

PROMOTION STUDY GUIDE APRIL 2021
LET 1 AND LET 2

1. This study guide is designed for LET LEVELS 1 and 2. Cadets should study all areas for their LET Level and all common core subjects related to JROTC. Each question in the study guide is preceded with the unit, chapter, and lesson number.
2. **LET 1 CADETS** will need to study all questions beginning on page 2 and go to page 33. You will have 177 questions to study.
3. **LET 2 CADETS will need to study all LET 1 questions and all LET 2 questions.** LET 2 questions begin on page 38 and go to page 68. There are 167 LET 2 questions to study.
4. All LET 1 and LET 2 question answers are highlighted for quick reference. The answer key for each LET 1 question begins on page 33 through 37. The answer key for each LET 2 questions begin on page 68 through 72

Many questions in the Study Guide are Common Core Subjects that all Cadets need to be familiar with. Even though LET 1 and LET 2 Cadets may not have had subjects covered in this Study Guide, it is to your advantage to be familiar with every question. GOOD LUCK, study hard and achieve your promotion goal.

JROTC LET I Cadet Promotion Board Questions September 2019

1. (U1C1L1:Q3) Leadership Theory and Application lessons teach Cadets the BE, KNOW, and DO of leadership. A friend of yours said that she understood the BE and DO parts, but wasn't sure about the KNOW. What would be a good example to illustrate what KNOW means?

- A) A Cadet receives an award.
- B) A Cadet demonstrates a performance task.
- C) A Cadet gets promoted to a leadership position.
- D) A Cadet motivates a team to accomplish a mission.

2. (U1C1L1:G1) What is the mission of Army JROTC?

- A) To train young men and women in Army tactics.
- B) To help students graduate from high school.
- C) To increase enlistment in the Armed Forces.
- D) To motivate young people to be better citizens.

3. (U1C1L1:V2)

What is "A specific job given to a person or group of persons to accomplish."

- A) Cadet
- B) mission
- C) unique
- D) JROTC

4. (U1C1L1:V5)

What "Provides a need or a purpose that causes a person to want to do something."

- A) challenges
- B) opportunities
- C) motivate
- D) JROTC

5. (U1C1L1:V7)

What is a "Favorable or advantageous circumstances or a combination of circumstances."

- A) challenges
- B) opportunities
- C) motivate
- D) unique

6. (U1C1L2:G1) When was JROTC established by Congress?

- A) 1961
- B) 1916
- C) 1776
- D) 1830

7. (U1C1L2:G2) Name the congressional act that launched the JROTC program.

- A) The Civil Rights Act
- B) The No Child Left Behind Act
- C) The National Fitness Act
- D) The National Defense Act of 1916

8. (U1C1L2:G3) Where in the U.S. was the first JROTC program established as the American Literary, Scientific, and Military Academy?

- A) Connecticut
- B) Virginia
- C) Sacramento, California
- D) Norwich, Vermont

9. (U1C1L2:G4) One of the goals of the JROTC curriculum is to encourage students to graduate from _____.

- A) College
- B) High School
- C) Basic Training
- D) Two-Year Colleges

10. (U1C1L2:G9) The academy in Norwich, Vermont, which had the first JROTC program was the _____ Academy.

- A) American Literary, Scientific, and Military
- B) Military
- C) West Point
- D) American Military

11. (U1C1L2:V2)

JROTC prepares high school students for responsible _____ roles while making them aware of the benefits of citizenship.

- A) leadership
- B) conflict resolution
- C) National Defense Act
- D) culturally diverse

12. (U1C1L2:V4)

The US Army Junior Reserve Officers' Training Corps (JROTC) formally came into being with the passage of the _____ in 1916.

- A) leadership
- B) conflict resolution
- C) National Defense Act
- D) culturally diverse

13. (U1C1L3:V1)

Who are the "People who devote themselves to a particular occupation or field of study; the enlisted rank in the Army corresponding to a corporal."

- A) platoons
- B) company
- C) battalion
- D) specialist
- E) enlisted

14. (U1C1L3:V5)

What is "A military unit made up of two or more companies or batteries and a headquarters that is commanded by a lieutenant colonel, is the smallest unit to have staff, and is administratively self-sufficient."

- A) platoon
- B) company
- C) battalion
- D) specialist
- E) enlisted

15. (U1C1L3:V6)

What are "The smallest units in the Army organization composed of a varying number of personal, depending on the type of element, and led by a noncommissioned officer."

- A) squad
- B) team
- C) succession
- D) subordinate

16. (U1C1L3:V7)

What is "A person lower in rank or grade."

- A) squad
- B) team
- C) succession
- D) subordinate

17. (U1C1L3:V8)

What is "The order of persons next in line for an office or rank that is held by another."

- A) squad
- B) team
- C) succession
- D) subordinate

18. (U1C1L4:G1) Name the three types of unit decorations.

- A) Physical fitness awards, participation awards, and time-in-grade awards
- B) Squad, team, and platoon unit decorations
- C) Merit Unit, Honor Unit, and Honor Unit with Distinction
- D) None of the above

19. (U1C1L4:G2) What are two kinds of awards given to Cadets?

- A) Team and squad awards
- B) Personal awards and public awards
- C) Unit awards and individual awards

D) Physical Fitness Awards and Academic Achievement Awards

20. (U1C1L4:G3) Where is the Merit Unit insignia worn on a class A or B uniform?

- A) Above the right shirt pocket.
- B) Centered over the left shirt button pocket.
- C) On the shoulder board above the rank designators.
- D) None of the above

21. (U1C1L4:G4) What color is the Honor Unit with Distinction insignia and where is it worn?

- A) The yellow five-pointed star is worn above the right pocket of the class A or B uniform.
- B) The blue six-pointed star is worn above the right pocket.
- C) The red triangle is worn above the left pocket of class A or B uniforms.
- D) The yellow five-pointed star is worn on the shoulder boards of a uniform.

22. (U1C1L4:G5) What are the two main categories of individual awards given to Cadets for superior performance?

- A) Institutional and national awards
- B) Personal recognition and public recognition awards
- C) Merit unit awards and scholastic excellence awards
- D) Team and squad awards

23. (U1C1L4:G6) Who awards the Distinguished Cadet Award for Scholastic Excellence?

- A) The JROTC Senior Army Instructor
- B) The Battalion commander
- C) Your first or master sergeant
- D) The principal of a school

24. (U1C1L4:G10) To win the Physical Fitness Award, male Cadets must be able to run a mile in how many minutes?

- A) 10:00 or less
- B) 9:30 or less
- C) 8:30 or less
- D) 6:30 or less

25. (U1C1L4:G11) To win the Physical Fitness Award, female Cadets must be able to run a mile in how many minutes?

- A) 6:45 or less

- B) 10:45 or less
- C) 7:30 or less
- D) 8:30 or less

26. (U1C1L4:G12) Who is eligible for the Association of Military Colleges and Schools of the U.S. award?

- A) Cadets in four-year college programs.
- B) Cadets who have been in JROTC for one full year.
- C) There is no such award.
- D) Full-time Cadets who have completed at least two full years of JROTC.

27. (U1C1L4:G13) The Merit Unit, Honor Unit, and Honor Unit with Distinction are three types of _____ awards.

- A) Unit
- B) Battalion
- C) Academic
- D) Performance

28. (U1C1L4:G17) To whom is the Superior Cadet Award awarded?

- A) It is awarded annually to the Cadet with the highest G.P.A. in each LET level.
- B) It is awarded annually to the most physically fit Cadet in each LET level.
- C) It is awarded annually to the most decorated Cadet in each LET level.
- D) It is awarded to Cadet staff officers for outstanding performance.

29. (U1C1L4:G18) For what is the Daughters of the American Revolution Award given?

- A) For outstanding ability and achievement.
- B) For outstanding academic grade point average.
- C) For students with exemplary parent/daughter relationships.
- D) For Cadets with the highest scores in history in each LET level.

30. (U1C1L4:G19) For what is the Commendation Ribbon awarded?

- A) For recruiting peers into JROTC
- B) For academic excellence in one's LET level.
- C) For duty that far exceeds that expected for grade and experience of the Cadet.
- D) For high scores in Academic Challenge Competition.

31. (U1C1L4:G20) Which awards come first in the order of merit -military awards, athletic awards, or academic awards?

