

## Chapter 1: The Fundamentals of Community Psychology: Promoting Social Change

1. Community psychologists might be found: (p. 3)
  - a) Identifying social problems.
  - b) Resolving social problems.
  - c) Using context to understand problems.
  - d) **All of the above.**
2. The role of community psychologist has often been described as \_\_\_\_\_. (p. 4)
  - a) **participant conceptualizer**
  - b) community activist
  - c) participant observer
  - d) practicing citizen
3. Using a structural perspective is useful because it... (p. 5)
  - a) **allows you to consider how contextual factors impact individuals.**
  - b) does not require you to think about the individual perspective.
  - c) can be used alongside first-order change.
  - d) helps you define problems in terms of personal responsibility.
4. Kenichi comes from a town whose schools are well-funded, and he has little trouble getting into exclusive colleges. Satsuki comes from a town with little money for its schools, which affects the courses she could take, and limits which colleges she could get into. Ignoring this difference in Kenichi's and Satsuki's situations would be committing what error? (p. 10)
  - a) Context maximization error
  - b) **Context minimization error**

- c) Fundamental cognitive error
  - d) Personalization error
5. In community psychology, contexts include which of the following? (p. 10)
- a) Neighborhoods and workplaces
  - b) Cultural and economic forces
  - c) Personality traits or characteristics
  - d) **Both a and b**
6. Changing the elements in a system, such as the individuals who become homeless or the employees in a school system, involves what type of change? (p. 11)
- a) **First-order change**
  - b) Second-order change
  - c) Third-order change
  - d) Macrosystem change
7. Changing relationships in a community rather than changing the people in the community is an example of: (p. 12)
- a) First-order change
  - b) **Second-order change**
  - c) Ecological levels of analysis
  - d) Context consideration
8. What do Oxford Houses do that comprises second-order change for persons in recovery from substance abuse? (p. 13)
- a) Residences are democratically managed by professional staff
  - b) **Residents supervise each other's behavior to promote recovery**

- c) Residents must be involved in professional treatment
  - d) Residents must be involved in mutual help groups
9. A program to prevent transmission of HIV focuses on changing norms among peers in microsystems. Which tactic below best matches this approach? (p. 17)
- a) Posters with information on how HIV is transmitted
  - b) **Visiting bars and talking with small groups of patrons**
  - c) Counseling individuals who seek HIV testing
  - d) Making videos for large-group programs
10. Schools, workplaces, and religious congregations are examples of which level of analysis? (p. 18)
- a) Microsystems
  - b) Macrosystems
  - c) **Organizations**
  - d) Localities
11. The concept of a setting in community psychology may refer to... (p. 18)
- a) a microsystem
  - b) an organization
  - c) a locality
  - d) **either a or b**
12. A school is an example of a(n)... (p. 18)
- a) microsystem
  - b) locality
  - c) macrosystem

d) **organization**

13. Which approach below most closely blends macrosystem change with a concern for individual wellness? (p. 19)

a) Encouraging students in schools to eat healthy foods

b) Advertisements advising “responsible drinking”

c) Holding a bicycle race to promote fitness

d) **Banning smoking in public places**

14. An institution standing between an individual’s private life and the institutions of public life is: (p. 20)

a) **A mediating structure**

b) A community coalition

c) The mass media

d) All of the above

15. Which of the following is NOT one of the eight core values of community psychology? (p. 23)

a) Multilevel, strengths-based perspective

b) Respect for human diversity

c) Empowerment and citizen participation

d) **Structural perspectives**

16. When community psychologists adapt their research questions and methods to be appropriate to the culture they study, what core value of community psychology is most directly involved? (p. 25)

a) **Respect for human diversity**

- b) Individual and family wellness
  - c) Social justice
  - d) Sense of community
17. Studying the historical struggles of women, African Americans and other racial groups, workers, immigrants, and other groups for equal opportunity and power in U.S. society most directly involves which core value of community psychology? (p. 25)
- a) **Social justice**
  - b) Collaboration and community strengths
  - c) Individual and family wellness
  - d) Empirical grounding
18. The community psychology definition of social justice is: (p. 25)
- a) **Equitable distribution of resources and opportunities across communities**
  - b) Being aware of the variety of communities and social identities
  - c) Having an equal relationship between community psychologists and community members
  - d) Using research to make community action more effective
19. Which of the following is true about diversity? (p. 25)
- a) It is a societal obligation.
  - b) It's a politically correct attitude that we have to maintain.
  - c) **It's valuable for understanding multiple sides of questions.**
  - d) None of the above.
20. Which core value of community psychology concerns personal health, well-being, and quality of life? (p. 26)

- a) Empirical grounding
- b) Sense of community
- c) **Collective wellness**
- d) Collaboration and community strengths

21. A locality receives a grant for efforts to strengthen families and parenting. A community psychologist leads a discussion of citizens about programs they wish to fund with the money. These decisions are to be made by citizens, not just by professionals. What core value of community psychology is most directly involved in how these decisions are made? (p. 27)

- a) Individual and family wellness
- b) Respect for human diversity
- c) **Empowerment and citizen participation**
- d) Empirical grounding

22. Which core value of community psychology concerns working with community members as full partners in making cooperative decisions, not as underlings or research subjects? (p. 27)

- a) **Collaboration**
- b) Sense of community
- c) Empirical grounding
- d) Individual and family wellness

23. Empirical grounding means: (p. 28)

- a) **Basing action in scientifically supported research whenever possible.**
- b) Only using scientific evidence instead of a community's perspective.

- c) Having value-free research.
- d) All of these are examples of empirical grounding.