

**TEST ITEMS FOR
INSTRUCTORS**

Seventh Edition

Youth at Risk

**A Prevention Resource for
Counselors, Teachers, and Parents**

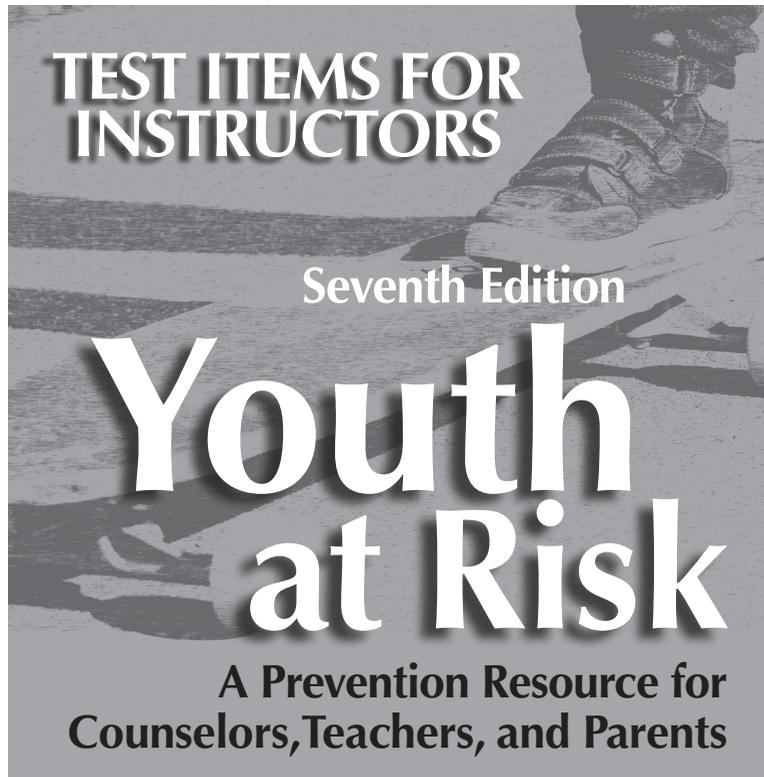
edited by

David Capuzzi
Douglas R. Gross



AMERICAN COUNSELING
ASSOCIATION

6101 Stevenson Avenue, Suite 600 • Alexandria, VA 22304
www.counseling.org



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American Counseling Association

6101 Stevenson Avenue, Suite 600
Alexandria, VA 22304

Associate Publisher • Carolyn C. Baker

Digital and Print Development Editor • Nancy Driver

Senior Production Manager • Bonny E. Gaston

Copy Editor • Beth Ciha

Cover and text design by Bonny E. Gaston



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Note to Instructors

The test items to accompany *Youth at Risk: A Prevention Resource for Counselors, Teachers, and Parents* (7th ed.) can be used for the purpose of creating midterm and final exams.

Fifteen test items for each chapter are presented in the same order in which the textbook chapters appear. Answer keys for all chapters are found on pages 71–72 of this booklet.

It is the intent and hope of the editors that these test items will be helpful to those utilizing this text. The editors appreciate the contributions made by the writers of individual chapters.



PART I

Introducing the Problem



Defining Youth at Risk

True/False

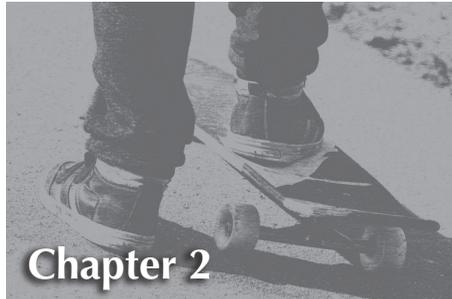
1. The definition of *at risk* used in this text includes both a cause and effect perspective.
 - a. True
 - b. False
2. The population of at-risk youth, as defined in this text, includes all youth regardless of age.
 - a. True
 - b. False
3. From an educational perspective, there seems to be a good deal of consistency regarding the behaviors of youth who fall within the parameters of the at-risk population.
 - a. True
 - b. False
4. The term *internal environment*, as used in this text, refers to what individuals bring to or take from the many environments that are a part of their world.
 - a. True
 - b. False
5. Social media has both a positive and a negative impact on today's youth.
 - a. True
 - b. False

Multiple Choice

6. The basic criteria underlying the development of effective prevention programs for at-risk youth include which of the following?
 - a. Causal factors
 - b. School involvement
 - c. The population
 - d. Both a and c
7. Stopping something prior to its beginning is referred to as
 - a. Secondary prevention
 - b. Primary prevention
 - c. Tertiary prevention
 - d. Ongoing prevention
8. According to the chapter, which of the following is not characteristic of resiliency?
 - a. Comprehending, appreciating, and producing humor
 - b. Being proactive
 - c. Approaching life's problems in a passive way
 - d. Possessing positive self-esteem
9. The theory behind prevention programs is best stated as
 - a. Stop something from developing
 - b. Stop something from continuing
 - c. Stop something from being repeated
 - d. None of the above
10. According to the chapter, which of the following is not an at-risk behavior when viewed from a school perspective?
 - a. Tardiness
 - b. Aggressive behavior
 - c. Being secretive about friends and activities
 - d. Truancy

Matching

11. ___ Stop certain behaviors from beginning
12. ___ Stop certain behavior from continuing
13. ___ Stop behaviors from reoccurring
14. ___ Approaching life's problems in an active way
15. ___ Turmoil, trial, struggle, compromise, and stress
 - a. A characteristic of resilience
 - b. Secondary prevention
 - c. Primary prevention
 - d. Tertiary prevention
 - e. Characteristics of the developmental period of youth



Prevention: An Overview

True/False

1. Prevention efforts target a single system.
 - a. True
 - b. False
2. Prevention efforts include social and life skills training.
 - a. True
 - b. False
3. Peer facilitation is sometimes called *peer counseling*.
 - a. True
 - b. False
4. Reading the research on prevention programs is an important first step in planning prevention programs.
 - a. True
 - b. False
5. Reading the research on prevention programs is an important first step in planning prevention programs.
 - a. True
 - b. False

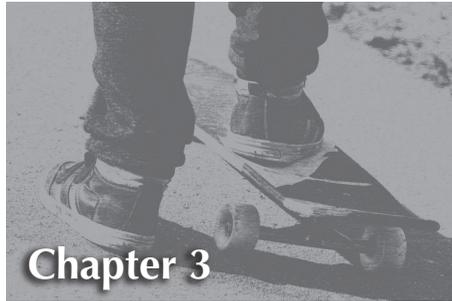
Multiple Choice

6. During periods of crisis
 - a. It is too late to do any kind of prevention
 - b. It is difficult to engage people in prevention efforts
 - c. Secondary prevention efforts should be provided for the purpose of restoring equilibrium
 - d. People may need assistance in realizing that the situation is out of control
7. Secondary prevention
 - a. Attempts to reduce the amount of residual impairment that follows the resolution of some crisis
 - b. May consist of parent education seminars to prevent child neglect and abuse
 - c. Is occurring when adolescents who have completed residential or outpatient programs for substance abuse are in weekly support groups
 - d. Consists of early intervention with people in crisis for the purpose of restoring equilibrium as soon as possible
8. A support group for students who are experiencing the grief and loss associated with the unexpected death of a peer is an example of
 - a. Primary prevention
 - b. Secondary prevention
 - c. Tertiary prevention
 - d. Primary, secondary, and tertiary prevention
9. Statistics indicate that
 - a. Approximately 1 in 5 youth ages 13 to 18 (21.4%) experience a severe mental disorder at some point during their lives
 - b. AIDS has become one of the leading causes of death among youth ages 12 to 15
 - c. Adolescent suicide ranks fourth or fifth in most reports of the leading causes of death in youth ages 11 to 24
 - d. 25% to 30% of child mental health referrals are for children impacted by divorce
10. Young people who are depressed or conduct disordered
 - a. Do not engage in multiple problem behaviors
 - b. Are not easily influenced by peers
 - c. Are usually members of minority groups
 - d. Are extremely vulnerable to making choices that are far from responsible and productive