- A) Military awards
- B) Athletic awards
- C) Academic awards
- D) All have equal merit

32. (U1C1L6:Q4) It is raining very hard when you get to school, and the wind is gusting up to 35 miles per hour. Your assistant asks which flag you want to raise.

Which flag should you select?

- A) Ensign Flag
- B) Garrison Flag
- C) Post Flag
- D) Storm Flag

33. (U1C1L6:G1) In what year did the Continental Congress establish the first stars and stripes flag?

- A) 1776
- B) 1845
- C) 1902
- D) 1777

34. (U1C1L6:G2) Who is credited with sewing the first U.S. flag?

- A) George Washington
- B) Mary Todd Lincoln
- C) Betsy Ross
- D) Martha Washington

35. (U1C1L6:G3) What do the stripes on the U.S. flag represent?

- A) The thirteen stripes represent the original thirteen colonies
- B) The blood lost in the Civil War
- C) The thirteen original signers of the Constitution
- D) The first thirteen states to join the Confederacy

36. (U1C1L6:G4) What do the colors on the U.S. flag represent?

- A) White represents Northern States; Red represents Southern states; Blue represents the Union
- B) Blue represents hope, purity, and innocence; White represents hardiness and valor; Red represents reverence to God, loyalty, vigilance, perseverance, and justice

C) White represents death; Red represents rebellion; Blue represents clear skies of freedom

D) White represents hope, purity, and innocence; Red represents hardiness and valor; Blue represents reverence to God, loyalty, vigilance, perseverance, and justice

37. (U1C1L6:G5) The terms "colors," "standard," and "ensign" are all synonyms for _____.

- A)** The flag
- B) An officer's rank
- C) Enlisted ranks
- D) Patriotic bunting

38. (U1C1L6:G6) Name the three most common types of U.S. flags.

- A) Small, medium, and large
- B) Small, regulation, and garrison
- C) Storm, regulation, and foul weather
- D)** Garrison, post, and storm

39. (U1C1L6:G7) What is the size and use of a garrison flag?

- A) The 10 feet by 19 feet flag is used for general display.
- B)** The 20 feet by 38 feet garrison flag is flown at government buildings and military installations on all national holidays and for special occasions declared by the President.
- C) The 5 feet by 9½ feet flag is used during storms and windy weather.
- D) The 30 feet by 60 feet flag is displayed from atop multi-story buildings.

40. (U1C1L6:G8) What is the size and use of the post flag?

- A) The 20 feet by 38 feet flag is flown at government and military installations.
- B) The 5 feet by 9½ feet flag is used during storms and windy weather.
- C) The 30 feet by 60 feet flag is flown from atop multi-story buildings.
- D)** The 10 feet by 19 feet flag is for general display when the garrison flag is not appropriate.

41. (U1C1L6:G9) What is the size and use of the storm flag?

- A) The 20 feet by 38 feet flag is flown at government and military installations.
- B)** The 5 feet by 9 ½ feet storm flag is flown by state and federal governments only during stormy or windy weather.
- C) The 30 feet by 60 feet flag is flown from atop multi-story buildings.
- D) The 10 feet by 19 feet flag is for general display when the garrison flag is not appropriate.

42. (U1C1L6:G10) How do you properly dispose of a flag that is old or worn?

- A) Buried at sea.
- B) You should destroy it as a whole, privately, respectfully, and traditionally by burning it.
- C) Bury it in an urn in a National military cemetery.
- D) Tear it into strips or cut it into quarters and then burn it.

43. (U1C1L6:G11) When outdoors but not in formation, how and when do you show respect for the flag when you walk past it?

- A) You come to a full stop, come to attention, and render a hand salute.
- B) You should turn your head towards the flag and render a hand salute when you pass within six steps of the flag.
- C) You turn your head towards the flag and render a hand salute when ten steps from the flag, holding the hand salute until you are ten steps past the flag.
- D) None of the above

44. (U1C1L6:G18) The original Pledge of Allegiance was written in _____.

- A) 1892
- B) 1942
- C) 1776
- D) 1392

45. (U1C1L6:G20) What is the proper way to raise and lower a U.S. flag?

- A) It should be raised ceremoniously and lowered briskly.
- B) It always should pause at half-mast for a brief moment.
- C) It should be raised and lowered in a hurry to keep it from getting dirty.
- D) It should be raised briskly and lowered ceremoniously.

46. (U1C1L6:G23) What is the protocol for raising a flag to half mast in tribute to a deceased person?

- A) First raise the flag to the peak of the staff, then lower it to the half-staff position.
- B) Raise the flag to the midpoint of the pole and leave it there.
- C) Raise it immediately to half staff while those around salute it.
- D) Raise the flag to the peak of the staff, then lower all the way back down, then raise it up to the half-staff position.

47. (U1C1L6:G24) When displaying a flag flat against a wall either horizontally or vertically, how is it positioned?

A) It is positioned with the union upper most and to the flag's own right (or to the observer's left).

B) You should never display a flag flat against a wall.

C) It is positioned with the union closest to the floor.

D) It is positioned with the union upper most and to the flag's own left (or the observer's right).

48. (U1C1L6:G25) What is the "union" on the U.S. flag?

A) The emblem on the flag symbolizing the southern states

B) The emblem on the flag symbolizing the northern states

C) The emblem on a flag symbolizing unity, such as the blue rectangle and stars on the U.S. flag

D) The emblem on a flag symbolizing discord in our nation's history

49. U1C1L6:G29. T or F: On special occasions, a U.S. flag may be buried with a casket.

A) True

B) False

50. U1C1L6:G30. When flying more than one flag on a single halyard, where is the U.S. flag placed?

A) To the left of all other flags

B) At the peak of the staff, unless at the United Nations or at a religious service at sea

C) To the right of all other flags, unless at the United Nations or at a religious service at sea

D) At midstaff but at the same height as all other flags

51. U1C1L6:G31. What are the orders a commander calls to a formation of Cadets when Colors are about to pass by?

A) "Attention" and "To the flag"

B) "Attention" and "Face the Colors"

C) "To the flag" and "Present, Arms"

D) The commander orders "attention" and "present, arms" when the Colors are within six steps of the unit.

52. U1C1L6:G32. T or F: The traditional way of disposing of a U.S. flag is by burial at sea.

A) True

B) False

53. U1C1L6:G34. What does the color white on the U.S. flag symbolize?

- A) Seven of the original 13 colonies
- B) Hardiness and valor
- C) Reverence for God, loyalty, justice
- D) Hope, purity, and innocence

54. U1C1L6:G35. What does the color red on the U.S. flag symbolize?

- A) It represents six of the original 13 colonies
- B) The blood that was shed at Valley Forge
- C) Hardiness and valor
- D) Hope, purity, and innocence

55. U1C1L6:G36. What does the color blue on the U.S. flag symbolize?

- A) The oceans that surround the U.S.
- B) Hope, purity, and innocence.
- C) Hope, purity, and innocence.
- D) The color of heaven for reverence for God, loyalty, vigilance, perseverance, and justice.

56. U1C1L6:G38. T or F: Each star on the U.S. flag has a particular state assigned to it.

- A) True
- B) False

57. U1C1L6:G39. In what year was the current 50-star U.S. flag adopted?

- A) 1959
- B) 1945
- C) 1960
- D) 1917

58. U1C1L6:G41. When raising and lowering the U.S. flag to half-staff, what is the process?

- A) The flag should be raised to only half-staff and all other flags should be below it.
- B) On both raising and lowering the flag, it must first be raised to its peak position.
- C) Either the U.S. Congress or the President can order the flag to half-staff.
- D) When the flag is flown at half-staff, it is a sign the nation is in mourning.

59. U1C1L6:G42. When displaying a U.S. Flag by suspending it over a street, where is the union located?

- A) To the left of the stripes
- B) To the North on an east-west street, or to the East on a north-south street
- C) To the right of the stripes
- D) To the South on an east-west street, or to the West on a north-south street

60. U1C1L6:G43. What is the appropriate placement of a U.S. flag over a casket?

- A) The union should be at the head over the right shoulder.
- B) The union should be placed to the right of the audience.
- C) The union should be at the head and over the left shoulder.
- D) The stripes should be placed along the length of the casket.

