Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

Chapter 2: Considering Self

Matching

Match the concept, term, or theory with its correct response or definition.

dismissive attachment
embarrassment
face
fearful attachment
gender
interpersonal process model of intimacy
intimacy
looking-glass self
mask
preoccupied attachment
secure attachment
self
self-awareness
self-concept
self-concept clarity
self-disclosure
self-discrepancy theory
self-esteem
self-fulfilling prophecies
social comparison
social penetration theory
warranting value

1. The public self you want others to see and know.
   Ans: face
   Question Type: Matching
   Chapter: 2
   Section: Maintaining Your Public Self
   Bloom's Level: Remembering
   Difficulty: Easy

2. The ability to view yourself as a unique person distinct from your surrounding environment.
   Ans: self-awareness
   Question Type: Matching
   Chapter: 2
   Section: Self-Awareness
   Bloom's Level: Remembering

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

Difficulty: Easy

3. Observing and assigning meaning to others' behaviors and comparing them against your own.
   Ans: social comparison
   Question Type: Matching
   Chapter: 2
   Section: Self-Awareness
   Bloom's Level: Remembering
   Difficulty: Easy

4. Attachment style of a person who is high in both attachment anxiety and attachment avoidance.
   Ans: fearful attachment
   Question Type: Matching
   Chapter: 2
   Section: Family and Self
   Bloom's Level: Remembering
   Difficulty: Easy

5. Predictions about future interactions that lead you to behave in ways that ensure the interaction will unfold as you predicted.
   Ans: self-fulfilling prophecies
   Question Type: Matching
   Chapter: 2
   Section: Self-Concept
   Bloom's Level: Remembering
   Difficulty: Easy

6. Comparing your ideal self and your ought self to determine your self-esteem.
   Ans: self-discrepancy theory
   Question Type: Matching
   Chapter: 2
   Section: Measuring Up to Your Own Standards
   Bloom's Level: Remembering
   Difficulty: Easy

7. An evolving composite of self-awareness, self-concept, and self-esteem.
   Ans: self
   Question Type: Matching
   Chapter: 2

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

Section: The Components of Self
Bloom's Level: Remembering
Difficulty: Easy

8. The composite of social, psychological, and cultural attributes that characterize you as male or female.
   Ans: gender
   Question Type: Matching
   Chapter: 2
   Section: Gender and Self
   Bloom's Level: Remembering
   Difficulty: Easy

9. Attachment style of a person who is low in both attachment anxiety and attachment avoidance.
   Ans: secure attachment
   Question Type: Matching
   Chapter: 2
   Section: Family and Self
   Bloom's Level: Remembering
   Difficulty: Easy

10. Your overall perception of who you are.
    Ans: self-concept
    Question Type: Matching
    Chapter: 2
    Section: Self-Concept
    Bloom's Level: Remembering
    Difficulty: Easy

11. Feelings of shame, humiliation, and sadness as a result of losing face.
    Ans: embarrassment
    Question Type: Matching
    Chapter: 2
    Section: Maintaining Your Public Self
    Bloom's Level: Remembering
    Difficulty: Easy

12. The overall value, positive or negative, you assign your self.
    Ans: self-esteem
    Question Type: Matching

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

Chapter: 2
Section: Self-Esteem
Bloom's Level: Remembering
Difficulty: Easy

13. Defining your self-concept by thinking about how others see and evaluate you.
Ans: looking-glass self
Question Type: Matching
Chapter: 2
Section: Self-Concept
Bloom's Level: Remembering
Difficulty: Easy

14. A public self designed to hide your private self.
Ans: mask
Question Type: Matching
Chapter: 2
Section: Maintaining Your Public Self
Bloom's Level: Remembering
Difficulty: Easy

15. The belief that we reveal ourselves in layers like those of an onion.
Ans: social penetration theory
Question Type: Matching
Chapter: 2
Section: Opening Your Self to Others
Bloom's Level: Remembering
Difficulty: Easy

16. Revealing private information about your self to others.
Ans: self-disclosure
Question Type: Matching
Chapter: 2
Section: Disclosing Your Self to Others
Bloom's Level: Remembering
Difficulty: Easy

17. Attachment style of a person who is high in attachment anxiety yet low in attachment avoidance.
Ans: preoccupied attachment

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

Question Type: Matching
Chapter: 2
Section: Family and Self
Bloom's Level: Remembering
Difficulty: Easy

18. Attachment style of a person who is low in attachment anxiety but high in attachment avoidance.
Ans: dismissive attachment
Question Type: Matching
Chapter: 2
Section: Family and Self
Bloom's Level: Remembering
Difficulty: Easy

19. The degree to which one has a clearly defined and consistent sense of self.
Ans: self-concept clarity
Question Type: Matching
Chapter: 2
Section: Self-Concept
Bloom's Level: Remembering
Difficulty: Easy

20. Degree to which online information is supported by other people or evidence.
Ans: warranting value
Question Type: Matching
Chapter: 2
Section: Evaluating the Self Online
Bloom's Level: Remembering
Difficulty: Easy

21. The feeling of closeness or "union" that exists between you and your partner.
Ans: intimacy
Question Type: Matching
Chapter: 2
Section: Opening Your Self to Others
Bloom's Level: Remembering
Difficulty: Easy

22. The belief that the closeness we feel toward others is created through self-disclosure and the responsiveness of listeners to disclosure.