Matching

11. ___ Primary
12. ___ Secondary
13. ___ Tertiary
14. ___ Prevention
15. ___ DECIDE

- a. Attempts to reduce the amount of residual impairment that follows the resolution of some crisis
- b. Is not based on the prevalent diagnostic/prescriptive approach
- c. Is a learning strategy for cognitive change
- d. Involves proactive planning of strategies and activities to keep specific problems or crises from developing in the first place
- e. Consists of early intervention with people in crisis for the purpose of restoring equilibrium as soon as possible and reducing the impact of the distress



Resilience: Individual, Family, School, and Community Perspectives

True/False

1. The resilience paradigm's unified viewpoint has developed from multidisciplinary research and practices.
 - a. True
 - b. False
2. Resiliency is a self-righting quality free of environmental influences.
 - a. True
 - b. False
3. Studies of resilience point toward powerful protective mechanisms for human development that can be fostered for all people.
 - a. True
 - b. False
4. When counselors understand their own resilience, they are in a better position to more effectively foster the resilience in others.
 - a. True
 - b. False
5. Emmy Werner and her colleagues used a prospective and longitudinal design that has extended over 40 years.
 - a. True
 - b. False

Multiple Choice

6. Kitashima (1997) commented that one factor having a profound impact on her resiliency was
 - a. Being active, affectionate, cuddly, and good natured as a child
 - b. Knowing how to read by age 10
 - c. Being reflective rather than impulsive
 - d. Having a sense of faith or power greater than herself
7. Covitality's core domains are
 - a. Emotional competence, engaged living, belief in self, belief in others
 - b. Sense of purpose, care and support, realistic expectations
 - c. Emotional competence, sense of purpose, belief in self, opportunities for participation
 - d. Care and support, realistic expectations, and engaged living
8. How does the notion that "resilience is a capacity all youth have for healthy development and successful learning" (Benard, 2004, p. 4) shift the professional perspective?
 - a. Toward making more referrals to make sure clients have the support they need
 - b. Toward making sure clients get the right answers
 - c. Toward seeing youth as having the developmental resources and self-righting capacities they need to navigate through life
 - d. Toward taking more of a teaching perspective rather than a counseling perspective
9. Discourses are
 - a. Exchanges between people that make taken-for-granted assumptions about the world
 - b. Verbal tricks that help counselors get people to change
 - c. Cultural attempts to redefine the world as we know it
 - d. Verbal exchanges that help people take actions to change the environment around themselves
10. Engage living includes which of the following subdomains?
 - a. Zest
 - b. Optimism
 - c. Gratitude
 - d. All of the above

Matching

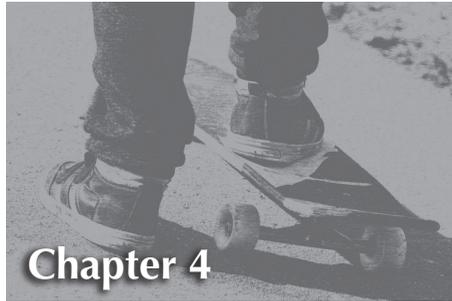
11. ___ Covitality
12. ___ Resilience
13. ___ Lifescaping action research
14. ___ Ecorelational
15. ___ Restorative justice

- a. A process of healthy human development based on and growing out of nurturing relationships that support social, academic, and vocational competence and the capacity to spring back despite environmental stressors
- b. A process for bringing about the world you want via continuous improvement
- c. A construct that poses an alternative to comorbidity
- d. A condition of biological, social, and psychological beings embedded in discourses
- e. An approach to holding individuals and groups accountable and responsible for their choices and actions



PART II

Examining the Causes



The Impact of Dysfunctional Family Dynamics on Children and Adolescents

True/False

1. In families at the moderate dysfunction level, each parent presents an appropriate image to the outside world.
 - a. True
 - b. False
2. In terms of specific maltreatment categories, children living with one parent who had an unmarried partner (not the child's parent) in the household experienced physical abuse at a rate of 10 times and sexual abuse at a rate of 17 times the rates of children residing with two married biological parents.
 - a. True
 - b. False
3. Children who cope through externalized behaviors are likely to appear depressed, joyless, phobic, hypervigilant, and regressed.
 - a. True
 - b. False
4. Dysfunctional family dynamics are not an important consideration when working with at-risk youth.
 - a. True
 - b. False

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5. Counseling for at-risk youth absent a family component leads to decreased functioning in families of color.
- True
 - False

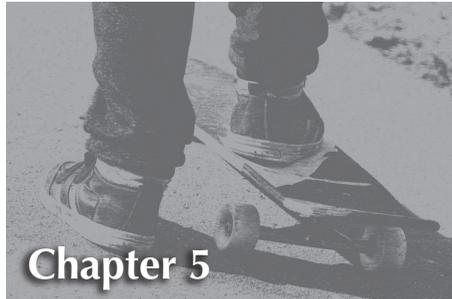
Multiple Choice

6. The impact of a child's illness on a family includes which of the following?
- Family members tend to overreact to simple problems
 - Parents are protective of the children
 - The entire family becomes acutely sensitive
 - All of the above
7. The latest National Incidence Study of Child Abuse and Neglect study reported the overall rate of child maltreatment at 1 in ____.
- 2
 - 3
 - 25
 - 200
8. Children who cope through externalized behaviors commonly express all of the following except:
- Hostility
 - Inhibition
 - Delinquency
 - Violence
9. Behavioral domains of the sexualized child include which of the following?
- Boundary problems
 - Sexual inhibition
 - Sexual intrusiveness
 - Both a and c
10. Competent parent-monitoring behaviors include which of the following?
- Asking their child where he or she is going
 - Obtaining a list of telephone numbers of their child's friends
 - Calling parents of their child's friends
 - All of the above

Matching

- ___ Brief strategic family therapy
- ___ A federal report on maltreatment rates
- ___ A common role in dysfunctional families
- ___ A primary prevention activity
- ___ An example of community capacity building

- a. The identified patient
- b. Szapocznik
- c. Parent education
- d. NIS-4
- e. Community-wide networking



“Will I Ever Measure Up?” Problems of Self-Esteem

True/False

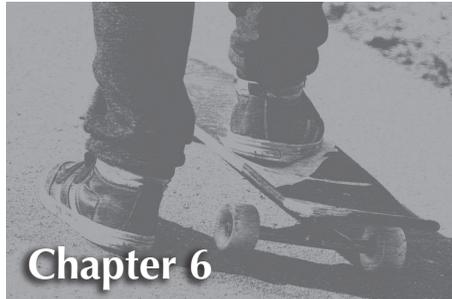
1. A person may have low self-esteem in some areas and high self-esteem in others.
 - a. True
 - b. False
2. Global self-esteem impacts feeling of competence more than selective self-esteem.
 - a. True
 - b. False
3. Moderate self-esteem is less desirable than high self-esteem.
 - a. True
 - b. False
4. Parental involvement is desirable but not necessary in the self-esteem development of children.
 - a. True
 - b. False
5. Today the transfer of values from generation to generation is accomplished more by the media and less by mediation of available and multiple adult role models.
 - a. True
 - b. False