61. U1C1L6:G45. When displaying the flags of two or more nations, how are they hung?

- A) With the U.S. flag on top.
- B) With the U.S. flag below the guest nation's flag.
- C) From separate flagstaffs or poles of the same height and size.
- D) With the U.S. flag on the right.

62. U1C1L6:G46. Where is the U.S. flag carried when in procession with other flags?

- A) The U.S. flag should be on the right of the audience.
- B) The U.S. flag should stand higher than other flags.
- C) The U.S. flag is on the far right of the row of marching persons or in the front and center position if it is in a line of flags.
- D) The U.S. flag should be carried in front of, not in line with, other flags.

63. U1C1L6:G47. How do you position a flag for display in a window?

- A) Place it with the union to the left of the observer in the street.
- B) The U.S. flag should be placed with the union up.
- C) Place it with the union to the right of the observer in the street.
- D) Place it with the stripes to the left of the observers.

64. U1C1L6:G59. What is a halyard?

- A) Shoulder board to which rank is attached
- B) Minority vote on a law in Congress.
- C) A rope or tackle used for hoisting or lowering, as for flags or sails.
- D) A small yard for animals held on boats.

65. U1C1L6:G60. T or F: When a flag is properly folded, only the blue field with stars will be visible.

- A) True
- B) False

66. U1C1L6:G62. Who in 1777 established the first stars and stripes flag of the U.S.?

- A) The first settlers of Plymouth Rock
- B) The Founding Fathers
- C) Betsy Ross

D) The Continental Congress

67. (U1C1L7:G1) Define the term "anthems."

- A) A refrain or chorus for a well-known song
- B) Songs of gladness, praise, devotion, or patriotism
- C) Songs written specifically to record a historical event
- D) A folksong that captures the culture of a people

68. (U1C1L7:G2) Who wrote "The Star Spangled Banner?"

- A) Francis Scott Key wrote it in 1814.
- B) Martha Washington wrote it in 1777.
- C) George Washington wrote it in 1789.
- D) Mary Todd Lincoln wrote it in 1861.

69. (U1C1L7:G3) In what year did Congress declare "The Star Spangled Banner" the national anthem of the U.S.?

- A) In 1820; at the conclusion of the War of 1812
- B) In 1931; 117 years after it was written
- C) In 1812; the year it was written
- D) In 1901; almost a century after it was written

70. (U1C1L7:G4) What actions do you take if you are outdoors in uniform and you hear the national anthem?

A) Stand at ease facing the flag or music and render the hand salute from the first note to the last.

- B) Face the flag, stand at attention, but do not salute from a distance.
- C) March in quick time toward the flag while saluting from the first note to the last.
- D) You face the flag or music, stand at attention, and render the hand salute from the first note to the last.

71. (U1C1L7:G6) T or F: On a military installation, all drivers must stop when the national anthem is played.

- A) True
- B) False

72. (U1C1L7:G10) During an indoor ceremony, Cadets do not salute a flag unless they are under arms. Define the term "under arms."

- A) Wearing shoulder boards or a class B uniform shirt.
- B) Participating in a Color guard.
- C) Carrying a weapon or equipment pertaining to a weapon.
- D) Surrounded by others who are carrying sabers.

73. (U1C1L7:G12) A song already in a culture that becomes so popular that people claim it as a symbol for themselves and their nation is known as _____.

- A) a jingle
- B) a ballad
- C) an anthem
- D) a folksong

74. (U1C1L8:G1) What is the purpose of a cannon salute?

- A) To honor civil or military officials from the U.S. or foreign countries.
- B) To memorialize a military official upon his or her death.
- C) To alert drivers that a funeral cavalcade will soon be moving.
- D) To honor non-commissioned and petty officers.

75. (U1C1L8:G3) T or F: You must render the salute to all commissioned and warrant officers as well as non-commissioned and petty officers.

- A) True
- B) False

76. (U1C1L8:G4) T or F: You should not render a salute on buses or trains, in stores or

theatres, while indoors, or while both parties are in civilian clothes.

- A) True
- B) False

77. (U1C1L8:G6) _____ is requesting and obtaining permission to speak to a senior officer or being notified that a senior officer wants to speak with you.

- A) "Requesting"
- B) "Reporting"
- C) "Chain of command"
- D) "Saluting"

78. (U1C1L8:G7) When is it appropriate to call a room to attention?

- A) When those in the room should be silent.
- B) When announcements are made over a public address system.
- C) When the battalion Cadet executive officer enters the room.
- D) When an officer enters the office for the first time each day.

79. (U1C1L8:G9) Explain the "position of honor."

- A) Sitting in the center of a head table at a military social function.
- B) A military courtesy of keeping people of senior rank or status to your right while walking or sitting.
- C) The position a senior ranking officer takes as the first person in a receiving line.
- D) Presenting oneself to a person of senior rank.

80. (U1C1L8:G12) What does it mean to "uncase" the Colors?

- A) To display the Colors at half mast.
- B) To remove the Colors from a display case for use by a Color Guard.
- C) Removing the case or covering from the Colors that are attached to a staff.
- D) To check the proper protocol for placement of the Colors in relation to other flags, such as when displaying it at the United Nations.

81. (U1C1L8:G15) What is the command given during a formation to execute a salute?

- A) "Formation, arms"
- B) "Present, arms"
- C) "Salute, arms"
- D) "Command, arms"

82. (U1C1L8:G16) What is the primary purpose of a hand salute today?

- A) To distinguish officers from enlisted personnel.
- B) To reveal that you are not holding a weapon.
- C) To show non-military respect for their civilian positions.
- D) To indicate respect for those in positions of authority.

83. (U1C1L8:G18) Explain the history of the hand salute.

- A) In ancient times, a salute shielded the eyes so one could see one's opponent clearly.
- B) In ancient times, a salute identified the members of one's tribe.
- C) In ancient times, a salute was rendered only to members of the opposite sex.
- D) In ancient times, a salute indicated that you were not holding a weapon in your

hand.

84. (U1C1L8:G19) T or F: Secretaries of the Army, Air Force, and Navy, and Generals of the Army and Air Force are honored with a 21-gun salute.

- A) True
- B) False

85. (U1C1L8:G20) What are "ruffles and flourishes"?

- A) Fringe on the edge of flags.
- B) A nickname given the gold braid on an officer's dress blue hat.
- C) A drum and bugle salute, usually used to honor military or civilian officials.
- D) Another name for a 21-gun salute.

86. (U1C1L8:G21) What does it mean when a cannon is said to be "self-propelled"?

- A) You push it yourself into the proper position.
- B) It has the ability to sight itself on a target.
- C) It has wheels and can be moved by a tow vehicle.
- D) It has the ability within itself to move.

87. (U1C1L8:G17) A _____ salute is used to honor civil or military officials from the U.S. or foreign countries.

- A) Cannon
- B) Gun
- C) Hand
- D) None of the above

88. (U2C1L1:G1) Define "leadership."

- A) Bossing around one's peers.
- B) Obeying your Army instructor's commands.
- C) Guiding others to accomplish a mission.
- D) Controlling others through intimidation.

89. (U2C1L1:G2) In leadership, _____ gives others a reason for why they should do something.

- A) Inspiration
- B) Direction
- C) Values
- D) Purpose

90. (U2C1L1:G3) In leadership, _____ gives others the knowledge to complete a task.

- A) Authority
- B) Direction
- C) Motivation
- D) Purpose

91. (U2C1L1:G4) _____ means giving others the will to do what they are capable of doing.

- A) Motivation
- B) Influence
- C) Leadership
- D) Discipline

92. (U2C1L1:G6) What are the three steps for changing negative behavior?

- A) Reinforce them, ignore them, and confirm them
- B) See them as habits, have others point them out to you, and work on them
- C) Realize the need for change, have a positive attitude towards change, and follow through
- D) The 30-inch step, the 15-inch step, and the half step

93. (U2C1L2:G2) Name three traits common to those in leadership positions that were discovered through research from the 1800s to the 1940s.

- A) Health, longevity, tenacity.
- B) Education level, marital status, and race.
- C) Intelligence, dependability, and humor.
- D) Income, height, and listening skills.

94. (U2C1L2:G4) As a result of studies at Ohio State on leadership, two primary leadership behaviors were identified. What are they?

- A) Humor and honesty
- B) Relationship and structure.
- C) Provider and relationship
- D) Structure and stature

95. (U2C1L2:G5) Explain what is meant by "relationship behaviors" in leadership.