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

Ans: interpersonal process model of intimacy
Question Type: Matching
Chapter: 2
Section: Disclosing Your Self to Others
Bloom's Level: Remembering
Difficulty: Easy

True/False

Please select whether the following statements are true or false.

23. Your "face" is the self you only show yourself.
Ans: F
Question Type: True/False
Chapter: 2
Section: Maintaining Your Public Self
Bloom's Level: Understanding
Difficulty: Moderate

24. The process of social comparison can result in positive or negative self-esteem, depending on whether we compare favorably or unfavorably to others.
Ans: T
Question Type: True/False
Chapter: 2
Section: Self-Awareness
Bloom's Level: Remembering
Difficulty: Easy

25. According to the Johari Window, the aspects of your self that are known to others but not to you are called the unknown area.
Ans: F
Question Type: True/False
Chapter: 2
Section: Your Hidden and Revealed Self
Bloom's Level: Remembering
Difficulty: Easy

26. Social penetration refers to the gradual process of shedding layers of the self and increasing

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

physical intimacy in interpersonal relationships.
Ans: F
Question Type: True/False
Chapter: 2
Section: Opening Your Self to Others
Bloom's Level: Remembering
Difficulty: Easy

27. Self-fulfilling prophecies can set both positive and negative events in motion.
Ans: T
Question Type: True/False
Chapter: 2
Section: Self-Concept
Bloom's Level: Remembering
Difficulty: Easy

28. If a child and his or her caregiver have a close, affectionate, and secure relationship, the child is likely to learn a secure attachment style.
Ans: T
Question Type: True/False
Chapter: 2
Section: Family and Self
Bloom's Level: Understanding
Difficulty: Moderate

29. People tend to disclose more quickly when interacting face-to-face than when interacting online.
Ans: F
Question Type: True/False
Chapter: 2
Section: Differences in Disclosure
Bloom's Level: Understanding
Difficulty: Moderate

30. The self is formed in infancy and remains fairly static over time.
Ans: F
Question Type: True/False
Chapter: 2
Section: The Components of Self
Bloom's Level: Remembering

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

Difficulty: Easy

31. According to self-discrepancy theory, the greater the discrepancy between your ideal and ought selves, the higher your self-esteem.
    Ans: F
    Question Type: True/False
    Chapter: 2
    Section: Measuring Up to Your Own Standards
    Bloom's Level: Understanding
    Difficulty: Moderate

32. Gender is a composite of attributes learned through socialization, beginning at birth and continuing within families.
    Ans: T
    Question Type: True/False
    Chapter: 2
    Section: Gender and Self
    Bloom's Level: Remembering
    Difficulty: Easy

33. According to the social penetration theory, breadth refers to how personally or deeply you self-disclose.
    Ans: F
    Question Type: True/False
    Chapter: 2
    Section: Opening Your Self to Others
    Bloom's Level: Remembering
    Difficulty: Easy

34. Research suggests that those who have high self-concept clarity are less likely to experience chronic depression.
    Ans: T
    Question Type: True/False
    Chapter: 2
    Section: Self-Concept
    Bloom's Level: Understanding
    Difficulty: Moderate

35. Cooley's concept of the looking-glass self suggests that you form your self-concept by closely examining and evaluating yourself.
    Ans: F

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

Question Type: True/False
Chapter: 2
Section: Self-Concept
Bloom's Level: Understanding
Difficulty: Moderate

36. Gender refers to the biological state of having either male or female sexual organs.
Ans: F
Question Type: True/False
Chapter: 2
Section: Gender and Self
Bloom's Level: Remembering
Difficulty: Easy

37. Your public self is synonymous with your face.
Ans: T
Question Type: True/False
Chapter: 2
Section: Maintaining Your Public Self
Bloom's Level: Remembering
Difficulty: Easy

38. If your ought self and ideal self are consistent with each other, you are likely to experience higher levels of happiness and self-esteem.
Ans: T
Question Type: True/False
Chapter: 2
Section: Measuring Up to Your Own Standards
Bloom's Level: Understanding
Difficulty: Moderate

39. If your relational partner feels unlovable and unworthy, he or she may be experiencing attachment anxiety.
Ans: T
Question Type: True/False
Chapter: 2
Section: Family and Self
Bloom's Level: Understanding
Difficulty: Moderate

40. Your self-concept is based on the beliefs, attitudes, and values your significant other has

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

about you.
Ans: F
Question Type: True/False
Chapter: 2
Section: Self-Concept
Bloom's Level: Remembering
Difficulty: Easy

