**The Emerging Professional**

**Instruction: Please answer ALL questions in sections A and B and the ONE question in section C.**

**SECTION A**

1. When John was asked to give the vote of thanks, he did not hesitate. He was confident that he could succeed in carrying out the task well. John is displaying:

A. A high level of dependence

B. A high level of self-efficacy

C. A high level of initiative

D. A high level of powerlessness

2. The teacher spoke to students about the need to understand their thoughts, actions, beliefs and ideas so that they can effectively relate to others. His focus was on the understanding of the:

A. Self-efficacy and the impact on relationships

B. Self concept and the impact on relationships

C. Self handicapping and the impact on relationships

D. Super ego and the impact on relationships

3. The teenage boy expressed that he is frustrated with life and this has caused him to respond negatively to others. There is need for him to attend to his:

A. Physical self

B. Mental self

C. Spiritual self

D. Social self

4. A person’s overall sense of worth is best described as:

A. self awareness

B. self knowledge

C. self esteem

D. self-monitoring

5. Fitz reflects on his values and competences. This leaves him feeling good about himself on some days and not so good on others. Which concept below describes what Fitz is attending to?

A. self esteem

B. personality

C. identity

D. self-fulfilling prophecy

6. Prior to her class presentation, Rachel lied about not feeling well so that if the presentation did not go well the teacher and her classmates would understand that it is because she is not feeling well. Jessica has demonstrated:

A. self handicapping

B. self efficacy

C. self esteem

D. self-fulfilling prophecy

7. In analyzing self Deandra realizes that who she thinks she is and who she wants to be are very dissimilar. She therefore realizes that:

A. Self actualization might be difficult as she is in a state of congruence

B. Self actualization might be difficult as she is in a state of incongruence

C. Self actualization might be easy as she is in a state of congruence

D. Self actualization might be easy as she is in a state of incongruence

8. The angry teacher shouted and stormed out of the meeting, in response to a disgruntled parent.

Which aspect of her personality would she utilize in ensuring that her action is more rational?

A. id

B. superego

C. trait

D. ego

**SECTION B**

1. Carl Rogers believed that for a person to achieve self-actualization they must be in a state of congruence. Explain the difference between the terms “**congruence**” and “**incongruence**” as used by Rogers.

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2. Explain “self-fulfilling prophecy” and use a relevant example to show how the outcome may be positive or negative.

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3. Briefly discuss **ONE** specific way in which one selected factor can influence the development of self.

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4. Using **ONE** example, explain the difference between ***conditional*** ***positive regard***.

and ***unconditional positive regard***.

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**SECTION C**

**Respond to this ONE item in essay format.**

1. Select a theory of personality development and discuss how **FOUR** aspects of the theory could help you to understand your own self development.