- A) Concerning oneself with goal setting and making work assignments.
- B) Treating team members as equal and looking out for the well-being of others.
- C) Communicating expectations, establishing work schedules, and sharing work.
- D) The degree to which your communication style is indirect.

96. (U2C1L2:G6) Explain what is meant by the "structural behaviors" of leadership.

- A) Concerned for the expectations and assignments of the task.
- B) Abiding by one's chain of command.
- C) Providing structured feedback on the performance of peers.
- D) To correct drill mistakes on the parade field.

97. (U2C1L2:G9) T or F: In the follower approach to leadership, the needs of the group members determine who will lead the group.

- A) True
- B) False

98. (U2C1L3:G1) _____ are ideas about the worth or importance of things, concepts, and people.

- A) Loyalties
- B) Duties
- C) Values
- D) Obligations

99. (U2C1L3:G2) Name the seven individual values of LDRSHIP.

- A) Loyalty, duty, respect, selfless service, honor, integrity, and personal courage
- B) Luck, disciples, reward, self-declaring, humility, interest, and perseverance
- C) Love, direction, retention, service, humbleness, involvement, and patience
- D) None of the above

100. (U2C1L3:G5) What are the three things you must do to exhibit the value of loyalty?

- A) Respect the U.S. Constitution and its laws, demonstrate strong moral character and virtue, and show faithfulness to family, friends, and peers.
- B) Recognize every human's dignity, arrive on time to events, and create a climate of fairness.
- C) Salute the flag, follow the chain of command, and show consideration for others.
- D) Put the welfare of others first, be self-introspective, and focus on community service.

101. (U2C1L3:G6) What is recognition of the positive value a person represents to another person or organization?

- A) Self-control
- B) Loyalty
- C) Integrity
- D) Respect

102. (U2C1L3:G7) To exhibit the value of respect, what three actions must you take?

- A) Treat all people with dignity, demonstrate consideration for others, and create a climate of fairness.
- B) Listen to others, consider every viewpoint, and act accordingly.
- C) Both of the above
- D) None of the above

103. (U2C1L3:G8) Define "selfless service."

- A) The willingness to put the welfare of others first.
- B) The willingness to listen closely to others.
- C) The willingness to focus on service to the military, school, or team.
- D) The willingness to adhere to a public code of professional values.

104. (U2C1L3:G9) What two actions must you take to exhibit the value of selfless service?

- A) Make sure your own needs and the needs of your peers are met.
- B) Employ honor as your motive in all things and work towards wholesome values.
- C) Focus your priorities on service to your community or to your nation, and place the needs of the organization above personal gain.
- D) All of the above

105. (U2C1L3:G10) What are the two ways of exhibiting the value of honor?

- A) Standing up for one's beliefs and exhibiting steadfastness.
- B) Overcoming obstacles to achieve a task or goal and being outspoken.

C) Recognizing the dignity of all and creating a climate of fairness.

D) Adhere to and identify with a public code of professional values and employ honor as your motive for action.

106. (U2C1L3:G11) What is the term that refers to the notion of completeness, wholeness, and uniqueness and encompasses the sum total of a person's set of values?

A) Integrity

B) Loyalty

C) Discipline

D) Duty

107. (U2C1L3:G12) When a person possesses a high standard of moral value and principles, shows good moral judgment, and demonstrates consistent moral behavior, the person exhibits the value of what?

A) Selflessness

B) Integrity

C) Morality

D) Loyalty

108. (U2C1L3:G13) What is the difference between physical and moral courage?

A) Physical courage earns you the President's Physical Fitness Award

B) Moral courage is easier than physical courage because it doesn't involve bodily injury.

C) Physical courage is overcoming fears of bodily harm and doing your duty. Moral courage is overcoming fears other than bodily harm while doing what needs to be done.

D) None of the above

109. (U2C1L3:G16) Name the two forms of personal courage.

A) Physical and moral courage

B) Absolute and situational courage

C) Temporary and permanent courage

D) Intellectual and physical courage

110. (U2C1L3:G19) What is a "norm?"

A) A principle of right action binding upon members of a group that guides, controls, or regulates proper and accepted behavior.

B) A guy on "Cheers".

C) An absolute principle that is unchanging from one environment to the next.

D) Principles or standards that guide people to make decisions based on peer pressure.

111. (U2C1L3:G22) Define "character."

- A) A person's inner strength
- B) Someone who is a genuine eccentric.
- C) Someone who blames others for things that go wrong with a team.
- D) Principles or standards that guide people to do the right thing.

112. (U2C1L3:G23) T or F: People who can admit when they are wrong rather than blaming others are said to have strong character.

- A) True
- B) False

113. (U2C1L3:G25) Define "ethics."

- A) Norms of behavior that control group activities.
- B) The nationality into which one is born.
- C) Principles or standards that guide people to do the moral or right thing.
- D) A class you take to learn appropriate business behavior.

114. (U2C1L3:G27) T or F: Leaders sometimes have to make a decision between two morally right values.

- A) True
- B) False

115. (U2C1L3:G28) Define "dilemma."

- A) A two-part debate approach used in public speaking.
- B) A type of hair coloring.
- C) A technique used for consensus building.
- D) An argument presenting two or more equally conclusive alternatives against an opponent.

116. (U2C1L3:G31) Define "tunnel vision."

- A) Extreme narrowness of viewpoint.
- B) A medical condition characterized by a detached retina.
- C) A condition that requires eyeglasses.
- D) Synonym to being nearsighted.

117. (U2C1L3:G34) Define "self-disclosure."

A) Talking to others about yourself so as to realize that your problems are no different from theirs.

B) Taking one's clothes off in the privacy of one's room.

C) Sharing secrets with others to gain friendships.

D) Securing an area before you leave it.

118. (U2C1L3:F1) What do these words represent?

Loyalty - Duty - Respect - Selfless Service - Honor - Integrity - Personal Courage

A) Values of a good student

B) Values of a good Cadet

C) Values of a good person

D) Values of the Army

119. (U2C1L4:G1) Define "attributes."

A) A quality or characteristic that belongs to a person; a distinctive personal feature.

B) A feature distinctive to a particular race of people.

C) An attitude that demonstrates confidence and ability.

D) A group characteristic that sets the group apart from other groups.

120. (U2C1L4:G3) Explain the BE, KNOW, DO attributes of leadership.

A) Be efficient, know everything, and do what you can.

B) Leaders must concentrate on what they are, what they know, and what they do.

C) Be your best, know your team, and do what you can to guide the team to success.

D) Leaders must be, know, and do the Army's Code of Conduct.

121. (U2C1L4:G4) A good leader accepts honest errors from teammates without recrimination. Define "recrimination."

A) Considering teammates to be criminals.

B) A retaliatory accusation.

C) The state of not being bothered by incompetence.

D) The act of re-teaching material until a team understands it.

122. (U2C1L4:G5) A leader conducts him or herself so that personal habits are not open to censure. Define "censure."

A) An opinion or judgment that criticizes or condemns sternly.

B) To tighten one's belt or one's hold on an object.

C) Another word for praise or kudos.

D) The act of revealing one's flaws to others to gain acceptance within a group.

123. (U2C1L4:G6) Name three "DO" things that a leader must provide.

- A) Food, water, shelter
- B) Listening, evaluating, encouraging
- C) Purpose, direction, motivation
- D) Supervision, encouragement, evaluation

124. (U2C1L4:G8) Name the three "BE" things that a leader must be.

- A) Have honorable character, be an example, resolve complex problems.
- B) Be competent, be quick, be specific.
- C) Be confident, be competent, be a non-complainer.
- D) Be excellent, be an example, be an explainer.

125. (U2C1L4:G12) In the Leadership Development Program, competence refers to what a leader must _____?

- A) BE
- B) DO
- C) KNOW
- D) SEE

126. (U2C1L4:F2) What influences others to accomplish a mission or common goal?

- A) Force
- B) Purpose
- C) Leadership
- D) Money

127. (U3C1L1:G1) What is introspection?

- A) Giving feedback to others to help them learn.
- B) Communicating your learning preferences to others.
- C) Self-examination for the purpose of a deeper self-understanding.
- D) Examining the actions of others to gain self insight.

128. (U3C1L1:G3) Define "assessment."