Multiple Choice

6. A definition of self-esteem includes all but one of the following:
 - a. Feedback from others
 - b. Self-evaluation
 - c. Perception of others
 - d. Feelings of competence
7. Which is not a factor in low self-esteem?
 - a. A history of devaluation
 - b. Low academic achievement
 - c. A focus on strengths
 - d. Negative self-evaluation
8. What is a critical belief or attitude to be fostered in children to build self-esteem?
 - a. The belief that children have the ability to impact their world
 - b. The belief that children can learn specific behaviors
 - c. The belief that children can have an internal locus of control
 - d. The belief that children can make good decisions
9. Which of the following impacts the development of self-esteem?
 - a. Maturation
 - b. Environment
 - c. Parenting practices
 - d. All of the above
10. According to research, which is the most frequent source of counterbalancing low self-esteem in support for African American youth?
 - a. Families
 - b. Schools
 - c. Church
 - d. Peers

Matching

11. ___ Physical activity and sports
12. ___ Collective self-esteem
13. ___ Avoiding risk taking
14. ___ Volunteering
15. ___ Influences self-esteem development
 - a. An individual way to improve self-esteem
 - b. Positively correlated with high self-esteem
 - c. Have youth involved in planning programs
 - d. Indicative of low self-esteem
 - e. Identifying as a member of a specific social group



Identifying and Preventing Mood Disorders in Children and Adolescents

True/False

1. Bipolar disorders are very common in children and adolescents, particularly those living in lower socioeconomic neighborhoods.
 - a. True
 - b. False
2. There is very little difference between children and adults when it comes to symptoms of disruptive mood dysregulation disorder.
 - a. True
 - b. False
3. Childhood trauma is a major risk factor for major depressive disorder.
 - a. True
 - b. False
4. Suicide is a significant risk for adolescents diagnosed with Bipolar I disorder or major depressive disorder.
 - a. True
 - b. False
5. Racial/ethnic minority children and adolescents are more frequently diagnosed with schizophrenia, conduct disorder, and/or oppositional defiant disorder than their Whiter counterparts.
 - a. True
 - b. False

Multiple Choice

6. Which of the following are the most commonly diagnosed mood disorders between childhood and adolescence?
 - a. Schizophrenia
 - b. Conduct disorder
 - c. Posttraumatic stress disorder
 - d. Major depressive disorder and Bipolar I affective disorder
7. Which of the following is a hallmark symptom of both depression and bipolar disorders?
 - a. Anxiety
 - b. Irritability
 - c. Nausea
 - d. None of the above
8. Overexposure to digital media may have an impact on
 - a. Brain development
 - b. Body image
 - c. Social anxiety
 - d. All of the above
9. To avoid diagnostic bias, one must consider which of the following?
 - a. Acculturation
 - b. Racial/ethnic considerations
 - c. History of trauma
 - d. All of the above
10. School counselors can use which of the following prevention techniques?
 - a. Providing antibullying techniques
 - b. Promoting awareness of suicide risk
 - c. All of the above
 - d. None of the above

Matching

11. ___ Acculturation stress
12. ___ Disruptive mood dysregulation disorder
13. ___ Posttraumatic stress disorder
14. ___ Concomitant disorders
15. ___ Persistent depressive disorder
 - a. Previously known as dysthymia or chronic major depressive order, a nearly constant presentation of depressive symptoms that may include excessive irritability
 - b. A diagnosis newly added to the *Diagnostic and Statistical Manual of Mental Disorders* (5th ed.)
 - c. Disorders that occur with the primary disorder
 - d. An anxiety disorder that stems from a trauma experience
 - e. Stress associated with adapting to a new culture



Stress and Trauma: Coping in Today's Society

True/False

1. There has yet to emerge a uniformly agreed-on definition of stress.
 - a. True
 - b. False
2. More research about the stress experience in children and adolescents is needed, as most research focuses on adults and stress.
 - a. True
 - b. False
3. A stimulus-oriented view of stress is one in which a particular life event, such as divorce or a death in the family, leads to stress.
 - a. True
 - b. False
4. An experience of violence by a person known to a client is not likely to cause a traumatic response.
 - a. True
 - b. False
5. Coping style impacts whether a traumatic event will lead to the experience of posttraumatic stress.
 - a. True
 - b. False

