

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.**

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:
- exploratory listening
 - assessment of family history
 - joining
 - crisis stabilization
 - none of the above
7. When doing contact records with of the following is not an appropriate thing to do?
- record contacts on a daily basis
 - write down your opinion of what you think of the family
 - record any phone contact that is made with family
 - 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?
- judging
 - mind reading
 - repeating messages
 - rehearsing
9. Which of the following is not culturally helpful behavior?
- value diversity
 - assess you own culture
 - manage the dynamics of difference
 - rely on your gut instinct
 - adapt to diversity
10. The purpose of the Balance Wheel:
- balance your budget so you don't overspend
 - determine who is your family and what their subsystem role is
 - determine the time and energy spent on ranking from 0 to 10 in various life areas.
 - look at multiple generations to determine patterns of repeated behavior passed on.

11. When ending, bringing closure, to the interview what is not useful?
- complimenting any progress toward goals
 - reviewing the goal(s) for the next meeting and next steps
 - determining the appropriate length of the meeting
 - not asking how close you are to termination
12. Which of the following is not a characteristic of the Family Development paradigm?
- recognizing and affirming difference
 - high program participant expectations
 - people have different kinds of knowledge
 - emphasis on crisis intervention
 - consumers choose for themselves
13. When listening, it is most important to:
- stop the speaker frequently and make sure you understand what is being said
 - respond with advice when it is specifically requested
 - rehearse what you will say so it will be effective and non-judgmental
 - listen for the main idea
 - all of the above
 - none of the above
14. Which of the following is not a solution-focused question?
- Miracle or problem has been solved question?
 - What other resources can help me in the community?
 - Scaling question (1-5)?
 - Past success question?
 - 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:

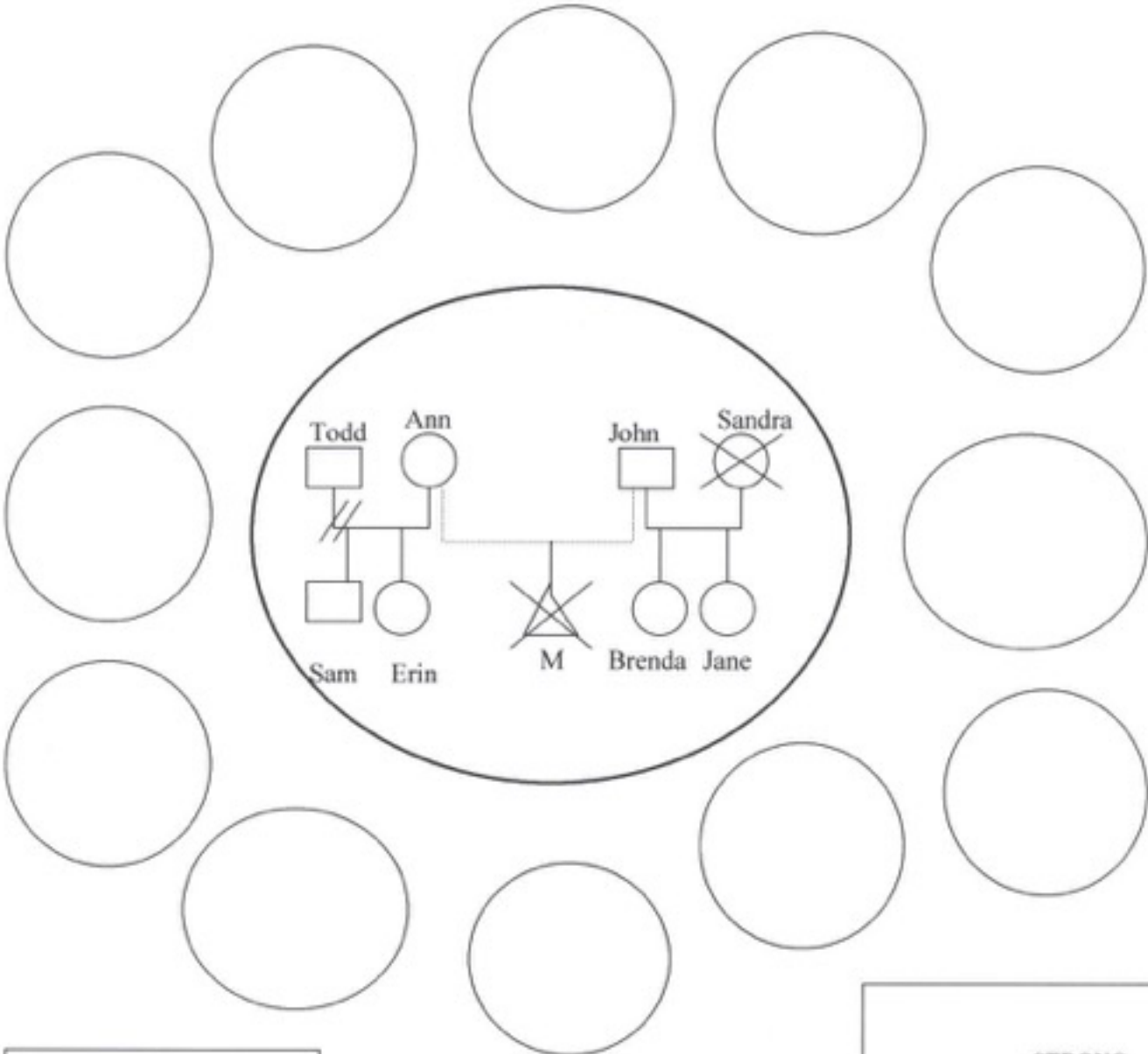
Sam, 10 years old, is outgoing, active in school, good grades and lots of friends.



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.

ECO-MAP



 **Center Circle-Family**
 **Surrounding Circles-Significant Relationships**

 **STRONG**
 **TENUOUS**
 **STRESSFUL**
 **FLOW OF ENERGY**
 **ENERGY**