41. Losing face can result in feelings of shame, humiliation, and embarrassment.
Ans: T
Question Type: True/False
Chapter: 2
Section: Maintaining Your Public Self
Bloom's Level: Remembering
Difficulty: Easy

42. According to the social penetration theory, depth refers to the number of different aspects of self a relational partner reveals.
Ans: F
Question Type: True/False
Chapter: 2
Section: Opening Your Self to Others
Bloom's Level: Remembering
Difficulty: Easy

43. Self-disclosure is necessary to start and develop your personal relationships.
Ans: T
Question Type: True/False
Chapter: 2
Section: Disclosing Your Self to Others
Bloom's Level: Understanding
Difficulty: Moderate

44. Self-awareness and self-esteem are synonymous.
Ans: F
Question Type: True/False
Chapter: 2
Section: Self-Esteem
Bloom's Level: Understanding
Difficulty: Moderate

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

45. According to self-discrepancy theory, individuals are most happy when their self is most similar to their ideal and ought selves.
    Ans: T
    Question Type: True/False
    Chapter: 2
    Section: Measuring Up to Your Own Standards
    Bloom's Level: Remembering
    Difficulty: Easy

46. Intimacy refers to the degree of arousal one feels toward one's partner.
    Ans: F
    Question Type: True/False
    Chapter: 2
    Section: Opening Your Self to Others
    Bloom's Level: Understanding
    Difficulty: Moderate

47. According to the interpersonal process model of intimacy, closeness is based solely on your self-disclosure to others.
    Ans: F
    Question Type: True/False
    Chapter: 2
    Section: Disclosing Your Self to Others
    Bloom's Level: Understanding
    Difficulty: Moderate

48. Three important influences upon the self include family, gender, and culture.
    Ans: T
    Question Type: True/False
    Chapter: 2
    Section: The Sources of Self
    Bloom's Level: Remembering
    Difficulty: Easy

Multiple Choice

Please choose the correct response to the following statements.

49. Evaluative appraisals of your self are known as

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

A. attitudes
B. values
C. beliefs
D. personal constructs
E. reflected appraisals

Ans: A

Question Type: Multiple Choice

Chapter: 2

Section: Self-Concept

Bloom's Level: Remembering

Difficulty: Easy

50. If Mark has never had a long-term relationship because he reacts negatively to any perceived problem or "bump" in the relationship, what type of attachment style is Mark likely to have?
A. secure
B. none of the options are correct
C. fearful
D. dismissive
E. preoccupied

Ans: E

Question Type: Multiple Choice

Chapter: 2

Section: Family and Self

Bloom's Level: Applying

Difficulty: Difficult

51. Convictions that an individual holds to be true are called
A. attitudes
B. beliefs
C. values
D. personal constructs
E. looking-glass self

Ans: B

Question Type: Multiple Choice

Chapter: 2

Section: Self-Concept

Bloom's Level: Remembering

Difficulty: Easy

52. If you and your friend discuss many different topics but do so on a superficial level only, your self-disclosure has
A. minimal breadth and depth

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

B. great breadth and depth
C. great breadth but little depth
D. great depth but little breadth
E. none of the options are correct

Ans: C

Question Type: Multiple Choice

Chapter: 2

Section: Opening Your Self to Others

Bloom's Level: Applying

Difficulty: Difficult

53. If you perceive yourself as professionally capable and do well in a job interview as a result, your experience exemplifies
A. social comparison
B. the looking-glass self
C. self-discrepancy theory
D. self-fulfilling prophecy
E. none of the options are correct

Ans: D

Question Type: Multiple Choice

Chapter: 2

Section: Self-Concept

Bloom's Level: Applying

Difficulty: Difficult

54. People with high self-esteem tend to exhibit which of the following?
A. satisfaction in their personal relationships
B. leadership skills
C. academic ability
D. athleticism
E. all of the options are correct

Ans: E

Question Type: Multiple Choice

Chapter: 2

Section: Self-Esteem

Bloom's Level: Understanding

Difficulty: Moderate

55. According to the Johari Window, what "quadrant" of the self is known both to others and to the self?
A. unknown area
B. known area
C. hidden area

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

D. public area
E. blind area

Ans: D

Question Type: Multiple Choice

Chapter: 2

Section: Your Hidden and Revealed Self

Bloom's Level: Understanding

Difficulty: Moderate

56. Your self-concept is shaped by
A. culture
B. your interactions with others
C. your gender
D. your family
E. all of the options are correct

Ans: E

Question Type: Multiple Choice

Chapter: 2

Section: Self-Concept

Bloom's Level: Understanding

Difficulty: Moderate

57. Which of the following represents an appropriate amount of self-disclosure at the very beginning of a relationship?
A. little breadth and little depth
B. little breadth and great depth
C. great breadth and little depth
D. great breadth and great depth
E. none of the options are correct