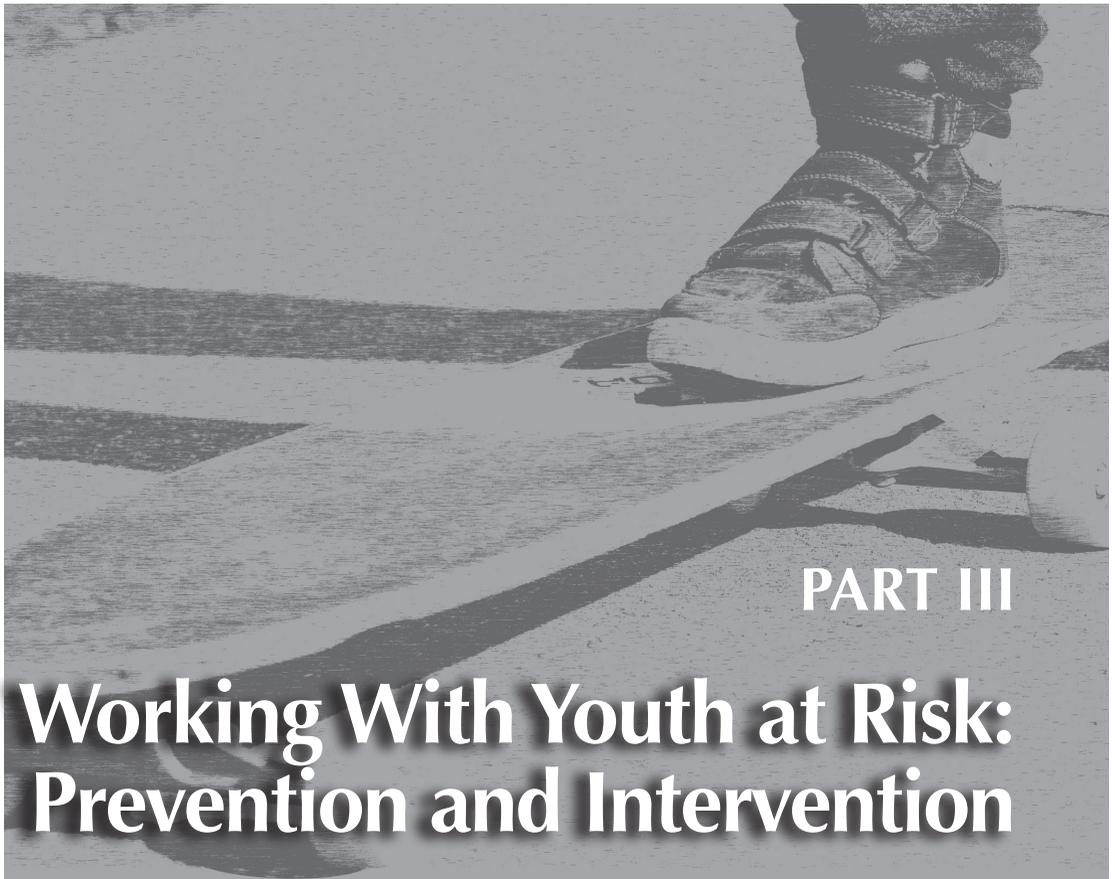
Multiple Choice

6. According to Goodman et al. (2012), the five common responses to traumatic stress among children are
 - a. Denial, anger, bargaining depression, acceptance
 - b. Reexperiencing, avoidance, arousal, internalizing behaviors, and externalizing behaviors
 - c. Forming, storming, norming, performing, adjourning
 - d. None of the above
7. According to Voelker (2005), some of the factors that set Hurricane Katrina apart from other natural disasters are
 - a. The vast expanse of geographic destruction
 - b. The displacement of thousands of people
 - c. The intense civil unrest
 - d. All of the above
8. Adolescents who established a connection with a local lesbian, gay, or bisexual community experienced which of the following?
 - a. More flashbacks
 - b. More stress-related growth
 - c. More panic attacks
 - d. Less support from family and friends
9. Challenges facing divorcing parents include which of the following?
 - a. As they are experiencing trauma themselves, they are unable to provide the necessary emotional support for their child
 - b. As they are adjusting to changes in social relationships and financial stability, they are not always aware of the long-term impact on their child
 - c. They are too focused on their own needs and do not care about what is going on with their child
 - d. Both a and b
10. Which of the following is correlated with an increased incidence of posttraumatic stress disorder and severe trauma among homeless youth?
 - a. Frequent visits to homeless shelters
 - b. Association with other homeless youth
 - c. Inter-city transience
 - d. All of the above

Matching

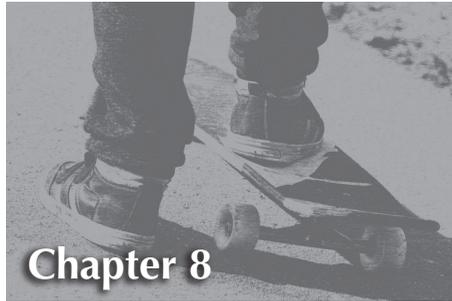
11. ____ Coddington's Life Events Scale for Adolescents
12. ____ Posttraumatic stress disorder in children
13. ____ A principle of applying psychological first aid
14. ____ Unintended neglect
15. ____ Social minority theory

- a. Similar to behaviors common to other disorders that manifest in childhood
- b. Experienced by children when chronic illness is present in families
- c. Used to identify positive and negative stress events
- d. Promotes a sense of safety
- e. People from stigmatized categories experience additional stress



PART III

Working With Youth at Risk: Prevention and Intervention



“Who Am I?” Unique Issues for Multiracial Youth

True/False

1. Biracial children with one African American parent are often considered Black.
 - a. True
 - b. False
2. Within American school systems, verbal expressiveness is encouraged and teachers expect students to ask questions and enter freely into discussions.
 - a. True
 - b. False
3. Race is not a concern in terms of building a therapeutic alliance between a counselor and a client.
 - a. True
 - b. False
4. Awareness of the cultural position of education within the household is critical because it may outweigh the norms of a student’s peer groups, resulting in profound social and familial pressure.
 - a. True
 - b. False
5. Prior to working with a new cultural group, culturally competent counselors take time to examine their own biases, stereotypes, and negative concepts, which may interfere with the therapeutic relationship.
 - a. True
 - b. False

Multiple Choice

6. Acculturation is
 - a. A socialization process that involves adaptation by the immigrant to a new culture
 - b. The development of counselor cultural sensitivity to the immigrant
 - c. Culturally related behavior problems exhibited by immigrant youth
 - d. A collective identity based on shared membership in a cultural and racial group
7. Which historical event seemed to usher in a new validation of persons with a multiracial identity?
 - a. The civil rights movement of the 1960s
 - b. The election of President Barack Obama, a self-identified son of a Black man from Kenya and a White woman from Kansas
 - c. The release of Nelson Mandela from prison and his subsequent election as president of South Africa
 - d. All of the above
8. Cultural competency in counseling means
 - a. Deliberate selection of counseling styles/approaches that harmonize with the cultural values and communication style of the client
 - b. Extensive knowledge of one or more racial or ethnic groups
 - c. Comprehensive counseling experience working with Hispanic families
 - d. Counselors being fluent in more than one language
9. Racial identity models provide
 - a. A framework for understanding the psychological development of ethnic minorities
 - b. A brief history of the racial and cultural heritage of a particular group
 - c. A guideline for counseling multiracial individuals
 - d. None of the above
10. Behavioral and academic problems of multiracial youth include which of the following?
 - a. Lower career goals based on stereotypical employment opportunities
 - b. Difficulty in language and communication in the classroom
 - c. Biased academic and mental health assessment
 - d. All of the above

Matching

11. ____ Association for Multicultural Counseling and Development
Multicultural and Social Justice Counseling Competencies
12. ____ Positive multicultural social change strategies
13. ____ Culturally competent counselor
14. ____ Racial identity
15. ____ Multiracial youth

- a. A collective identity based on perceived membership in a group that shares cultural traditions and racial group membership
- b. Guidelines established for critical knowledge for counselors, including counselor self-awareness, knowledge, skills, and values
- c. A holistic approach to education that embraces the totality of cultural diversity throughout the year, including community events, social and political functions, celebrations, friendships, and neighborhood groups, to promote multicultural perspectives
- d. A counselor who is culturally self-reflective, is sensitive to the racial identity considerations of multiracial youth, and embraces a foundation of knowledge regarding culturally appropriate interventions
- e. A child or adolescent who identifies with more than one racial or ethnic identity



The Secret and All-Consuming Obsessions: Eating Disorders

True/False

1. A medical evaluation is an important adjunct to the process of treating eating disorders.
 - a. True
 - b. False
2. Gay men are more at risk for anorexia and bulimia than heterosexual men.
 - a. True
 - b. False
3. The binge/purge cycle in bulimia nervosa or binge-eating disorder can be described as an addictive process.
 - a. True
 - b. False
4. African American women are at greatest risk than women of other races and ethnicities for binge-eating disorder.
 - a. True
 - b. False
5. All athletes are at greater risk than nonathletes for developing an eating disorder.
 - a. True
 - b. False

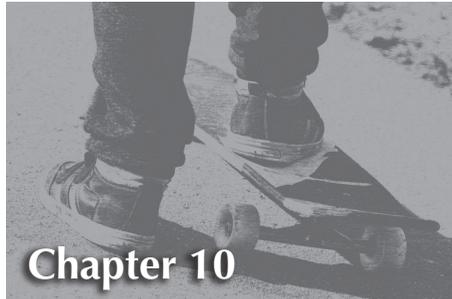
Multiple Choice

6. Obsessive-compulsive symptoms are most often associated with which of the following?
 - a. Anorexia
 - b. Bulimia
 - c. Binge-eating disorder
 - d. Both a and b
7. Which statement below is true?
 - a. Eating disorders affect people from all walks of life
 - b. Some people may never display signs of their eating disorder
 - c. Some people are predisposed to eating disorders
 - d. All of the above
8. A woman who binges and purges, exercises compulsively, and is of normal weight would most likely fall under which diagnostic category?
 - a. Bulimia
 - b. Anorexia
 - c. Eating disorder not otherwise specified
 - d. Binge-eating disorder
9. Which of the following describes the intervention StudentBodies?
 - a. A film shown in school to students from elementary through high school that discusses eating disorders, body image, and appropriate eating patterns for good health
 - b. An interactive school prevention internet program that has been shown to effectively reduce risk factors for and decrease the onset of eating disorders
 - c. An interactive community prevention internet program that has been shown to effectively reduce risk factors for and decrease the onset of eating disorders
 - d. None of the above
10. Who is often credited with bringing awareness to contemporary eating disorder presentations based on her clinical expertise?
 - a. Dr. William Gull
 - b. Dr. Charles Lesègue
 - c. Dr. Hilde Bruch
 - d. Dr. Gerald Russell

