Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Family Development Specialist Celebration of Knowledge.**

**You have two hours to complete The Celebration of Knowledge.**

**A perfect score would be 105 and a score of 80 (76%) is required to pass.**

**True and False - correct answer one point. 20 points possible.**

**T F 1. Families begin with the birth of a child.**

**T F 2. Because families in crisis must do something to change their situation,**

**a crisis situation is an effective teaching moment.**

**T F 3. When family members and the Family Development Specialist agree on**

**the plan, a verbal plan is acceptable.**

**T F 4. Every family system has two competing drives: to grow and to remain**

**the same.**

**T F 5. Domestic abuse is about power and control and is, therefore, limited to**

**physical abuse.**

**T F 6. The Family Development Specialist should make sure the office knows**

**where he or she is at all times.**

**T F 7. A Family Development Specialist should not try to “rescue” someone**

**who views him or herself unable to help him or herself.**

**T F 8. Splitting is when family members begin to pit agencies or professionals**

**against each other.**

**T F 9. Because depression is so painful and debilitating, almost all depressed**

**people, once they understand what is happening to them, will be willing**

**to admit they have a problem and seek help when it is offered.**

**T F 10. Solution focused questions are beneficial to use with the timeline or**

**Eco-Map in order to determine the life without the problem, times**

**when there may have been an exception to the problem, past**

**successes and level of desire to solve the problem.**

**T F 11. If a Family Development Specialist were to do an evaluation of a**

**family’s situation this could lead to family members defensiveness.**

**T F 12. The conversation cards from the envelop allows individuals to discuss**

**what is important to them and encourages more discussion of what is**

**good about their lives.**

**T F 13. The Return on Investment (ROI) of Head Start is 1 to 2; for every dollar**

**spent there is a 2 dollar value.**

**T F 14. Family Development Specialist encourage people to change by making**

**better choices for their future. This change comes easy for most**

**program participants.**

**T F 15. In situations of alcohol abuse, it is more effective to establish family**

**goals without the alcohol abuser being present.**

**T F 16. In general people unconsciously seek, in some degree, to re-create**

**their own family.**

**T F 17. The vision building worksheet allows families to anchor what changes**

**they would like to see for themselves and/or their family.**

**T F 18. Repeating messages to insure full understanding - re-anchoring is**

**an effective characteristic of good listening.**

**T F 19. You should look for positive things and compliment the family**

**frequently.**

**T F 20. You should never challenge when there is lack of progress toward**

**written goals.**

**Short Answer (21 points)**

1. **Define the role of a Specialist when dealing with powerful barriers (4 points).**

