

Job Search Skills Unit 03: Stress Management

Author: Mary Matera

Published 2014

Create, Share, and Discover Online Quizzes.

QuizOver.com is an intuitive and powerful online quiz creator. [learn more](#)

Join QuizOver.com



How to Analyze Stocks

By Yasser Ibrahim

1 month ago
12 Responses

© iStock: Thomson Moter



Pre Employment English

By Katharina jennifer N

5 months ago
19 Responses

© iStock: Albin



Lean Startup Quiz

By Yasser Ibrahim

2 months ago
16 Responses

© iStock: Gekwini Okun

Powered by QuizOver.com

The Leading Online Quiz & Exam Creator

Create, Share and Discover Quizzes & Exams

<http://www.quizover.com>

Disclaimer

All services and content of QuizOver.com are provided under QuizOver.com terms of use on an "as is" basis, without warranty of any kind, either expressed or implied, including, without limitation, warranties that the provided services and content are free of defects, merchantable, fit for a particular purpose or non-infringing.

The entire risk as to the quality and performance of the provided services and content is with you.

In no event shall QuizOver.com be liable for any damages whatsoever arising out of or in connection with the use or performance of the services.

Should any provided services and content prove defective in any respect, you (not the initial developer, author or any other contributor) assume the cost of any necessary servicing, repair or correction.

This disclaimer of warranty constitutes an essential part of these "terms of use".

No use of any services and content of QuizOver.com is authorized hereunder except under this disclaimer.

The detailed and up to date "terms of use" of QuizOver.com can be found under:

<http://www.QuizOver.com/public/termsOfUse.xhtml>

eBook Content License

Mary Matera. Job Search Skills. The Saylor Foundation, <http://www.saylor.org/courses/prdv101/>

Creative Commons License

Attribution-NonCommercial-NoDerivs 3.0 Unported (CC BY-NC-ND 3.0)

<http://creativecommons.org/licenses/by-nc-nd/3.0/>

You are free to:

Share: copy and redistribute the material in any medium or format

The licensor cannot revoke these freedoms as long as you follow the license terms.

Under the following terms:

Attribution: You must give appropriate credit, provide a link to the license, and indicate if changes were made. You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use.

NonCommercial: You may not use the material for commercial purposes.

NoDerivatives: If you remix, transform, or build upon the material, you may not distribute the modified material.

No additional restrictions: You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits.

Table of Contents

Quiz Permalink: <http://www.quizover.com/question/unit-03-stress-management-by-mary-matera-saylor-foundat-job>

Author Profile: <http://www.quizover.com/user/profile/mary.matera>

1. Unit 03: Stress Management

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:

Question: [According to psychiatrists Thomas Holmes and Mary Matera @Saylor](#)

Flashcards:

<http://www.quizover.com/flashcards/according-to-psychiatrists-thomas-holmes-and-mary-matera-saylor?pdf=3044>

Interactive Question:

<http://www.quizover.com/question/according-to-psychiatrists-thomas-holmes-and-mary-matera-saylor?pdf=3044>

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:

Question: [Dr. Martin Seligman says we explain events Mary Matera @Saylor Job](#)

Flashcards:

<http://www.quizover.com/flashcards/dr-martin-seligman-says-we-explain-events-mary-matera-saylor-job?pdf=3044>

Interactive Question:

<http://www.quizover.com/question/dr-martin-seligman-says-we-explain-events-mary-matera-saylor-job?pdf=3044>

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

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

Question: [The Holmes and Rahe Stress Scale assigns what Mary Matera @Saylor](#)

Flashcards:

<http://www.quizover.com/flashcards/the-holmes-and-rahe-stress-scale-assigns-what-mary-matera-saylor?pdf=3044>

Interactive Question:

<http://www.quizover.com/question/the-holmes-and-rahe-stress-scale-assigns-what-mary-matera-saylor?pdf=3044>

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](#)

Flashcards:

<http://www.quizover.com/flashcards/what-is-the-benefit-of-keeping-a-stress-diary-mary-matera-saylor?pdf=3044>

Interactive Question:

<http://www.quizover.com/question/what-is-the-benefit-of-keeping-a-stress-diary-mary-matera-saylor?pdf=3044>

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:

Question: [Which of the following is an appropriate Mary Matera @Saylor Foundat](#)

Flashcards:

<http://www.quizover.com/flashcards/which-of-the-following-is-an-appropriate-mary-matera-saylor-foundat?pdf=3044>

Interactive Question:

<http://www.quizover.com/question/which-of-the-following-is-an-appropriate-mary-matera-saylor-foundat?pdf=3044>