Matching

11. ____ Frequent binge eating and obesity
12. ____ Daily bingeing with laxative abuse and compulsive exercise
13. ____ Severe food restriction with weight loss
14. ____ Bingeing/purging once a month
15. ____ Psychiatric disorder as additional diagnosis

- a. Anorexia
- b. Bulimia
- c. Binge-eating disorder
- d. Eating disorder not otherwise specified
- e. All eating disorders



“I Don’t Want to Live”: The Adolescent at Risk for Suicidal Behavior

True/False

1. School systems have precipitated suicide attempts by failing to provide in-service for faculty/staff on the topic of suicide prior to introducing discussion among student groups.
 - a. True
 - b. False
2. There is debate surrounding the safety of adolescent suicide prevention programs that contain an educational component that is presented to the adolescents themselves.
 - a. True
 - b. False
3. An appropriate forum that provides accurate information, allows question and discussion periods, and teaches how adolescents can receive help does not precipitate suicidal preoccupation or attempts.
 - a. True
 - b. False
4. One important fact from research in the past 10 to 15 years is that it might be more effective to increase the protective factors in a suicidal client’s life than reduce the risk factors.
 - a. True
 - b. False

5. In the past decade, a controversy has developed over whether the use of selective serotonin reuptake inhibitors can induce suicidal behavior.
- True
 - False

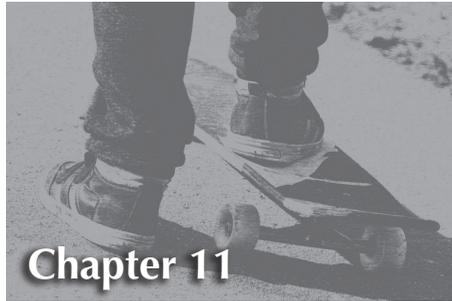
Multiple Choice

6. Between 1950 and 1990 the adolescent suicide rate for 15- to 19-year-olds _____, but between 1990 and 2013 the adolescent suicide rate _____.
- Rose by 28%; decreased by 300%
 - Was 50 attempts to every 1 completion; was 100 attempts for every 1 completion
 - Increased for females; remained the same for males
 - Rose by 300%; decreased by 28%
7. Adolescent women
- Attempt suicide more often than adolescent men
 - Attempt suicide less often than adolescent men
 - Complete suicide more often than adolescent men
 - Attempt and complete suicide about as frequently as adolescent men
8. Suicide
- Often happens with no warning
 - Is committed more often by adolescents from affluent families than by adolescents from economically disadvantaged families
 - Occurs mainly late at night or during the predawn hours
 - Tends to run in families
9. Suicide can be viewed as fulfilling which of the following three primary functions?
- Avoidance, control, and communication
 - Avoidance, control, and escape
 - Control, escape, and disconnection
 - Communication, control, and conjunction
10. Jim, the suicidal adolescent in the case study,
- Experienced depression
 - Was very popular at school
 - Participated in varsity sports
 - Was totally supported by his parents

Matching

11. ____ Myth
12. ____ School/community prevention
13. ____ Asking questions to assess lethality
14. ____ Loss
15. ____ Writing contracts

- a. Has been studied in conjunction with risk factors
- b. Needs to be done when an adolescent is already in a suicidal crisis
- c. Negotiation with administrators
- d. Suicide happens with no warning
- e. A crisis management decision



A Future in Jeopardy: Sexuality Issues in Adolescence

True/False

1. Current estimates suggest that there was an overall decline in childbirth in the United States among women ages 15 to 19 from 1991 to 2013.
 - a. True
 - b. False
2. Abstinence-only programs that suggest that the only effective means of avoiding teen pregnancy is by delaying sexual activity until marriage are most effective at preventing teen pregnancy.
 - a. True
 - b. False
3. Date rape is the most common form of rape among youth ages 14 to 17.
 - a. True
 - b. False
4. Researchers have yet to confirm that the adverse outcomes associated with sexual violence significantly impact sexual minority youth.
 - a. True
 - b. False
5. *Machismo* leads to greater acceptance of and expectations for Latino adolescent males' premarital sexual behavior.
 - a. True
 - b. False

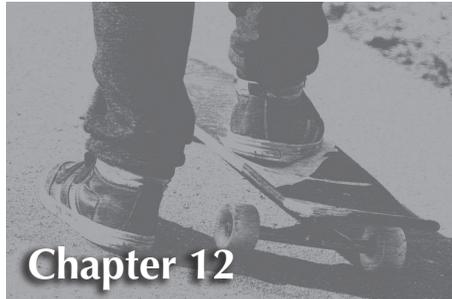
Multiple Choice

6. What is the peak age of sexual victimization for females in the United States?
 - a. 11–17
 - b. 15–21
 - c. 17–24
 - d. 21–30
7. What is one of the most effective preventions for the family in terms of teen rape and date rape?
 - a. Providing the teen with chaperoned dates
 - b. Building a strong, supportive family whereby each member is valued and heard
 - c. Delaying teen dating until age 18
 - d. All of the above
8. According to Youth Risk Behavior Surveillance System statistics (Centers for Disease Control and Prevention, 2016b), how many partners did the 11.5% of students who were sexually active report having?
 - a. One
 - b. Two
 - c. Three
 - d. Four or more
9. Adolescents within the United States have
 - a. One of the highest abortion rates in the developed world
 - b. One of the highest rates of transmission of sexually transmitted diseases in the developed world
 - c. One of the lowest pregnancy rates in the developed world
 - d. One of the highest date rape frequencies in the developed world
10. Which of the following is a risk factor for adolescent unprotected sex?
 - a. Positive romantic relationship quality
 - b. Being an adolescent girl who is the child of a single parent with low educational attainment and low income
 - c. Negative romantic relationship quality
 - d. Both b and c

Matching

11. ___ Sexual assault
12. ___ Rape
13. ___ Risk factor
14. ___ *Marianismo*
15. ___ *Machismo*

- a. Lower socioeconomic status
- b. Any form of sexual contact without consent (kissing, touching, etc.)
- c. "The penetration, no matter how slight, of the vagina or anus with any body part or object, or oral penetration by a sex organ of another person, without the consent of the victim" (Federal Bureau of Investigation, n.d., para. 1)
- d. Helps lead to the socialization of adolescent girls as selfless, virtuous, good daughters who are respectful and obedient to men
- e. Refers to potency, virility, and strength



I Am Somebody: Gang Membership

True/False

1. Prevention and intervention approaches need to occur simultaneously to decrease youth gang problems in America.
 - a. True
 - b. False
2. Youth gangs are very likely to be aggressive, violent and engage in criminal behavior.
 - a. True
 - b. False
3. The need for belonging, financial gain, protection, and validation makes gang involvement attractive to many youth.
 - a. True
 - b. False
4. Restorative justice practices should be included in intervention strategies used in group counseling sessions with gang-associated youth.
 - a. True
 - b. False
5. Gangs are most active and primarily located in large urban and dense communities.
 - a. True
 - b. False