**Which situations allow you to break confidentiality (2 points)? (6 points total)**

**2. Name the 7 characteristics of well-formed goals. (7 points total)**

**3. What are the four subsystems? (3 points) Describe the importance of each**

**role in the family subsystems (2 points) and give two examples of each**

**subsystem (3 points). (8 points total)**

**Multiple choice**

**Circle the correct response. Each correct answer is worth one point.**

**(14 points total)**

1. **Physical indicators of abuse may include:**

**a. bruises and welts**

**b. bruises in unusual patterns**

**c. bruises in various stages of healing**

**d. all of the above**

**e. none of the above**

**2. When a Specialist is dealing with serious issues of concern what will not**

**be helpful?**

**a. acknowledging the feelings of the person**

**b. connecting to healing resources**

**c. sharing your personal stories to work on your own issues**

**d. identifying signs, symptoms and eliciting history**

**e. all of the above will not be helpful**

**f. all of the above will be helpful**

**3. Which group of rules is healthiest for a family?**

**a. flexible and laissez-faire**

**b. consistent and chaotic**

**c. flexible and chaotic**

**d. consistent and flexible**

**4. Which of the following is not a behavioral sign of depression?**

**a. regular sleeping patterns**

**b. fatigue**

**c. sudden bursts of energy**

**d. overeating**

**e. all of the above**

**5. Which of the following is not an example of empowerment?**

**a. the family determines and negotiates the goals for the contact**

**b. it is assumed that the family member has the ability to solve problems and**

**has successfully solved problems in the past**

**c. you give out your cell phone number so they can check in with you on**

**the weekend**

**d. complimenting the family member when they successfully accomplish**

**their goals**

**6. The first step in the Family Development process is:**

**a. exploratory listening**

**b. assessment of family history**

**c. joining**

**d. crisis stabilization**

**e. none of the above**

**7. When doing contact records with of the following is not an appropriate thing to**

**do?**

**a. record contacts on a daily basis**

**b. write down your opinion of what you think of the family**

**c. record any phone contact that is made with family**

**d. be exact in noting the time, full date, length of visit, type of visit**

**8. Which of the falling is not a roadblock to listening?**

**a. judging**

**b. mind reading**

**c. repeating messages**

**d. rehearsing**

**9. Which of the following is not culturally helpful behavior?**

**a. value diversity**

**b. assess you own culture**

**c. manage the dynamics of difference**

**d. rely on your gut instinct**

**e. adapt to diversity**

**10. The purpose of the Balance Wheel:**

**a. balance your budget so you don’t overspend**

**b. determine who is your family and what their subsystem role is**

**c. determine the time and energy spent on ranking from 0 to 10 in various life**

**areas.**

**d. look at multiple generations to determine patterns of repeated behavior**

**passed on.**

**11. When ending, bringing closure, to the interview what is not useful?**

**a. complimenting any progress toward goals**

**b. reviewing the goal(s) for the next meeting and next steps**

**c. determining the appropriate length of the meeting**

**d. not asking how close you are to termination**

**12. Which of the following in not a characteristic of the Family Development**

**paradigm?**

**a. recognizing and affirming difference**

**b. high program participant expectations**

**c. people have different kinds of knowledge**

**d. emphasis on crisis intervention**

**e. consumers choose for themselves**

**13. When listening, it is most important to:**

**a. stop the speaker frequently and make sure you understand what is being**

**said**

**b. respond with advice when it is specifically requested**

**c. rehearse what you will say so it will be effective and non-judgmental**

**d. listen for the main idea**

**e. all of the above**

**f. none of the above**

**14. Which of the following is not a solution-focused question?**

**a. Miracle or problem has been solved question?**

**b. What other resources can help me in the community?**

**c. Scaling question (1-5)?**

**d. Past success question?**

**e. Exception to the problem question?**

**Essay Questions**

**Total of forty points are possible for all three essay questions.**

**Please indicate specifically how you use the timeline when working with an**

**individual or family. What are the other tools and techniques you could use**

**along with the timeline to identify potential issues to work on. (10 points)**

**2. A. Identify the five steps in the Family Development process. (5 points)**

**State the purpose of each step (5 points)**

**B. Identify three tools or techniques you can use to achieve the purpose of**

**each step - total of fifteen total. (10 points)**

**4. The purpose of the Eco-Map is to identify outside influences and their relationships for an individual and/or family. With the information below, describe how you would fill in the eco-map on the next page with the lines and arrows indicating the relationship each outside influence has with the individuals in the center circle. (15 points)**

**Todd, 31 years old, alcoholic and very angry.**

**Ann, 29 years old, GED, AA degree, looking for work and has no car.**

**Todd and Ann are divorced. They have two children:**

**Sam, 10 years old, is outgoing, active in school, good grades and lots of friends.**

**Erin is 8 years old, struggling with school, “homebody,” concerned about looks and is being sexually abused.**

**Ann has a significant non-cohabiting relationship with John, age 37, who has large extended family and active in his church.**

**Ann had a miscarriage one year after being involved with John. John has two children: Brenda, who is 13 years old, involved in a lot of activities, average student, very popular and sexually active. Jane is 11 years old, she is an excellent student, very active and has lots of friends.**