- A) The act of evaluating or appraising a person's ability or potential to meet certain standards or criteria.
- B) Judging your peers' weaknesses.
- C) Giving a test.
- D) Watching a drill movement.

129. (U3C1L1:G4) The assessment tool, Winning Colors®, groups human behavior into categories. Name the four behavior clusters.

- A) carpenter, scheduler, activity director, and listener
- B) communicator, leader, anticipator, and inventor
- C) tester, risker, challenger, and performer
- D) builder, planner, adventurer, and relater

130. (U3C1L1:G5) T or F: It is important to be balanced in the four behavior clusters of Winning Colors®.

- A) True
- B) False

131. ((U3C1L1:G7) What means contemplating one's own thoughts or feelings for the purpose of deeper self-understanding?

- A) Introspection
- B) Observation
- C) Assessment
- D) Self-assessment

132. (U3C1L1:F2) What are the four determinants that impact self-esteem and success?

- A) needs, resources, popularity, and maturity
- B) builder, planner, adventurer, and relater
- C) connections, resources, power, and models
- D) goal setting, respect, popularity, and models

133. (U3C1L2:G7) In Winning Colors®, the quiet, introspective, and detail oriented people are good listeners and tend to hide their feelings. What is their winning color?

- A) Planners
- B) Builders
- C) Relaters
- D) Adventurers

134. (U3C1L2:G8) In Winning Colors®, natural leaders who express themselves openly and directly and are also rule-governed, dependable, and loyal are known as _____.

- A) Planners
- B) Builders
- C) Relaters
- D) Adventurous

135. (U3C1L2:G9) In Winning Colors®, those who like sharing ideas and feelings, who work well in teams, and who are social and love to talk are known as _____.

- A) Relaters
- B) Planners
- C) Builders
- D) Adventurous

136. (U3C1L2:G10) In Winning Colors®, who are the action-oriented who live in the present, are flexible, and thrive on spontaneity?

- A) Adventurers
- B) Planners
- C) Builders
- D) Relaters

137. (U3C1L3:G1) What is emotional intelligence?

- A) A learned ability to identify, experience, understand, and express human emotion in healthy and productive ways.
- B) How smart one is as is measured by standardized tests like the ACT and SAT.
- C) A willingness to seek emotional counseling.
- D) The habit of locking your emotions tightly inside yourself to avoid embarrassment.

138. (U3C1L3:G3) What does the change orientation scale measure on the Personal Skills Map?

- A) It measures your willingness to self-disclose your weaknesses.
- B) It measures your opposition to trying new things.
- C) It measures your need for a new uniform based on human growth patterns.
- D) It measures your motivation and readiness to change your skills.

139. (U3C1L3:G4) What is the difference between intrapersonal skills and interpersonal skills?

- A) Intrapersonal skills are those that occur by yourself. Interpersonal skills are those that occur with others.
- B) Intrapersonal means between two others; Interpersonal means between a group.
- C) Intrapersonal entails positive self-talk, while interpersonal entails cheering others on.
- D) There is no difference in these skills.

140. (U3C1L3:G5) What does the Self-Esteem scale measure on the Personal Skills Map?

- A) How vain you are.
- B) It measures how well you can take constructive criticism from others.
- C) It measures your self-perceived level of personal worth.
- D) It measures your ability to "read" others, or your emotional intelligence.

141. (U3C1L3:G6) What does the Empathy Scale measure on your Personal Skills Map?

- A) It measures your emotional and intellectual affinity for others' problems.
- B) It measures how sympathetic you are to others in a crisis.
- C) It measures the firing of neurons in the brain.
- D) It measures your ability to sense, understand, and accept another person's thoughts, feelings, and behaviors.

142. (U3C1L3:G7) What does the Sales Orientation/Leadership scale measure on the Personal Skills Map?

- A) It measures your ability to read the emotions of others.
- B) It measures how you perceive your skills at positively impacting and influencing the actions of other people.
- C) It measures your likeliness of succeeding in a sales career.
- D) It measures how good you are at giving directions.

143. (U3C1L3:G8) Define "adaptability."

- A) A tool for changing 110 volt outputs to 220 volt outputs.
- B) A measure of a person's willingness to delegate authority.
- C) A quality that describes BDU material's ability to remain unseen.
- D) Capability or willingness to adapt or change.

144. (U3C1L4:G4) Those who approach learning as "remembering" are called _____ learners.

- A) Passive
- B) Aggressive
- C) Lenient
- D) Strict

145. (U3C1L4:G5) Those who approach learning as "thinking" are called _____ learners.

- A) passive
- B) secondary
- C) active
- D) kinesthetic

146. (U3C1L4:G7) What is the difference between subjective and objective thinking?
- A) Subjective thinking occurs quickly; objective thinking is slow or ponderous.
 - B) Subjective thinkers deal with interpretations, while objective thinkers deal with facts.
 - C) Subjective thinking is an active thinking skill, while objective is a passive skill.
 - D) All of the above
147. (U3C1L4:G9) What are the mental activities that are examples of creative thinking?
- A) Daydreaming, counting, listening, listing
 - B) Analyzing, contrasting, prioritizing
 - C) Previewing, summarizing, reading
 - D) Brainstorming, generalizing, inventing, predicting, visualizing
148. (U3C1L4:G10) What are the mental activities that are examples of critical thinking?
- A) Daydreaming, counting, listening, listing.
 - B) Analyzing, comparing/contrasting, evaluating, prioritizing.
 - C) Previewing, summarizing, reading.
 - D) Brainstorming, generalizing, inventing, visualizing.
149. (U3C1L4:G12) Goal setting, time management, and progress assessment techniques are techniques used by _____ learners to gauge their own progress.
- A) Auditory
 - B) Kinesthetic/Tactile
 - C) Passive
 - D) Active
150. (U3C8L1:Q3) What is not a characteristic of meaningful service?
- A) Challenges you to develop new skills
 - B) Addresses a real and important need another group is not addressing
 - C) Includes an extensive fund-raising component
 - D) Has a positive effect on others
151. (U3C8L1:G1) An environment where one can learn and develop by actively participating in organized service experiences within one's community is called _____.
- A) learning service
 - B) servant leadership
 - C) service learning
 - D) community service

152. (U3C8L1:G3) What are the five team positions found in the structured teamwork of service learning?

- A) Fact-finder, Recorder, Reporter, Timekeeper, and Debriefer
- B) Facilitator, Recruiter, Reporter, Timekeeper, and Debriefer
- C) Facilitator, Recorder, Reporter, Testmaker, and Debriefer
- D) Facilitator, Recorder, Reporter, Timekeeper, and Debriefer**

153. (U3C8L1:G4) _____, or taking time to observe, analyze, and integrate actions with learning, is an important part of the learning process and of service learning.

- A) Meditation
- B) Reporting
- C) Recording
- D) Reflection**

154. (U3C8L1:G5) What is the purpose of a learning log?

- A) To record notes from math class, particularly geometry.
- B) To make a list of all the things you would like to learn if you had time.
- C) To record books, restaurants, movies, or activities recommended by instructors.
- D) To record reflections, experiences, observations, goals, etc.**

155. (U3C8L1:G6) What is the difference between service learning and community service?

- A) Prisoners on parole do community service, while service learning addresses essential needs in a community and the projects are self-directed.
- B) Community service is dispensed by a judge as punishment for law breaking. Service learning addresses essential needs in a community and the projects are self-directed.**
- C) Service learning is dispensed by a judge, while community service addresses essential needs in a community and the projects are self-directed.
- D) There is no difference. The terms are used interchangeably.

156. (U3C8L1:G9) Service learning is a kind of _____ learning strategy.

- A) active and experiential**
- B) lecture
- C) kinetic
- D) community-based

157. (U3C8L2:G3) What is experiential learning?

A) Learning that helps students gain practical knowledge, skills, or practice from direct observation or participation in an activity or event

B) Any education technique that is "bizarre" or other than mainstream

C) Learning that helps students gain abstract thinking skills

D) Direct observation or participation in an activity or event that is meant to reform poor social skills in a student

158. (U3C8L2:G4) _____ is an instructional strategy that promotes active learning where problems form the focus and learning stimulus and problem-solving skills are used.

A) Problem-based learning

B) Experiential learning

C) Experimental learning

D) Field education learning

159. (U3C8L2:G5) In service learning, what is meant by the term, "field education"?