Ans: A

Question Type: Multiple Choice

Chapter: 2

Section: Opening Your Self to Others

Bloom's Level: Applying

Difficulty: Difficult

58. Which of the following patterns of self-disclosure commonly characterizes an intimate personal relationship?
A. little breadth and little depth
B. little breadth and great depth
C. great breadth and little depth
D. great breadth and great depth
E. none of the options are correct

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

Ans: D

Question Type: Multiple Choice

Chapter: 2

Section: Opening Your Self to Others

Bloom's Level: Applying

Difficulty: Difficult

59. Kyle avoids close, long-term relationships, yet exhibits little anxiety. What attachment style best describes him?
    A. secure attachment
    B. dismissive attachment
    C. preoccupied attachment
    D. fearful attachment
    E. none of the options are correct

    Ans: B

    Question Type: Multiple Choice

    Chapter: 2

    Section: Family and Self

    Bloom's Level: Applying

    Difficulty: Difficult

60. According to the Johari Window, what "quadrant" of the self is known to others but unknown to the self?
    A. open area
    B. blind area
    C. hidden area
    D. closed area
    E. unknown area

    Ans: B

    Question Type: Multiple Choice

    Chapter: 2

    Section: Your Hidden and Revealed Self

    Bloom's Level: Understanding

    Difficulty: Moderate

61. Which of the following statements best exemplifies the influence the looking-glass self has on your self-concept?
    A. My mom tells me I am the best little boy in the world and I believe her.
    B. I am a son and a student.
    C. I think Olivia is the smartest student in the class besides me.
    D. I am an extroverted people person.
    E. none of the options are correct

    Ans: A

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

Question Type: Multiple Choice

Chapter: 2

Section: Self-Concept

Bloom's Level: Applying

Difficulty: Difficult

62. Which of the following is NOT typically a part of a female's lifelong gender socialization process?
    A. femininity
    B. sensitivity
    C. nurturance
    D. competitiveness
    E. compassion

    Ans: D

    Question Type: Multiple Choice

    Chapter: 2

    Section: Gender and Self

    Bloom's Level: Understanding

    Difficulty: Moderate

63. Which of the following is a potential risk of self-disclosure?
    A. it helps manage personal stress and anxiety
    B. it is irreversible
    C. it helps to develop relationships
    D. it increases psychological health
    E. none of the options are correct

    Ans: B

    Question Type: Multiple Choice

    Chapter: 2

    Section: Differences in Disclosure

    Bloom's Level: Understanding

    Difficulty: Moderate

64. According to self-discrepancy theory, we feel happiest when
    A. our self-concept matches our ideal and ought selves
    B. our self-concept exceeds our ideal and ought selves
    C. there is a great discrepancy between our ideal and ought selves
    D. we perceive our self-concept to be inferior to our ideal and ought selves
    E. none of the options are correct

    Ans: A

    Question Type: Multiple Choice

    Chapter: 2

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

Section: Measuring Up to Your Own Standards

Bloom's Level: Understanding

Difficulty: Moderate

65. According to the Johari Window, what "quadrant" of the self is unknown to others but known to the self?
    A. open area
    B. blind area
    C. hidden area
    D. closed area
    E. unknown area

    Ans: C

    Question Type: Multiple Choice

    Chapter: 2

    Section: Your Hidden and Revealed Self

    Bloom's Level: Understanding

    Difficulty: Moderate

66. Enduring principles that govern your behavior are called
    A. attitudes
    B. values
    C. beliefs
    D. personal constructs
    E. masks

    Ans: B

    Question Type: Multiple Choice

    Chapter: 2

    Section: Self-Concept

    Bloom's Level: Remembering

    Difficulty: Easy

67. Which of the following characteristics is typical of a male's lifelong gender socialization process?
    A. independence
    B. competitiveness
    C. assertiveness
    D. masculinity
    E. all of the options are correct

    Ans: E

    Question Type: Multiple Choice

    Chapter: 2

    Section: Gender and Self

    Bloom's Level: Understanding

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

Difficulty: Moderate

68. Jacqueline fears rejection and worries that her boyfriend will leave her. What attachment style is she experiencing?
A. fearful attachment
B. secure attachment
C. dismissive attachment
D. preoccupied attachment
E. none of the options are correct

Ans: A

Question Type: Multiple Choice

Chapter: 2

Section: Family and Self

Bloom's Level: Applying

Difficulty: Difficult

69. If a Hollywood actor is gay but keeps his sexual orientation a secret, which strategy is he using to maintain his public self?
A. face
B. mask
C. hidden self
D. closed self
E. none of the options are correct

Ans: B

Question Type: Multiple Choice

Chapter: 2

Section: Maintaining Your Public Self

Bloom's Level: Applying

Difficulty: Difficult

70. Which of the following is a strategy for maintaining or saving face?
A. using words and actions consistent with the face you are presenting
B. using communication that complements your face
C. using communication consistent with others' perceptions of you
D. using communication that is reinforced by objects or events in the context at hand
E. all of the options are correct

