this question online at QuizOver.com:

Question: [What characteristics are described by John Mary Matera @Saylor Job](#)

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#### 4.1.5. Which of the following classifications defines how a person process...

Author: Mary Matera

Which of the following classifications defines how a person processes information?

Please choose only one answer:

- Judging-Perceiving
- Extraversion-Introversion
- Sensing-Intuition
- Thinking-Feeling

Check the answer of this question online at QuizOver.com:

Question: [Which of the following classifications defines Mary @Saylor Foundat](#)

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## 4. Chapter: Unit 02: Creating A Game Plan

### 1. Unit 02: Creating A Game Plan Questions

#### 4.1.1. According to the experts, what strategy yields the best results to ...

Author: Mary Matera

According to the experts, what strategy yields the best results to job seekers?

Please choose only one answer:

- Writing elevator speeches
- Using internet job sites
- Networking
- Visiting employment agencies

Check the answer of this question online at QuizOver.com:

Question: [According to the experts what strategy yields Mary Matera @Saylor](#)

Flashcards:

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#### 4.1.2. What is one purpose of an informational interview?

Author: Mary Matera

What is one purpose of an informational interview?

Please choose only one answer:

- To ask the professionals if they have a job available and perhaps to even get an offer
- To ask questions about the professional's typical day
- To focus questions solely on the business
- To ask as many "yes" or "no" questions as possible

Check the answer of this question online at QuizOver.com:

Question: [What is one purpose of an informational Mary Matera @Saylor Foundat](#)

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### 4.1.3. What is one way to research occupations using the Occupational Outl...

Author: Mary Matera

What is one way to research occupations using the Occupational Outlook Handbook?

Please choose only one answer:

- Maximum pay
- Minimum pay
- Median pay
- Mean pay

Check the answer of this question online at QuizOver.com:

Question: [What is one way to research occupations using Mary Matera @Saylor](#)

Flashcards:

<http://www.quizover.com/flashcards/what-is-one-way-to-research-occupations-using-mary-matera-saylor?pdf=1505>

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#### 4.1.4. You are writing an "Elevator Speech." Which of the following best d...

Author: Mary Matera

You are writing an "Elevator Speech." Which of the following best describes this type of speech?

Please choose only one answer:

- A two-minute description of your skills and career goals
- A speech you present before co-workers in your company's elevator
- A "thank you" speech to recite to a valuable networking contact
- A brief presentation to memorize for the second interview

Check the answer of this question online at QuizOver.com:

Question: [You are writing an Elevator Speech. Which of Mary Matera @Saylor](#)

Flashcards:

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#### 4.1.5. You have hard feelings toward your former boss. What is the recomme...

Author: Mary Matera

You have hard feelings toward your former boss. What is the recommended strategy to respond to questions about your former employer?

Please choose only one answer:

- Respond truthfully that your former boss was incompetent.
- Tell the networking contact that you are feeling angry about your boss and really do not want to discuss him.
- Ignore your negative feelings and talk positively about your last boss
- Have your story ready about a particular problem you solved, or a challenge you overcame at your job

Check the answer of this question online at QuizOver.com:

Question: [You have hard feelings toward your former Mary Matera @Saylor Job](#)

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