

The Drive to Thrive Examination

1. Consilience is best described as:
 - a. The opposite of resilience
 - b. Evidence based intervention with random blind trials
 - c. Drawing truths from different disciplines
2. Which is NOT true of the Circle of Courage?
 - a. Based on indigenous values and wisdom
 - b. A result of the Kauai research on resilience
 - c. Applies across cultures as needs are universal
3. Classic research on leadership of groups was conducted by
 - a. Kurt Lewin
 - b. Emmy Werner
 - c. Maria Montessori
4. The CF Learning Model of Leadership and Service adds these two needs:
 - a. Significance and Competence
 - b. Dominance and Risk
 - c. Safety and Adventure
5. Which is NOT true of resilience?
 - a. Describes rare traits of invulnerable kids
 - b. Is a universal capacity of the human brain
 - c. Is largely based on relationships
6. The triune brain is
 - a. an outmoded notion
 - b. describes evolution of the brain
 - c. describes the frontal, right, and left brain cortex
7. Polyvagal theory indicates that
 - a. Trust and Safety trigger social engagement
 - b. The HPA Axis influences the immune system
 - c. The vagus nerve controls primary human emotions
8. Epigenetics research shows that
 - a. Nature and nurture each influence about 50% of human behavior
 - b. Gene switches turn off and on gene expression
 - c. Human chromosomes contain large amounts of junk DNA
9. Which is NOT true of neuroplasticity?
 - a. Exists in young people but the elderly only lose neuron cells
 - b. Was first described over a century ago by Ramon y Cajal
 - c. Allows the brain to repair and redesign new cells.
10. The Zeigarnik effect describes this:
 - a. We have intrusive thoughts about unsolved problems.
 - b. We have empathy for others whom we perceive as safe.
 - c. We lose large quantities of neurons as we age.
11. The leading researcher on epigenetics has been

- a. Donald Hebb
 - b. Michael Meaney
 - c. Sanjay Gupta
12. Epigenetics is most potent during
- a. Prenatal development
 - b. Early childhood
 - c. During senility
13. Temperament variations
- a. Are seen as a type of disorder
 - b. Are normal human variations
 - c. Are based on genes but not experience
14. Kids with high reactive temperament
- a. Are more likely to become violent
 - b. Have overly active amygdalas
 - c. Are likely to be extraverted
15. The Gallup study of Employee engagement found
- a. Money is the main reason employees leave their job
 - b. Employees are motivated mainly by having developmental needs met
 - c. Authoritarian management was more popular in climates of change
16. Servant leadership is most closely connected to the philosophy of
- a. Machiavelli
 - b. Extrinsic motivation
 - c. Self-governance
17. Pain-based behavior refers to
- a. The unpredictability of punishment
 - b. Problems resulting from inner negative emotions
 - c. Trauma and Adversity
18. Trauma does NOT include this:
- a. Fear and terror
 - b. Loss and despair
 - c. Coping with crisis
19. The ACE score refers to
- a. Ten specific stressors experienced during developmental years
 - b. Active Coping Events of overcoming trauma
 - c. A ranking system for evidence-based intervention
20. The primary effect of relational trauma is
- a. Impaired trust
 - b. Learning difficulties
 - c. Emotional Dysregulation
21. The removal of aboriginal children to boarding schools is a cause of
- a. Historic distrust
 - b. Cultural trauma
 - c. Both of the above

22. Those who connect trauma to autism believe that
 - a. Refrigerator mothers are a prime cause of this disorder
 - b. These youth have difficulty using calming touch and eye contact to calm
 - c. Both of the above
23. Child trauma expert Bessel van der Kolk advocates the following:
 - a. Generally avoid physical contact because of the child's fear reaction
 - b. Medications are generally useful to calm the stress reaction
 - c. Hugging these youth is often a natural way to make them feel safe
24. The private logic behind defensive coping strategies of distrustful youth:
 - a. Hide or be hurt
 - b. Hurt or be hurt
 - c. Both of the above.
25. The Three Pillars of Transforming Care are
 - a. Love, Hope, Courage
 - b. Safety, Connection, Coping
 - c. Trust, Talent, Thriving
26. The chemicals most directly involved in trust and bonding are
 - a. Oxytocin and Vasopressin
 - b. Epinephrine and Cortisol
 - c. Serotonin and Dopamine
27. Shame and pride are emotions most closely tied to
 - a. Safety
 - b. Belonging
 - c. Adventure
28. Myelin insulates nerve axons which
 - a. Develops rapid responding and expertise
 - b. Protects against Alzheimer's disease
 - c. Produces grey matter in the brain
29. Two theories of intelligence described by Carol Dweck:
 - a. Fixed and growth mindset
 - b. Nature and nurture of IQ
 - c. Sensory and motor acceleration
30. Research shows suspension has these effects:
 - a. Can be an effective tool in positive behavior support
 - b. Along with school resource officers, has increased school safety
 - c. Is counterproductive and feeds students into the prison pipeline
31. Which does research suggest is the most defensible proposition?
 - a. Power is generally a destructive force.
 - b. Power is primarily used by authoritarian leaders.
 - c. Self-regulation and self-efficacy are adaptive examples of power.
32. Self-efficacy is defined as
 - a. Tendency to become self-absorbed and egocentric
 - b. Having a sense of control over one's destiny

- c. An inflated sense of self esteem
- 33. Those in power are likely to
 - a. Activate brainstem programs that override empathy
 - b. Show more impulsive and rude behavior
 - c. Both of the above
- 34. Which is NOT true about purpose as a core motivation?
 - a. Involves contributing to others as well as meeting one's own needs
 - b. Is closely related to empathy and altruism
 - c. Is tied to the self-centered thinking error
- 35. Which is NOT true about adventure?
 - a. Involves risk and novelty
 - b. Involves play and pleasure seeking
 - c. Is highest in impulsive children but declines in adolescence
- 36. The concept of the Nature Deficit Disorder
 - a. Is likely overstated since humans can adapt to any safe setting
 - b. Is supported by research that nature calms stress and rumination
 - c. Is probably the primary cause of ADHD in boys
- 37. Small children who show very low levels of compassion
 - a. Probably have brain-based biological disorders
 - b. Probably reflect different qualities of child rearing
 - c. Probably will outgrow this with maturity
- 38. Psychologist Martin Hoffman discussed these kinds of discipline:
 - a. Intuitive and empathetic
 - b. Power assertion and love withdrawal
 - c. Psychological and corporal punishment
- 39. Meta-analysis of research on school bullying shows that
 - a. Most programs have clear effects in lowering peer mistreatment
 - b. Most programs that address cyber-bullying have a positive effect
 - c. Most programs fail to change values of students or culture of the school
- 40. Research on children with low self-regulation (marshmallow study)
 - a. Shows this behavior has lasting effects on successful life outcomes
 - b. This is a transient trait that usually disappears as frontal brain develops
 - c. This is primarily a trait of children of lower social-economic status

Short Answer Essay: List five specific ideas from this course that will apply to your work. Make this succinct so it fits on one typewritten page. (This counts as 10 points on this exam).