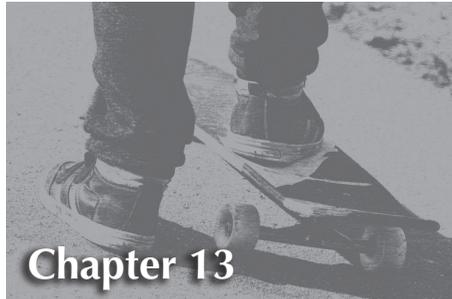
Multiple Choice

6. Gang youth are often drawn together by common needs, including all of the following except
 - a. For a sense of protection and safety
 - b. A feeling of belonging to a group
 - c. To commit heinous crimes in their schools and communities
 - d. When they experience marginalization in schools and communities
7. Gang youth are often
 - a. Youth who have committed their first murder
 - b. Youth who have already accepted gang membership as a way of life
 - c. Youth who have fractured relationships and are searching for support
 - d. Youth who have served or evaded their first jail sentence
8. Many gang associated youth are from communities that are underfunded who would likely benefit from
 - a. An increase in the availability of safe afterschool and weekend activity programs to occupy the youth and monitor their whereabouts
 - b. Efforts to remove gang youth from schools
 - c. Increased police and school resource officer presence and campus monitoring
 - d. Free lunch programs and snacks
9. To become effective gang fighters, schools should do all of the following except
 - a. Suspend the student and expel them from school at the first sign of gang activity
 - b. Monitor the friends or company the student keeps
 - c. Provide individual mentoring and extracurricular activities
 - d. Develop strong personal relationship with students believed to be gang involved
10. Many gang members cannot easily leave gangs for the following reasons:
 - a. Individuals enjoy the gang life style and criminal activities
 - b. Gangs are interconnected into social and familial networks
 - c. Communities are too afraid of gangs to stop or intervene to increased gang membership
 - d. Police do not provide enough resources for communities to battle gang membership

Matching

11. ____ A group of people who believe that their race is superior to all others
12. ____ People who build relationships and gather resources for intervention
13. ____ A gang with no determined leadership
14. ____ Youth ages 9 to 13 who seek roles and status in a gang

15. ____ Gang members who have achieved permanent status in the gang
- a. Outreach workers
 - b. Wannabes
 - c. Casual gang
 - d. Original gangsters
 - e. White supremacists



“It Takes a Village”: Advocating for Sexual Minority Youth

True/False

1. LGBTQQI youth hear clear messages in society about whether it is acceptable to come out.
 - a. True
 - b. False
2. Transgender youth are at a lower risk for self-harm and eating disorders.
 - a. True
 - b. False
3. The American Psychiatric Association continues to view a transgender person as disordered (i.e., as having gender dysphoria disorder).
 - a. True
 - b. False
4. More than half of LGBTQQI youth have reported being targets of cyberbullying.
 - a. True
 - b. False
5. The majority of LGBTQQI youth who are homeless faced physical, emotional, or sexual abuse at home.
 - a. True
 - b. False

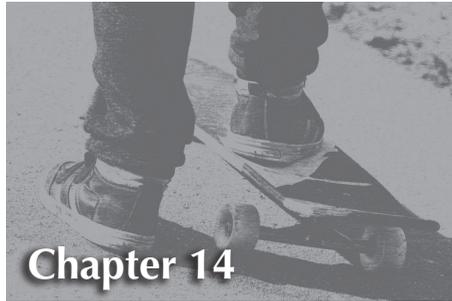
Multiple Choice

6. Which of the following reactions by parents, when they learn that their child is LGBTQQI, can decrease a child’s risk of developing health and mental problems?
 - a. Talking about the child’s LGBTQQI identity
 - b. Responding with support and affection
 - c. Advocating for the child and insisting that others treat him or her with respect
 - d. All of the above
7. Which of the following suicide prevention programs were developed to focus on LGBTQQI youth?
 - a. Emily’s List
 - b. It Gets Better Project
 - c. The Trevor Project
 - d. Both b and c
8. LGBTQQI youth who have additional minority statuses (e.g., race, culture, gender, religion)
 - a. May face stigmatization because of one or more of their identities
 - b. Are more likely to be accepted by their peers
 - c. Normally have an accelerated identity development integration process compared to other youth
 - d. All of the above
9. According to GLSEN, positive impacts on the school environment for LGBTQQI youth can be attributed to many different factors, such as which of the following?
 - a. Less of a focus by school staff on study body differences
 - b. Schools hosting gay–straight alliance groups
 - c. Schools hosting Future Farmers of America groups
 - d. Schools no longer hosting proms
10. Minority stress is
 - a. The stress experienced by youth during puberty
 - b. Different from majority stress in that it cannot lead to the development of acute stress disorder
 - c. A reaction to subtle and overt discrimination
 - d. All of the above

Matching

11. ___ Transgender
12. ___ Intersectionality
13. ___ Homoprejudice/biprejudice/transprejudice
14. ___ Queer
15. ___ Intersex

- a. An umbrella term used to describe persons who experience their gender in a way that varies along a continuum from masculine to feminine
- b. A term used to describe persons who naturally develop primary or secondary sex characteristics that do not fit neatly into societal definitions of what is male or female
- c. A term that refers to multifaceted aspects of identity, including sexuality, gender expression, age, ethnicity, socioeconomic status, nationality, and so on
- d. A term used by some to describe LGBTQQI persons. It previously had a negative connotation. Many still view it negatively, but some LGBTQQI persons are reclaiming it as a way to empower themselves.
- e. Discrimination, hatred, verbal and physical harassment, and acts of violence directed at sexual minorities



Death in the Classroom: Violence in Schools

True/False

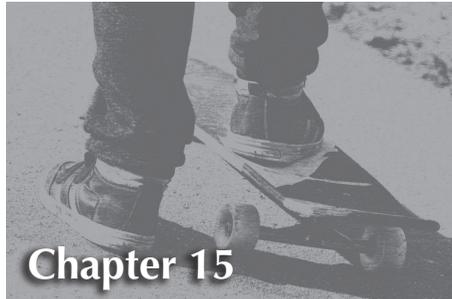
1. Empirical evidence is scant on whether school violence has significantly increased or decreased.
 - a. True
 - b. False
2. The probability of being exposed to violence in schools is lower compared with other contexts.
 - a. True
 - b. False
3. Media coverage of school shootings has had little to no effect on perceptions of children's safety at school.
 - a. True
 - b. False
4. Violence in schools may or may not involve a gun or weapon.
 - a. True
 - b. False
5. School violence is violence that occurs on school property, on the way to or from school or school-sponsored events, or during school-sponsored events.
 - a. True
 - b. False

Multiple Choice

6. The zero tolerance policy
 - a. Is the most effective means of stopping school violence
 - b. Results in far more suspensions than necessary
 - c. Only applies to drug use in the schools
 - d. Is not used in any schools today
7. Psychosocial profiling is risky because
 - a. Some people fit the profile but are not violent
 - b. Some people only have a few of the characteristics but are violent
 - c. People might be wrongly stereotyped
 - d. All of the above
8. School rampage shooters
 - a. Are always male and loners
 - b. Do not fit into one profile
 - c. Are mentally ill
 - d. Never target specific individuals
9. Cyberbullying
 - a. Is considered a fad, not to be concerned about
 - b. Is expected to lose its appeal
 - c. Has exploded because of students' access to social media
 - d. Is mostly done by girls
10. Deadly rampage shootings in the schools
 - a. Happen in every type of community
 - b. Happen only in low-income neighborhoods
 - c. Are never planned by the perpetrators
 - d. Cannot be averted or stopped