Ans: E

Question Type: Multiple Choice

Chapter: 2

Section: Maintaining Your Public Self

Bloom's Level: Understanding

Difficulty: Moderate

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

71. When communicating online, you should
    A. remain aware of your face
    B. remember that viewers tend to perceive you based upon your intended self-perception
    C. never present a mask
    D. never presume the gender of someone you are communicating with
    E. all of the options are correct

    Ans: E

    Question Type: Multiple Choice

    Chapter: 2

    Section: Presenting the Self Online

    Bloom's Level: Understanding

    Difficulty: Moderate

72. Which of the following serves as an effective metaphor for the social penetration theory?
    A. broccoli
    B. asparagus
    C. carrot
    D. cucumber
    E. onion

    Ans: E

    Question Type: Multiple Choice

    Chapter: 2

    Section: Opening Your Self to Others

    Bloom's Level: Remembering

    Difficulty: Easy

73. According to the social penetration theory, at which layer is a person's attitudes, beliefs, and opinions disclosed?
    A. peripheral layer
    B. intermediate layer
    C. central layers
    D. outer layer
    E. innermost layer

    Ans: B

    Question Type: Multiple Choice

    Chapter: 2

    Section: Opening Your Self to Others

    Bloom's Level: Understanding

    Difficulty: Moderate

74. According to the social penetration theory, at which layer is a person's values, self-concept, and personality revealed?
    A. peripheral layer

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

B. intermediate layer
C. central layer
D. outer layer
E. innermost layer

Ans: C

Question Type: Multiple Choice

Chapter: 2

Section: Opening Your Self to Others

Bloom's Level: Understanding

Difficulty: Moderate

75. Mike shares intimate details about his romantic relationship with people he's just met. According to the Johari Window, Mike has a relatively large
A. ego
B. blind area
C. hidden area
D. unknown area
E. public area

Ans: E

Question Type: Multiple Choice

Chapter: 2

Section: Your Hidden and Revealed Self

Bloom's Level: Applying

Difficulty: Difficult

76. A relational partner with a preoccupied attachment style may be characterized by
A. high anxiety
B. low avoidance
C. a desire for closeness
D. a fear of rejection
E. all of the options are correct

Ans: E

Question Type: Multiple Choice

Chapter: 2

Section: Family and Self

Bloom's Level: Understanding

Difficulty: Moderate

77. According to the Johari Window, what "quadrant" of the self is unknown to others and the self?
A. open area
B. blind area
C. hidden area

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

D. closed area
E. unknown self

Ans: E

Question Type: Multiple Choice

Chapter: 2

Section: Your Hidden and Revealed Self

Bloom's Level: Understanding

Difficulty: Moderate

78. According to the social penetration theory, if someone is only comfortable disclosing his or her favorite foods, restaurants, bands, or hobbies, which layer of the self is shared?
A. peripheral layer
B. intermediate layer
C. core layer
D. central layer
E. external layer

Ans: B

Question Type: Multiple Choice

Chapter: 2

Section: Opening Your Self to Others

Bloom's Level: Understanding

Difficulty: Moderate

79. Self-concept can best be characterized as
A. perceptions we have about ourselves
B. static, unchanging over time
C. always positive
D. always negative
E. none of the options are correct

Ans: A

Question Type: Multiple Choice

Chapter: 2

Section: Self-Concept

Bloom's Level: Remembering

Difficulty: Easy

80. Which of the following statements is true about the self?
A. the self is composed of attitudes, values, and beliefs
B. the self is influenced by life experiences
C. the self is composed of self-awareness
D. the self is composed of self-esteem
E. all of the options are correct

Ans: E

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

Question Type: Multiple Choice

Chapter: 2

Section: The Components of Self

Bloom's Level: Understanding

Difficulty: Moderate

81. Which of the following may increase your self-esteem?
    A. establishing consistency between your ought and ideal selves
    B. living in an appearance-obsessed culture
    C. revising and redefining unrealistic standards you've set for your self
    D. engaging in social comparison
    E. both "establishing consistency between your ought and ideal selves" and "revising and redefining unrealistic standards you've set for your self" are correct

    Ans: E

    Question Type: Multiple Choice

    Chapter: 2

    Section: Improving Your Self-Esteem

    Bloom's Level: Understanding

    Difficulty: Moderate

82. The chapter's opening anecdote about Eric Staib illustrates what component of self-concept?
    A. looking-glass self
    B. social comparison
    C. ideal self
    D. ought self
    E. none of the options are correct

    Ans: A

    Question Type: Multiple Choice

    Chapter: 2

    Section: Self-Concept

    Bloom's Level: Applying

    Difficulty: Difficult

83. Our self-esteem is likely to
    A. increase as we decrease differences between our ought and ideal selves
    B. decrease as we increase differences between our ought and ideal selves
    C. stay the same as long as we align our ought and ideal selves
    D. increase once we find our ideal self
    E. increase only if we live in an appearance-obsessed culture