A) To study out-of-doors or in a non-traditional location away from school

B) Performing service and training to enhance understanding of the natural world

C) Performing service and training to enhance understanding within a field of study

D) To study the environment and the natural world

160. (U3C8L3:G1) What are the two models of service?

A) Plans and projects

B) Projects and placements

C) Projects and sightings

D) Placements and evaluations

161. (U3C8L3:G2) What are the three types of service found in service learning?

A) Food service, customer service, and military service

B) Direct, indirect, and active

C) Discrete, indiscrete, and advocacy

D) Direct, indirect, and advocacy

162. (U3C8L3:G3) _____ service in service learning involves face-to-face contact with those being served.

A) Indirect

B) Direct

C) Accidental

D) Planned

163. (U3C8L3:G4) _____ service in service learning, such as raising money for a veteran's group, involves hands-on involvement without face-to-face contact with those served.

- A) Indirect
- B) Direct
- C) Planned
- D) Unplanned

164. (U3C8L3:G5) _____ services in service learning involve speaking out on behalf of an issue or cause.

- A) Indirect
- B) Advocacy
- C) Direct
- D) Debate

165. (U3C8L3:G6) What is the purpose of an after-action review?

- A) To correct errors so they won't be repeated the next time the task is performed
- B) To critique the performances of subordinates
- C) To document the work done for review by superiors
- D) To reflect on what was learned

166. (U3C8L3:G7) Answering the question, "What did I do?" "What did it mean to me?" and "Now what?" are questions answered in the _____ phase of service learning.

- A) after action review
- B) advocacy
- C) indirect
- D) structured reflection

167. (U3C8L3:G8) What kind of assessment is particularly suited to service learning?

- A) Multiple choice
- B) Essay
- C) Performance-based assessment
- D) Field-based

168. (U3C10L4:Q3) The guest of honor for your dining out asks, "What's the order in the receiving line?"

What should you tell her?

- A) You and your spouse are first, then the host and his spouse, and then the company

commanders and their spouses or guests.

B) The host and his spouse are first, then you and your spouse, and then the company commanders and their spouses or guests.

C) The host is first, then you and your spouse, then the host's spouse, and then the company commander's and their spouses or guests.

D) The company commanders and their spouses or guests are first, the host and his spouse are second, and then you and your spouse.

169. (U3C10L4:G1) What is "etiquette"?

A) Formal English food

B) Behaviors based on rules of a polite society

C) The proper way to wear a military uniform

D) Parents' support for public education

170. (U3C10L4:G2) A group of people, including the host and honored guests, who stand in a line to welcome guests attending a function is called a _____.

A) welcoming group

B) line welcome

C) welcome responsibility

D) receiving line

171. (U3C10L4:G5) Explain the general rule for use of cutlery or silverware at a formal dinner.

A) Start with the outside pieces of silverware and work inward toward the plate.

B) Start at the left and work to the right.

C) Make sure you use only the salad fork first.

D) Never use the dessert spoon for stirring drinks.

172. (U3C10L4:G7) Where is the bread plate located in a formal setting?

A) On the right of the place setting

B) On the left side of the place setting

C) Above the place setting

D) None of the above

173. (U3C10L4:G9) When at a formal dinner, courses are served from the _____ and removed from the _____.

A) right; left

- B) center; out
- C) top; bottom
- D) left; right

174. (U3C10L4:G16) Where do you place your hands between courses during formal meals?

- A) The right hand may be placed on the table with the left hand in the lap
- B) On your lap or at your sides, and elbows should not be placed on the table
- C) Either hand may be on the table but not both
- D) It is acceptable to hold hands with a date, but it must be out of sight under the table

175. (U3C10L4:G17) When at a formal dinner, it is important not to monopolize conversation. Define "monopolize".

- A) To take exclusive ownership or control
- B) Talking to yourself
- C) Arguing about religion or politics
- D) Making suggestive sexual remarks

176. (U3C10L4:G20) How long after a dinner party are you obligated to stay to avoid the hint of "eat-and-run" rudeness?

- A) Not less than fifteen minutes
- B) At least one half hour
- C) You should stay until the hosts have completed their presentation.
- D) At least one hour

177. (U3C10L4:G32) The intent of a formal dining-in experience is to promote cordiality. Define "cordiality".

- A) Appropriate social behavior
- B) Sincere affection and kindness
- C) Polite disagreement
- D) True feelings

[Answer Key]

1. B
2. D
3. B
4. C

- 5. B
- 6. B
- 7. D
- 8. D
- 9. B
- 10. A
- 11. A
- 12. C
- 13. D
- 14. C
- 15. A
- 16. D
- 17. C
- 18. C
- 19. C
- 20. A
- 21. A
- 22. A
- 23. D
- 24. C
- 25. B
- 26. D
- 27. A
- 28. D
- 29. A
- 30. C
- 31. C
- 32. D
- 33. D
- 34. C
- 35. A
- 36. D
- 37. A
- 38. D
- 39. B
- 40. D
- 41. B
- 42. B
- 43. B
- 44. A
- 45. D
- 46. A
- 47. A
- 48. C

- 49. B
- 50. B
- 51. D
- 52. B
- 53. D
- 54. C
- 55. D
- 56. B
- 57. A
- 58. B
- 59. B
- 60. C
- 61. C
- 62. C
- 63. A
- 64. C
- 65. A
- 66. D
- 67. B
- 68. A
- 69. B
- 70. D
- 71. A
- 72. C
- 73. C
- 74. A
- 75. B
- 76. A
- 77. B
- 78. D
- 79. B
- 80. C
- 81. B
- 82. D
- 83. D
- 84. B
- 85. C
- 86. D
- 87. A
- 88. C
- 89. D
- 90. B
- 91. A
- 92. C

- 93. C
- 94. B
- 95. B
- 96. A
- 97. A
- 98. C
- 99. A
- 100. A
- 101. D
- 102. A
- 103. A
- 104. C
- 105. D
- 106. A
- 107. B
- 108. C
- 109. A
- 110. A
- 111. A
- 112. A
- 113. C
- 114. A
- 115. D
- 116. A
- 117. A
- 118. D
- 119. A
- 120. B
- 121. B
- 122. A
- 123. C
- 124. A
- 125. C
- 126. C
- 127. C
- 128. A
- 129. D
- 130. A
- 131. A
- 132. C
- 133. A
- 134. B
- 135. A
- 136. A

- 137. A
- 138. D
- 139. A
- 140. C
- 141. D
- 142. B
- 143. D
- 144. A
- 145. C
- 146. B
- 147. D
- 148. B
- 149. D
- 150. C
- 151. C
- 152. D
- 153. D
- 154. D
- 155. B
- 156. A
- 157. A
- 158. A
- 159. C
- 160. B
- 161. D
- 162. B
- 163. A
- 164. B
- 165. D
- 166. D
- 167. C
- 168. B
- 169. B
- 170. D
- 171. A
- 172. B
- 173. D
- 174. B
- 175. A
- 176. D
- 177. B

Let II Promotion Board Questions September 2019

1. (U4C1L3:G2) What is a calorie?

- A) A measure of the vitamin content of a food source.
- B) The amount of energy it takes to raise the temperature of one kilogram of water by one degree Celsius.
- C) The amount of energy it takes to do calisthenics.
- D) A measure of what is burned in a fireplace when wood turns to ash.

2. (U4C1L3:G16) What is the chemical process by which the body produces energy and maintains vital functions?

- A) Digestion
- B) Hygiene
- C) Posture
- D) Metabolism

3. (U4C1L3:V2) Which word best defines

"A state of complete mental, physical, and social well being."

- A) fitness
- B) balance
- C) protein
- D) health

4. (U4C1L3:V3) Which word best defines

"To estimate or weigh the relative importance of every component of health."

- A) metabolism
- B) balance
- C) fitness
- D) self-discipline

5. (U4C1L3:V4) Which word best defines

"One's response to his/her environment."

- A) self-discipline
- B) metabolism
- C) behavior
- D) calories

6. (U4C1L3:V5) Which word best defines

"A state or condition of being physically sound and healthy."

- A) fitness
- B) self-discipline
- C) balance
- D) behavior

7. (U4C1L4:G9) T or F: The human body is composed of 60 to 70 percent water.

- A) True
- B) False

8 (U4C1L4:G13) Another name for fiber in a diet is _____.