Matching

11. ____ Big Brothers Big Sisters of America
12. ____ Snapchat, Instagram, Twitter
13. ____ Threat assessment teams
14. ____ Cyberbullying
15. ____ Promoting Alternative THinking Strategies
 - a. Electronic aggression
 - b. Professionals assess many factors to determine the potential for violence
 - c. An evidence-based community prevention program
 - d. An evidence-based intervention program
 - e. Social media



“Escaping Reality”: Adolescent Substance Abuse

True/False

1. Prescription drug abuse is safer than illicit drug use because prescription drugs are regulated by the U.S. Food and Drug Administration and prescribed by medical doctors.
 - a. True
 - b. False
2. To ensure a more accurate and complete understanding of why a youth client abuses alcohol and/or drugs, counselors should explore along the critical areas of the individual, family, school, and community.
 - a. True
 - b. False
3. A child or adolescent with a diagnosis of substance abuse spends a great deal of time in activities to obtain the substance, use the substance, or recover from its effects.
 - a. True
 - b. False
4. There is no evidence to support the notion that genetics may contribute to a substance disorder.
 - a. True
 - b. False
5. Motivation is the single most important factor in controlling a substance disorder.
 - a. True
 - b. False

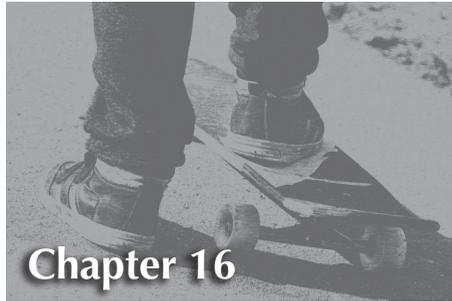
Multiple Choice

6. What is the best possible treatment when dealing with substance disorders?
 - a. 12-step programs
 - b. Residential treatment facilities
 - c. Peer groups
 - d. It depends on the individual and specific contextual factors
7. Alcoholics Anonymous takes a somewhat different view of substance disorders (namely, alcoholism) in that it subscribes to
 - a. A behavioral model
 - b. A cognitive model
 - c. The disease model
 - d. A cognitive behavior model
8. Recent statistics seem to follow the trend that substances that are more socially accepted (by adults) are attempted, used, and abused in higher numbers (by youth) than others. Which substance is most frequently tried by youth?
 - a. Marijuana
 - b. Ecstasy
 - c. Alcohol
 - d. Prescription and over-the-counter drugs
9. When drugs enter the system, they act on and modify processes in different stages. Which of the following is not one of the four ways in which they may do this?
 - a. Drugs can mimic certain neurotransmitters
 - b. Drugs may enhance the effects of neurotransmitters by fitting into receptor sites and preventing neurotransmitters from acting
 - c. Drugs may affect the length of time a neurotransmitter remains in the synaptic gap
 - d. Drugs may increase or decrease the amount of neurotransmitter released
10. Behavioral change occurs over six notable stages. Which of the following is not one of these stages?
 - a. Planning
 - b. Termination
 - c. Precontemplation
 - d. Maintenance

Matching

11. ____ This substance has resulted in more deaths from a single attempt than any other
12. ____ Users of this substance have committed more sexual assaults than users of any other substance
13. ____ A 90% addiction rate is associated with this substance

14. ____ Should current trends continue, this substance will become a new epidemic
15. ____ There are about 400 chemicals, including delta-9-tetrahydrocannabinol, in this substance
 - a. Nicotine
 - b. Marijuana
 - c. Prescription and over-the-counter drugs
 - d. Alcohol
 - e. Inhalants



Nowhere to Turn: The Young Face of Homelessness

True/False

1. Children who are homeless are at risk for emotional problems, but they are not at risk for academic problems.
 - a. True
 - b. False
2. Conservative estimates indicate that about 1 in 5 homeless children are not currently in school.
 - a. True
 - b. False
3. Students who are homeless have a right to attend school even if they have incomplete immunizations.
 - a. True
 - b. False
4. The rate of homelessness is greater in rural areas than in urban areas.
 - a. True
 - b. False
5. Parents who work full time making minimum wage should be able to rent a two-bedroom apartment for themselves and their children if they manage their money appropriately.
 - a. True
 - b. False

Multiple Choice

6. The face of the homeless person has changed over the past several decades. Families with small children now represent up to about what percentage of the population?
 - a. 50%
 - b. 35%
 - c. 25%
 - d. 8%
7. The number of youth who are homeless is
 - a. Too low to estimate
 - b. Between 200,000 and 300,000
 - c. 3 million
 - d. Difficult to estimate
8. Which of the following are leading causes of homelessness?
 - a. Lack of affordable housing
 - b. Unemployment and low wages
 - c. Reductions in federal and state programs
 - d. All of the above
9. Homeless youth living on the street are at risk for which of the following?
 - a. Unsafe health practices
 - b. Psychological problems
 - c. Alcohol abuse
 - d. All of the above
10. The largest population of homeless in rural areas is which of the following?
 - a. Native Americans
 - b. Migrant workers
 - c. Caucasians
 - d. All of the above

Matching

11. ____ One of the precipitating events of homelessness for mothers
12. ____ What teachers and counselors can help develop to help students connect the content they are learning in school to work and life after school
13. ____ A suggested model for working with youth who are homeless that includes frequent interactions between youth who are homeless and a designated case manager who provides intensive support
14. ____ A way to reach and support homeless youth
15. ____ The overarching cause of homelessness

- a. Transition support plans
- b. Domestic abuse
- c. Poverty
- d. Strengths-based case management
- e. Social media



“Do I Belong Here?” School Dropout

True/False

1. The youth school dropout rate is steadily increasing.
 - a. True
 - b. False
2. Once students drop out, they do not have a desire to complete or continue their education.
 - a. True
 - b. False
3. Poverty or family socioeconomic status is a primary predictor of leaving school without graduating.
 - a. True
 - b. False
4. Early grade retention is a predictor of student dropout.
 - a. True
 - b. False
5. Positive youth development is a model that focuses only on the youth and not on environmental factors.
 - a. True
 - b. False

Multiple Choice

6. Which of the following is one of the best predictors of whether a student will drop out of school?
 - a. Grades in elementary school
 - b. School engagement
 - c. Suspension rate
 - d. How many days the student is absent
7. Which of the following is an example of a push-out factor?
 - a. Number of suspensions
 - b. Student need to be employed
 - c. Teen pregnancy
 - d. Homelessness
8. Which of the following is an example of a pull-out factor?
 - a. Number of suspensions
 - b. Grades
 - c. Homelessness
 - d. Absences
9. Which of the following are the most effective interventions for youth at risk for leaving school without graduating?
 - a. Focused individual interventions
 - b. Family interventions
 - c. School interventions
 - d. Interventions that involve school–family–community partnerships
10. When counseling youth at risk for dropping out of school, counselors should do which of the following?
 - a. Encourage them to do whatever is the quickest means of completing school
 - b. Try to convince them to do what their parents want
 - c. Explore options based on their unique needs and assets
 - d. Promote options that only lead to acquiring a high school diploma

Matching

11. ____ Laws that determine the ages for starting and completing school
12. ____ Federal legislation that supports low-performing schools
13. ____ The statistic that indicates people who are not enrolled in school but have not earned a high school credential
14. ____ Placing a student in a grade based on age or social development rather than academic performance
15. ____ Collaborative interventions for youth at risk for leaving school without graduating

- a. School–family–community partnerships
- b. Compulsory attendance laws
- c. Social promotion
- d. Status dropout rate
- e. Every Student Succeeds Act



