

## Fact sheet 3.2.1ef

### KNOWLEDGE EVALUATIONS FORM 3.2

#### INSTRUCTIONS

Please, answer the following questions

1. The willingness to meet career tasks, transitions and traumas with fitting responses is called:
  - a. adaptive readiness
  - b. adaptability resources
  - c. adapting responses
  
2. How many dimensions does Career Adaptability include overall?
  - a. 4
  - b. 5
  - c. 6
  
3. In CTT human development is conceptualized as
  - a. the adaptation to a social environment
  - b. the transition to the next life's stage
  - c. the possibility to choose what to do
  
4. What does career adaptability refer to?
  - a. the capacities to adapt to all types of jobs
  - b. the self-regulation capacities to adapt to all kind of environments
  - c. the self-regulation capacities that shape adaptive strategies
  
5. The Career Construction Interview is conducted in order to
  - a. Gather information about the client's past vocational and/or educational experiences
  - b. Gather information about how the client has constructed his/her Self, identity and career
  - c. Gather information about how the client makes choices about his life and career
  
6. How many topics does the Career Construction Interview investigate about?
  - a. 4
  - b. 5
  - c. 6

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7. Counsellors ask about clients' favourite story because
    - a. they want to gather information about clients' role models
    - b. favourite stories show how characters deal with problems
    - c. favourite stories represent for clients an alternative situation to the current one they got stuck in.
  
  8. The tool My System of Career Influences enables clients to
    - a. Identify determinants of career choices
    - b. Identify at least three sources of influences on their career decisions
    - c. Identify, prioritize and story their career influences.
  
  9. Working on "*Thinking about my past, present and future*" clients are asked to
    - a. Think about events that occur in their story
    - b. Think about people in their lives and how they have been influential
    - c. Think about influences related to past, present, future or chance events
  
  10. Developing a Personal System of Career Influences, the client is
    - a. Guided to develop a stable visual representation of the Career Influences
    - b. Guided to contextualize career decisions and career transitions
    - c. Guided to record similarities and differences to compare with group participants

Expected answers 3.2.1ef

**Expected answers:**  
Q1=a; Q2=b; Q3=a; Q4=c; Q5=b; Q6=b; Q7=b; Q8=c; Q9=c; Q10=a.