- A) vegetables
- B) laxative
- C) fruit
- D) roughage

9. (U4C1L4:G3) Which word best defines

"Substances found in food that allow the body to function properly."

- A) stimulant
- B) protein
- C) nutrients
- D) osteoporosis

10. (U4C1L4:G8) Which word best defines

"Coarse food made mostly

of carbohydrates, such as bran or broccoli that serves to stimulate and aid the movement of food through the digestive tract."

- A) protein
- B) fiber**
- C) deficient
- D) nutrients

11. (U4C1L4:G4) What are the two types of vitamins?

- A) Vitamins A and C
- B) Fat soluble and water soluble**
- C) Simple and complex
- D) Digestible and absorbable

12. (U4C1L4:G12) What is the chemical process by which the body produces energy and maintains vital functions?

- A) Metabolism**
- B) Calisthenics
- C) Cardiovascular workout
- D) Calorie

13. (U4C1L4:G14) What is a carbohydrate?

- A) What fat turns into in the body if one does not exercise
- B) What happens to food after it is ground up by your teeth during chewing
- C) A chemical that aids in digestion of green plants and starches
- D) A compound produced by green plants and used to provide energy necessary for growth and other functions**

14. (U4C1L4:G15) What is a protein?

- A) Roughage that aids in the digestion of food
- B) Nutrients that are made of amino acids and that maintain body tissues and supply energy to the body**
- C) A food source that comes from the dairy group on the food pyramid
- D) A nutrient that is formed only in plant tissues

15. (U4C1L4:G16) What is a vitamin?

- A) A nutrient that occurs naturally in plant and animal tissue and is required for proper**

functioning of the body

- B) A nutrient made of amino acids that is primarily found in beef
- C) Roughage that aids in the digestion of food
- D) None of the above

16. (U4C1L4:G17) What is the purpose of fiber in a diet?

A) It has no calories, but it is roughage that aids the digestive system in the movement of food

- B) To increase your High Density Lipoproteins
- C) To lower your blood pressure
- D) To cure diabetes

17. (U4C2L1:F3) What is the Good Samaritan Law?

A) A law that protects most people from lawsuits if medical complications arise after they have administered first aid correctly

- B) A law that requires you to administer aid to an injured person regardless of your medical training
- C) A law that prevents firefighters, policemen, and others from being sued over their job performance
- D) A code of behavior in the U.S. that says you shouldn't sue someone who tried to help you during an emergency

18. (U4C2L1:F5) What are the "ABCs" of evaluating an injury?

- A) "A" is for open the airway; "B" is for restore breathing; "C" is for control shock
- B) "A" is for open the airway; "B" is for restore breathing; "C" is for assessing circulation
- C) "A" is for open the airway; "B" is for assess breathing; "C" is for assess circulation
- D) "A" is for open the airway; "B" is for stop the bleeding; "C" is for assess circulation

19. (U4C2L1:F7) After school one day you enter a classroom to get something you left behind and see the teacher lying on the ground unconscious. What is the first thing you do after calling for help?

- A) Assess for a head injury or broken bone
- B) Check breathing and heartbeat
- C) Evaluate if he or she is bleeding
- D) Look for signs of shock

20. (U4C2L1:F8) What are the set of life-saving steps in correct order when evaluating a victim ?

- A) consciousness, breathing/heartbeat, shock, bleeding, fractures, head injury, burns
- B) breathing/heartbeat, consciousness, fractures, bleeding, burns, shock, head injury
- C) consciousness, breathing/heartbeat, bleeding, shock, fractures, burns, head injury
- D) head injury, burns, fractures, shock, bleeding, breathing/heartbeat, consciousness

21. (U4C2L1:F9) Calling an emergency number for professional medical help is often the most important thing you can do in an emergency. What is an example of something you do not want to do when calling 911?

- A) Speak slowly and clearly so they can understand you.
- B) Hang up after receiving directions to care for your victim.
- C) Give the exact location of the accident.
- D) Describe details about the victim's injuries.

22. (U4C2L1:G1) What is the first step in administering first aid?

- A) Ensure the victim is not in shock
- B) Evaluating the injured
- C) Restoring breathing
- D) Restoring a heartbeat

23. (U4C2L1:G3) T or F: If there is more than one person injured in an accident, you evaluate the injuries and help the person who is most seriously injured first.

- A) True
- B) False

24. (U4C2L1:G4) What are the four symptoms of head injuries?

- A) Upset stomach; slurred speech; unable to move one or more limbs
- B) Slurred speech; unable to move one or more limbs
- C) Pupils of different sizes; slurred speech; staggering when walking; convulsing
- D) Small pupils; convulsing; and unable to move one or more limbs

25. (U4C2L1:G5) What is first aid?

- A) The best aid available to a state that has been declared a national disaster area
- B) The first person who happens upon an accident who is willing to help the injured
- C) Immediate care given to an injured or ill person to keep him or her alive or stop further damage until qualified medical treatment can be administered

26. (U4C2L1:G6) CPR stands for _____.

- A) Cardiovascular Rescue
- B) Critical Preventive Response
- C) Citizens Performing Rescues
- D) Cardiopulmonary Resuscitation**

27. (U4C2L1:G11) Pupils of different sizes, slurred speech, staggering when walking, and convulsions are symptoms of what kind of injury?

- A) Heart injury
- B) Head injury**
- C) Impact injury
- D) Internal bleeding

28. (U4C2L2:F1) If you started to choke on some food and you were alone, what should you do?

- A) stick your finger down your throat and try to remove the food
- B) lean forward over a railing or chair and thrust yourself down until you dislodge the obstruction**
- C) lay down flat and try to cough
- D) bend over until your head is upside-down and try to cough

29. (U4C2L2:F5) During a family gathering your uncle starts complaining he feels nauseous and can't seem to catch his breath. The symptoms he described could be _____.

- A) a stroke
- B) a heart attack**
- C) choking

30. (U4C2L2:G1) Another name for mouth-to-mouth resuscitation is _____.

- A) Buddy Breathing
- B) Rescue Breathing**
- C) Rescue Resuscitation
- D) Team Breathing

31. (U4C2L2:G2) A _____ occurs when blood vessels that deliver oxygen-rich blood to the brain ruptures or when a blood clot forms and blocks the flow of blood in the brain.

- A) Stroke**
- B) Heart attack

- C) Migraine
- D) Seizure

32. (U4C2L2:G3) What is the Heimlich maneuver?

- A) A marching drill of Germanic origins
- B) A technique for clearing the clogged air passageway of a choking victim. The technique uses an upward push to the abdomen to clear the airway and expel an object stuck in the airway of a choking victim
- C) A technique for effective reading of a textbook
- D) A technique for keeping your knees unlocked so you don't faint while standing at attention for long periods of time

33. (U4C2L2:G6) What is an AED?

- A) An Attitude and Education Dilemma
- B) Airway and Expulsion Device
- C) Automated External Defibrillator
- D) None of the above

34. (U4C2L2:G7) What is an Automated External Defibrillator used for?

- A) To clear a blocked airway in a choking victim
- B) To control bleeding in a compound fracture
- C) To treat victims of sudden cardiac arrest by measuring heart rhythms and administering a shock when necessary
- D) To test one's sugar level for diabetes

35. (U4C2L2:G8) The technique for clearing the clogged air passageway of a choking victim is called _____.

- A) the Heimlich maneuver
- B) mouth-to-mouth resuscitation
- C) rescue breathing
- D) first aid evaluation

36. (U4C2L3:F2) If your friend received a deep cut on her wrist, what would you do?

- A) Put a Band-Aid on the cut.
- B) Put a pressure bandage on the cut.
- C) Put the wrist in a bowl of ice water.

37. (U4C2L3:F5) What should you not do if direct pressure and bandages don't stop the bleeding?

- A) Use a sterile dressing on the wound to apply pressure
- B) Remove the old dressing and replace it with a clean one.
- C) Use a roller bandage to hold the dressings in place.
- D) Raise the limb above the heart level.

38. (U4C2L3:F8) If you were using pressure points to control bleeding what would you do if the victim said they could no longer feel their injured limb?

- A) Maintain the pressure on the pressure point
- B) Release the pressure point completely
- C) Decrease the pressure on the pressure point

39. (U4C2L3:G1) Heavy or uncontrollable bleeding from blood vessels is called _____.