    Ans: A

    Question Type: Multiple Choice

    Chapter: 2

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

Section: Improving Your Self-Esteem

Bloom's Level: Understanding

Difficulty: Moderate

84. While at the park with friends, Mia boasts about what a good gymnast she was when growing up. When she attempts to show off her cartwheel, she fails and falls to the ground. What is Mia likely to experience as a result?
    A. individualism
    B. losing face
    C. embarrassment
    D. both "losing face" and "embarrassment" are correct
    E. none of the options are correct

    Ans: D

    Question Type: Multiple Choice

    Chapter: 2

    Section: Maintaining Your Public Self

    Bloom's Level: Applying

    Difficulty: Difficult

85. According to the social penetration theory, a person's age, sex, race, or ethnicity is represented by the
    A. peripheral layer
    B. intermediate layer
    C. central layer
    D. outer layer
    E. innermost layer

    Ans: A

    Question Type: Multiple Choice

    Chapter: 2

    Section: Opening Your Self to Others

    Bloom's Level: Understanding

    Difficulty: Moderate

86. Which of the following is NOT a usual characteristic of online masks?
    A. men are more likely to present themselves as expert
    B. women are more likely to present themselves as expert
    C. women are more likely to offer supportive messages
    D. men are more likely to answer questions
    E. women are more likely to make others feel welcome

    Ans: B

    Question Type: Multiple Choice

    Chapter: 2

    Section: Presenting the Self Online

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

Bloom's Level: Understanding

Difficulty: Moderate

87. What is "post-cyber-disclosure panic"?
    A. the tendency to disclose more online
    B. the tendency to disclose too little online
    C. the belief that adolescents don't disclose enough to their parents
    D. the fear that someone will discover that your online persona is fake
    E. the realization that your personal e-mails and texts may be read by others

    Ans: E

    Question Type: Multiple Choice

    Chapter: 2

    Section: Differences in Disclosure

    Bloom's Level: Understanding

    Difficulty: Moderate

88. What are some ways you can improve your self-disclosure?
    A. know your self
    B. know others
    C. be sensitive to cultural differences
    D. gradually disclose intermediate and central aspects of your self
    E. all of the options are correct

    Ans: E

    Question Type: Multiple Choice

    Chapter: 2

    Section: Competently Disclosing Your Self

    Bloom's Level: Understanding

    Difficulty: Moderate

89. Which of the following is a common practice on social networking and dating sites?
    A. selective self-presentation
    B. using a mask
    C. accentuating positive characteristics
    D. gender swapping
    E. all of the options are correct

    Ans: E

    Question Type: Multiple Choice

    Chapter: 2

    Section: Presenting the Self Online

    Bloom's Level: Understanding

    Difficulty: Moderate

90. A self-fulfilling prophecy occurs when

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

A. thinking and believing decrease the likelihood of an event
B. predictions lead you to behave in ways that ensure the predictions come true
C. you fail to live up to the labels others place on you
D. you fail to act as others expect
E. none of the options are correct

Ans: B

Question Type: Multiple Choice

Chapter: 2

Section: Self-Concept

Bloom's Level: Understanding

Difficulty: Moderate

91. People with large hidden areas as depicted in the Johari Window typically
A. fear rejection
B. do not want to learn about the people they interact with
C. expect acceptance
D. do not withhold aspects of themselves
E. none of the options are correct

Ans: A

Question Type: Multiple Choice

Chapter: 2

Section: Your Hidden and Revealed Self

Bloom's Level: Applying

Difficulty: Difficult

92. Which of the following statements suggests that your self-concept is influenced by the labels others put on you?
A. My father always said I was the black sheep of the family.
B. I see myself as a student, worker, and son.
C. I am happy with myself.
D. I am an extroverted person.
E. none of the options are correct

Ans: A

Question Type: Multiple Choice

Chapter: 2

Section: Self-Concept

Bloom's Level: Applying

Difficulty: Difficult

93. Which of the following does NOT influence the self?
A. face
B. culture
C. family

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

D. gender
E. none of the options are correct

Ans: A

Question Type: Multiple Choice

Chapter: 2

Section: The Sources of Self

Bloom's Level: Remembering

Difficulty: Easy

94. Which of the following is NOT true of self-disclosure?
A. people tend to disclose more quickly online than face-to-face
B. self-disclosure increases mental health and relieves stress
C. Euro-Americans tend to disclose less than Hispanics
D. women disclose more than men
E. keeping problems to yourself can cause problems

Ans: C

Question Type: Multiple Choice

Chapter: 2

Section: Differences in Disclosure

Bloom's Level: Understanding

Difficulty: Moderate

95. If Chloe and her partner Sam work together to competently confront any problems in their relationship, it is likely that they have what type of attachment style?
A. secure
B. fearful
C. dismissive
D. preoccupied
E. all of the options are correct