A Nation at Risk: Bullying Among Children and Adolescents

True/False

1. Bullying is the most prominent form of aggression and victimization experienced by children.
 - a. True
 - b. False
2. Youth who engage in nonsuicidal self-injury such as cutting are doing it for attention.
 - a. True
 - b. False
3. Bullying is only a problem in the United States. It is not a problem internationally.
 - a. True
 - b. False
4. Children and adolescents may experience physical and psychological consequences of bullying and cyberbullying that include depression, low self-esteem, loneliness, an increase in at-risk behaviors, anxiety, academic problems, psychological distress, poor social adjustment, isolations, and suicidal ideation.
 - a. True
 - b. False
5. Female youth are less active on social media (e.g., Facebook, Snapchat) than their male counterparts.
 - a. True
 - b. False

Multiple Choice

6. Which of the following can be considered cyberbullying?
 - a. Sending harassing text messages, creating mean websites, and threatening someone on Facebook
 - b. Posting embarrassing pictures of someone else online without their permission
 - c. Kicking someone in class
 - d. Both a and b
7. The prevalence of cyberbullying can be as high as what percentage of the student population?
 - a. 10%
 - b. 20%
 - c. 30%
 - d. 40%
8. Protective factors that families can implement include which of the following?
 - a. Strict guidelines and punishment
 - b. Inconsistent communication
 - c. High parental involvement, consistent and open communication, and warmth
 - d. High family conflict
9. Which of the following is the most effective strategy for preventing and minimizing bullying at schools?
 - a. Adopting a systematic, multilayered approach that focuses on bullies, victims, bystanders, families, and communities
 - b. Adopting an individualized approach
 - c. Implementing a zero tolerance policy
 - d. Implementing punitive and strict consequences for students who choose to engage in bullying behavior
10. The phenomenon of bullying can be best understood from
 - a. A social-ecological framework
 - b. The intersection of behaviors (individual characteristics)
 - c. Contextual systems (school, family, peer relationships, culture, society, and societal influences)
 - d. All of the above

Matching

11. ____ Is physical and includes hitting, kicking, pushing, or shoving
12. ____ Refers to the child who both bullies others and is victimized
13. ____ Includes behaviors such as gossiping, rumor spreading, exclusion from social networks, and manipulation
14. ____ Is the leading cause of death among adolescents ages 10 to 18 in the United States
15. ____ Includes the family and home environment, the school climate, community factors, peer status, and peer influence
 - a. Contextual factors
 - b. Physical aggression
 - c. Suicide
 - d. Relational aggression
 - e. Bully–victim



Answer Key to Test Questions

Chapter 1

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|------|------|-------|-------|-------|-------|-------|-------|
| 1. a | 2. a | 3. a | 4. a | 5. a | 6. d | 7. b | |
| 8. c | 9. a | 10. c | 11. c | 12. b | 13. d | 14. a | 15. e |

Chapter 2

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|------|------|-------|-------|-------|-------|-------|-------|
| 1. b | 2. a | 3. b | 4. a | 5. a | 6. c | 7. d | |
| 8. b | 9. a | 10. d | 11. d | 12. e | 13. a | 14. b | 15. c |

Chapter 3

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|------|------|-------|-------|-------|-------|-------|-------|
| 1. b | 2. b | 3. a | 4. a | 5. a | 6. d | 7. a | |
| 8. c | 9. a | 10. d | 11. c | 12. a | 13. b | 14. d | 15. e |

Chapter 4

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|------|------|-------|-------|-------|-------|-------|-------|
| 1. a | 2. a | 3. b | 4. b | 5. a | 6. d | 7. c | |
| 8. b | 9. d | 10. d | 11. b | 12. d | 13. a | 14. c | 15. e |

Chapter 5

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|------|------|-------|-------|-------|-------|-------|-------|
| 1. a | 2. b | 3. b | 4. b | 5. a | 6. c | 7. c | |
| 8. a | 9. d | 10. a | 11. b | 12. e | 13. d | 14. a | 15. c |

Chapter 6

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| 1. b | 2. b | 3. a | 4. a | 5. a | 6. d | 7. b | |
| 8. d | 9. d | 10. c | 11. e | 12. b | 13. d | 14. c | 15. a |

Chapter 7

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|------|------|-------|-------|-------|-------|-------|-------|
| 1. a | 2. a | 3. a | 4. b | 5. a | 6. b | 7. d | |
| 8. b | 9. d | 10. c | 11. c | 12. a | 13. d | 14. b | 15. e |

Chapter 8

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| 1. a | 2. a | 3. b | 4. a | 5. a | 6. a | 7. b | |
| 8. a | 9. a | 10. d | 11. b | 12. c | 13. d | 14. a | 15. e |

Chapter 9

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|------|------|-------|-------|-------|-------|-------|-------|
| 1. a | 2. b | 3. a | 4. a | 5. b | 6. a | 7. d | |
| 8. a | 9. c | 10. c | 11. c | 12. b | 13. a | 14. d | 15. e |

Chapter 10

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|------|------|-------|-------|-------|-------|-------|-------|
| 1. a | 2. a | 3. a | 4. a | 5. a | 6. d | 7. a | |
| 8. d | 9. a | 10. c | 11. d | 12. c | 13. b | 14. a | 15. e |

Chapter 11

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|------|------|-------|-------|-------|-------|-------|-------|
| 1. a | 2. b | 3. a | 4. b | 5. a | 6. a | 7. b | |
| 8. d | 9. b | 10. d | 11. b | 12. c | 13. a | 14. d | 15. e |

Chapter 12

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|------|-------------|------|-------|-------|-------|-------|-------|
| 1. a | 2. b | 3. a | 4. a | 5. b | 6. c | 7. c | 8. a |
| 9. a | 10. b and d | | 11. e | 12. a | 13. c | 14. b | 15. d |

Chapter 13

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|------|------|-------|-------|-------|-------|-------|-------|
| 1. b | 2. b | 3. a | 4. a | 5. a | 6. d | 7. d | |
| 8. a | 9. b | 10. c | 11. a | 12. c | 13. e | 14. d | 15. b |

Chapter 14

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|------|------|-------|-------|-------|-------|-------|-------|
| 1. a | 2. b | 3. b | 4. a | 5. a | 6. b | 7. d | |
| 8. b | 9. c | 10. a | 11. c | 12. e | 13. b | 14. a | 15. d |

Chapter 15

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|------|------|-------|-------|-------|-------|-------|-------|
| 1. b | 2. a | 3. b | 4. b | 5. a | 6. d | 7. c | |
| 8. c | 9. b | 10. a | 11. e | 12. d | 13. a | 14. c | 15. b |

Chapter 16

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|------|------|-------|-------|-------|-------|-------|-------|
| 1. b | 2. a | 3. a | 4. a | 5. b | 6. b | 7. d | |
| 8. d | 9. d | 10. c | 11. b | 12. a | 13. d | 14. e | 15. c |

Chapter 17

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|------|------|-------|-------|-------|-------|-------|-------|
| 1. b | 2. b | 3. a | 4. a | 5. b | 6. b | 7. a | |
| 8. c | 9. d | 10. c | 11. b | 12. e | 13. d | 14. c | 15. a |

Chapter 18

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|------|------|-------|-------|-------|-------|-------|-------|
| 1. a | 2. a | 3. b | 4. a | 5. b | 6. d | 7. d | |
| 8. c | 9. a | 10. d | 11. b | 12. e | 13. d | 14. c | 15. a |