



ACMGEN304

Promote positive wellbeing in self and others in animal care workplaces

Quiz

Assessment 1 of 2



Assessment Instructions

Task Overview

This is assessment 1 of 2 assessments for ACMGEN304 Promote positive wellbeing in self and others in animal care workplaces.

This assessment requires you to answer 10 multiple-choice questions to test your understanding of the knowledge required for this unit.

To be assessed as competent, you must complete all questions correctly.

To start, select the following **'Attempt quiz now'** button.

QUIZ QUESTION 1

Which of the following best defines the term 'Emotional intelligence?'

- a. Emotional intelligence is the ability to understand, use, and manage your own emotions in positive ways to manage stress, communicate effectively, empathize with others, overcome challenges and defuse conflict.
- b. Emotional intelligence is a lack of understanding, use, and management of your own emotions.
- c. Emotional intelligence refers to an individual's ability to use their own emotions to create conflict in the workplace.
- d. Emotional intelligence is a theory used to promote positive behaviours in employees in the workplace.

QUIZ QUESTION 2

Which of the following best describe 'resilience?'

- a. Bouncing forward
- b. Bouncing back
- c. Taking time out
- d. Working through your lunch break

QUIZ QUESTION 3

Which of the following are evidence-based theory models? Select four (4) correct answers.

- a. The Health belief model (HBM)
- b. The Transtheoretical Model/Stages of Change (TTM)
- c. Cognitive Health Model (CHM)
- d. Social Cognitive Theory (SCT)
- e. The Social Ecological model
- f. The Social Experiment model (SEM)

QUIZ QUESTION 4

Which of the following best defines 'Positive psychology?'

- a. Scientific study of human flourishing and applied approach to optimal functioning.
- b. Positive emotions, engagement, meaning, relationships, and accomplishment.
- c. Encourage people to discover and nurture character strengths focusing on individual and societal wellbeing.
- d. All of the above

QUIZ QUESTION 5

Identify the 3 pillars of Positive psychology.

- a. Positive experience, positive individual traits and positive institutions
- b. Positive employers, positive employees and a positive workplace
- c. Positivity, negativity, and neutralisation
- d. Positive mind, body and soul

QUIZ QUESTION 6

Where can you find your legal rights as an employee relating to psychological health and safety?

- a. Occupational Health and Safety Act
- b. Fair Work Act
- c. Employee Handbook
- d. You do not have psychological rights as an employee

QUIZ QUESTION 7

What is an employee assistance program (EAP)?

- a. A program offered by the workplace that offers free and confidential assessments, short term counselling, referrals, and follow-up services.
- b. A program offered by the workplace that offers free financial assistance and planning.
- c. A program that can be accessed through the government for legal advice relating to the workplace.
- d. A program that can be accessed by anyone over the age of 50 trying to get back into the work force.

QUIZ QUESTION 8

Which of the following are examples of when employee assistance programs (EAP) might be offered to staff? (Select 3).

- a. After a critical incident in the workplace
- b. During or after a natural disaster or state of emergency
- c. If you cannot decide what to eat for lunch
- d. After the loss of a family member, friend, or colleague
- e. If your car breaks down on the way to work
- f. When you cannot afford a handbag, you really want.

QUIZ QUESTION 9

Where can you find the most reliable information relating to psychological health and safety?

- a. Safe Work Australia
- b. On the Intranet
- c. Employee Handbook
- d. Work Hard Australia

QUIZ QUESTION 10

In terms of psychological health and safety, what 'duty of care' does your employer have?

- a. Employer must record any mental health illness you may have.
- b. Employer must manage psychosocial risks at work.
- c. Employer must put signs up where psychological hazards are present.
- d. The employer does not have a duty of care to the employees.