Ans: A

Question Type: Multiple Choice

Chapter: 2

Section: Family and Self

Bloom's Level: Understanding

Difficulty: Moderate

96. Which of the following is true about self-concept?
A. it is difficult to change
B. it is composed of attitudes
C. it is composed of beliefs
D. it is composed of values
E. all of the options are correct

Ans: E

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

Question Type: Multiple Choice

Chapter: 2

Section: Self-Concept

Bloom's Level: Remembering

Difficulty: Easy

97. Which statement about self-disclosure is true?
    A. Self-disclosure varies across cultures.
    B. Self-disclosure varies among individuals.
    C. People self-disclose more frequently online than face-to-face.
    D. Men and women disclose similarly.
    E. all of the options are correct

    Ans: E

    Question Type: Multiple Choice

    Chapter: 2

    Section: Disclosing Your Self to Others

    Bloom's Level: Understanding

    Difficulty: Moderate

98. If you have a secure attachment style, you are more likely
    A. to develop stable relationships
    B. to be comfortable with intimacy
    C. to have more confidence in your ability to communicate
    D. to have high self-esteem
    E. all of the options are correct

    Ans: E

    Question Type: Multiple Choice

    Chapter: 2

    Section: Family and Self

    Bloom's Level: Understanding

    Difficulty: Moderate

99. If your friend declares that "dishonoring and disrespecting your mother is just plain wrong," his statement is an example of
    A. an attitude
    B. a belief
    C. a value
    D. a personal construct
    E. the looking-glass self

    Ans: C

    Question Type: Multiple Choice

    Chapter: 2

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

Section: Self-Concept
Bloom's Level: Applying
Difficulty: Difficult

Short Answer

Briefly respond to the following questions in full sentences.

100. How might interactions with others impact your self-concept?
Possible Ans: You tend to see yourself through others' perceptions of you, a concept known as the looking-glass self.
Question Type: Short Answer
Chapter: 2
Section: Self-Concept
Bloom's Level: Understanding
Difficulty: Moderate

101. How does self-esteem impact interpersonal communication?
Possible Ans: Low self-esteem may result in negative interactions with others; high self-esteem may result in positive interactions with others.
Question Type: Short Answer
Chapter: 2
Section: Self-Esteem
Bloom's Level: Understanding
Difficulty: Moderate

102. Explain the difference between self-esteem and self-concept.
Possible Ans: Self-esteem is how we evaluate our self-concept; self-concept is how we perceive ourselves.
Question Type: Short Answer
Chapter: 2
Section: Self-Esteem
Bloom's Level: Understanding
Difficulty: Moderate

103. Identify the benefits of self-disclosure.
Possible Ans: Self-disclosure can increase intimacy in relationships and improve the mental health of the person disclosing.
Question Type: Short Answer

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

Chapter: 2
Section: Differences in Disclosure
Bloom's Level: Understanding
Difficulty: Moderate

104. Identify the risks of self-disclosure.
Possible Ans: Disclosing information can hurt the discloser, another person, or a relationship and/or make the receiver feel uncomfortable.
Question Type: Short Answer
Chapter: 2
Section: Disclosing Your Self to Others
Bloom's Level: Understanding
Difficulty: Moderate

105. What are the three components of self?
Possible Ans: The three components are self-awareness, self-concept, and self-esteem.
Question Type: Short Answer
Chapter: 2
Section: Disclosing Your Self to Others
Bloom's Level: Remembering
Difficulty: Easy

106. Our self-esteem is composed of what two mental standards?
Possible Ans: Self-esteem is composed of the ideal self and the ought self.
Question Type: Short Answer
Chapter: 2
Section: Measuring Up to Your Own Standards
Bloom's Level: Remembering
Difficulty: Easy

107. Identify the two primary components of the social penetration theory.
Possible Ans: The two components are depth and breadth of self-disclosure.
Question Type: Short Answer
Chapter: 2
Section: Opening Your Self to Others
Bloom's Level: Remembering
Difficulty: Easy

108. List three ways to disclose your self competently.
Possible Ans: Three ways to disclose your self competently are to know your self, know your audience, and don't force others to self-disclose.

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

Question Type: Short Answer

Chapter: 2

Section: Competently Disclosing Your Self

Bloom's Level: Understanding

Difficulty: Moderate

109. What is gender?

Possible Ans: Gender is the composite of attributes that characterize us as male or female, learned through socialization.

Question Type: Short Answer

Chapter: 2

Section: Gender and Self

Bloom's Level: Understanding

Difficulty: Moderate

110. Explain how self-fulfilling prophecies work, and give an example of how they might impact your academic performance.

Possible Ans: Our thoughts and beliefs about how events will unfold can help bring about those events as we predicted; in short, if we think we will do well in school, we probably will (the opposite is also true).

Question Type: Short Answer

Chapter: 2

Section: Self-Concept

Bloom's Level: Applying

Difficulty: Difficult

111. What are some ways to improve your self-esteem?

Possible Ans: Some ways to improve self-esteem are to think positively, associate with confirming significant others, reduce discrepancy between ideal and ought selves, and set reasonable standards for yourself.

Question Type: Short Answer

Chapter: 2

Section: Self-Esteem

Bloom's Level: Understanding

Difficulty: Moderate

112. Explain how low self-esteem can spawn a vicious cycle.

Possible Ans: Negative beliefs lead to low self-esteem, which further fuels initial negative beliefs.

Question Type: Short Answer

Chapter: 2

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

Section: Self-Esteem

Bloom's Level: Understanding

Difficulty: Moderate

113. How can warranting value enhance one's online persona?

Possible Ans: Warranting value is used to determine the degree to which information presented about someone is corroborated by other people and outside evidence. In short, what others say about you online is more important than what you say about yourself.

Question Type: Short Answer

Chapter: 2

Section: Evaluating the Self Online

Bloom's Level: Understanding

Difficulty: Moderate

114. How can "the interview test" help protect one's online persona?

Possible Ans: Before disclosing, one can ask, "Would I feel comfortable disclosing this information in a job interview?"

Question Type: Short Answer

Chapter: 2

Section: Improving Your Online Self-Presentation

Bloom's Level: Applying

Difficulty: Difficult

115. Explain "post-cyber-disclosure panic."

Possible Ans: This panic occurs when you realize the texts and e-mails containing your innermost thoughts might be read by others. In short, such communication is both public and permanent.

Question Type: Short Answer

Chapter: 2

Section: Differences in Disclosure

Bloom's Level: Understanding

Difficulty: Moderate

116. Discuss the overall value of self-disclosure in personal relationships. Compare and contrast both the benefits and risks of engaging in self-disclosure.

Possible Ans: The benefits are increased mental health and stability, closeness to others, and increased relational intimacy; the risks are that information can hurt or be used against you.

Question Type: Short Answer

Chapter: 2

Section: Differences in Disclosure

Bloom's Level: Applying

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

Difficulty: Difficult

Essay

Please respond to the following questions in paragraph form.

117. Explain the social penetration theory, and provide an example of how it impacts self-disclosure in interpersonal relationships.

Possible Ans: Using the metaphor of the onion, disclosure occurs incrementally, penetrating more deeply into the layers toward intimacy, and includes peripheral, intermediate, and central layers of self. Self-disclosure increases in both depth and breadth, so that the relationship becomes deeper as partners communicate more personal information.

Question Type: Essay

Chapter: 2

Section: Opening Your Self to Others

Bloom's Level: Applying

Difficulty: Difficult

118. Describe the Johari Window. Then identify and give an example of each quadrant.

Possible Ans: The Johari Window defines four quadrants of the relational self: the public area, known to you and others, which includes everything you openly disclose, from music and religious beliefs to moral values; the blind area, known to others through your interpersonal communication but not to you, including strengths or flaws you don't see; the hidden area, parts of yourself known to you but that you keep hidden from others, including impulses and fantasies; and the unknown area, aspects of yourself unknown both to you and to others.

Question Type: Essay

Chapter: 2

Section: Your Hidden and Revealed Self

Bloom's Level: Applying

Difficulty: Difficult

119. Differentiate between an online description that has low warranting value and one that has high warranting value.

Possible Ans: Information has low warranting value when it isn't supported by others and can't be verified offline. It may only be presented by the author. Information has high warranting value when it is authored by others and can be verified by off- and online sources. This information may also be presented by the author, but it is consistent with other sources.

Question Type: Essay

Chapter: 2

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack

Section: Evaluating the Self Online

Bloom's Level: Understanding

Difficulty: Moderate

120. Explain attachment theory. Be sure to identify and give examples of the four different attachment styles.

Possible Ans: Attachment theory is based on attachment anxiety and attachment avoidance. Attachment anxiety is the amount of fear of rejection a person experiences in relationships with others. Attachment avoidance is how much one desires close interpersonal relationships. There are four attachment styles: (1) Secure attachment involves low anxiety and avoidance. People with this style seek close, intimate relationships with others. (2) Preoccupied attachment involves a high level of anxiety and a low level of avoidance. People with this style are plagued with fear of rejection and have difficulty maintaining lasting relationships. (3) Those with the dismissive attachment style show low anxiety and high avoidance and view close relationships as unimportant. The fearful attachment style involves both high anxiety and high avoidance. People with this style fear rejection and tend to shun relationships.

Question Type: Essay

Chapter: 2

Section: Family and Self

Bloom's Level: Applying

Difficulty: Difficult

121. Describe the ways in which you can increase your self-disclosure competency.

Possible Ans: You can increase your self-disclosure competency if you know your self and your audience; don't force other people to self-disclose; disclose gradually; don't presume gender preferences; be sensitive to cultural differences; and self-disclose slowly to avoid making people uncomfortable.

Question Type: Essay

Chapter: 2

Section: Competently Disclosing Your Self

Bloom's Level: Applying

Difficulty: Difficult

Access Complete Test Bank for Reflect and Relate An Introduction to Interpersonal Communication 3rd McCornack