- A) life threatening
- B) venous bleeding
- C) a hemorrhage
- D) a third degree injury

40. (U4C2L3:G2) Blood vessels that carry blood away from the heart to all parts of the body are called _____.

- A) arteries
- B) veins
- C) capillaries
- D) a reflex response

41. (U4C2L3:G3) Blood vessels that carry blood from all parts of the body to the heart are called _____.

- A) ligaments
- B) capillaries
- C) veins
- D) arteries

42. (U4C2L3:G4) Bleeding from the smallest blood vessels is called _____.

- A) capillary bleeding

- B) arterial bleeding
- C) venous bleeding
- D) none of the above

43. (U4C2L3:G5) Bleeding that is characterized by a steady flow of dark blood is called _____ bleeding.

- A) venous
- B) arterial
- C) capillary
- D) internal

44. (U4C2L3:G6) Bleeding that is characterized by bright red blood that spurts with each heartbeat is _____ bleeding.

- A) arterial
- B) venous
- C) capillary
- D) internal

45. (U4C2L3:G7) In most cases, what is the best way to control bleeding?

- A) Dress the wound.
- B) Apply direct pressure to the wound.
- C) Have a doctor apply stitches.
- D) Elevate the wound above the heart.

46. (U4C2L3:G9) What is a hemorrhage?

- A) Capillary bleeding, as from a broken nose
- B) Heavy or uncontrollable bleeding from blood vessels
- C) A fracture that protrudes through the skin
- D) A dermatological condition characterized by severe itching

47. (U4C2L3:G10) What is an artery?

- A) A place where art exhibits are given
- B) A vein that carries blood to the heart
- C) A blood vessel that carry blood away from the heart to all parts of the body
- D) A burning technique that seals off bleeding from small wounds

48. (U4C2L3:G11) What are veins?

- A) Vessels that carry blood away from the heart
- B) A system that carries oxygen to various body parts
- C) Blood vessels that carry blood from all parts of the body to the heart
- D) People who are self-absorbed and thoughtless

49. (U4C2L3:G13) _____ is bleeding from the smallest blood vessels.

- A) Capillary
- B) Venous
- C) Massive
- D) Insignificant

50. (U4C2L3:G14) _____ bleeding is characterized by a steady flow of dark blood.

- A) Capillary
- B) Serious
- C) Venous
- D) Fatal

51. (U4C2L3:G15) _____ bleeding is characterized by bright red blood that spurts with each heartbeat.

- A) Capillary
- B) Venous
- C) Serious
- D) Arterial

52. (U4C2L3:G16) No matter what type of bleeding you see in a victim, first aid treatment includes stopping the flow of blood and _____.

- A) calling the police
- B) asking for help from bystanders
- C) preventing infection
- D) splinting all broken bones

53. (U4C2L3:G18) T or F: A tourniquet use can actually kill the limb it is meant to save.

- A) True
- B) False

54. (U4C2L3:G19) In cases of severe bleeding that does not slow or stop when direct pressure is applied, how do you stop the bleeding?

- A) Apply a tourniquet
- B) By using finger pressure on the pressure point on the injured limb between the wound and the heart**
- C) Bend the nearest joint to slow the blood flow
- D) Apply and inflate a blood pressure cuff below the wound

55. (U4C2L3:G21) How do you notify rescue personnel that a victim has a tourniquet?

- A) Mark the victim's forehead with a "T"**
- B) Stay with the victim until help arrives and tell them in person
- C) Mark the victim's palm with a "B" for "bleeding"
- D) No mark is needed if the tourniquet is obvious

56. (U4C2L3:G22) How do you treat a chest wound?

- A) By applying the Heimlich maneuver
- B) By applying finger pressure to the carotid artery
- C) By having the victim take deep cleansing breaths
- D) Wrap the wound tightly in plastic wrap or foil and have the victim sit up or lay on the injured side**

57. (U4C2L3:G23) What are the characteristics of venous bleeding?

- A) Bursts of bright red blood
- B) Oozing of scant amounts of blood
- C) A steady flow of bright red blood
- D) A steady flow of dark red blood**

58. (U4C2L4:F5) What is the difference between a sprain and a strain?

- A) Sprains happen to tendons or ligaments, and strains happen to muscles**
- B) Sprains cause swelling in the injured area, but strains do not have a tendency to swell
- C) Strains happen to tendons or ligaments, and sprains happen to muscles
- D) There is very little difference between a sprain and a strain

59. (U4C2L4:F6) What type of injury is consistent with these symptoms?

- Sharp pain
- Extreme tenderness when the area is touched
- Slight swelling

- Difficulty moving or using the
affected part

- A) fracture
- B) strain
- C) sprain
- D) none of the above

60. (U4C2L4:F9) A _____ occurs when a joint comes apart and stays apart with the bone ends no longer in contact.

- A) sprain
- B) dislocation
- C) strain
- D) fracture

61. (U4C2L4:G1) What are the symptoms of shock?

- A) Skin is pale or blue and cold to the touch.
- B) Skin is blue and hot to the touch.
- C) Skin is flush (or red) and hot to the touch.
- D) Skin is hot to the touch and the eyes roll back in the head.

62. (U4C2L4:G3) What is an open fracture?

- A) One in which the two sides of the break do not touch each other
- B) One in which the sharp edges of the bone cut through the skin
- C) A break of a bone joint
- D) A break with two or more fractures of the same bone

63. (U4C2L4:G4) Another name for an open fracture is _____.

- A) An acute fracture
- B) An obtuse fracture
- C) A compound fracture
- D) A simple fracture

64. (U4C2L4:G5) The RICE formula is used to treat bone, joint, and muscle injuries. Explain what RICE stands for.

- A) Rap, Ice, Compress, and Elevate
- B) Rest, Immobilize, Compress, and Elevate
- C) Rest, Ice, Compare swelling, and Elevate
- D) Rest, Ice, Compression, and Elevation

65. (U4C2L4:G8) Explain the difference between a simple and a compound fracture.

- A) A simple fracture has much bleeding, while a compound fracture has very little.
- B) A simple fracture has torn skin, while a compound fracture has none.
- C) In a simple fracture, no skin is torn by the bone. In a compound fracture, the sharp edges on the bone protrude through the skin.
- D) A simple fracture does not require medical attention, while a compound fracture requires immediate medical attention.

66. (U4C2L4:G10) Describe the symptoms of a victim who is in shock.

- A) Skin is warm and clammy
- B) Skin is cold and clammy
- C) Skin is cold and dry
- D) Skin is warm and dry

67. (U4C2L4:G15) What is the most important action to take when dealing with a fracture?

- A) Stop the bleeding
- B) Apply a tourniquet
- C) To immobilize injured bones to prevent further damage
- D) Apply a gauze dressing

68. (U4C2L5:F3) After calling 911, what is the first thing you do to treat an electrical burn victim?

- A) Monitor ABC's since electrocution can cause cardiac and respiratory emergencies.
- B) Cover the area of the burn with a dry, loose bandage.
- C) Secure the area by turning off the power source.
- D) Apply ointment to the burned area.

69. (U4C2L5:F4) Why do you only treat dry chemical burns with water if a large amount of water is available?

- A) Small amounts of water can cause more burning.

- B) You do not treat chemical burns with water.
- C) You must flush the area for no more than 5 minutes.

70. (U4C2L5:F7) When treating first-, second-, or third-degree burns which depth of burn is not treated with water?

- A) first-degree burns
- B) second-degree burns
- C) third-degree burns

71. (U4C2L5:G2) What are the three types of burns?

- A) First, second, and fifth degree
- B) Heat, chemical, and lightening
- C) Heat, chemical, and electrical
- D) Steam, chemical, and electrical

72. (U4C2L5:G3) What is the most painful type of burn?

- A) First-degree burns, because the outer skin is so sensitive
- B) Third-degree burns, because they are the most severe
- C) Second-degree burns, because nerve endings are still intact even though tissue damage is severe
- D) All types of burns are excruciatingly painful

73. (U4C2L5:G4) The type of burn caused by wind, brief exposure to steam, and light sunburn is _____.

- A) First-degree burn
- B) Second-degree burn
- C) Third-degree burn
- D) The most severe burn

74. (U4C2L5:G5) Flammable liquids that suddenly burst into flames generally cause what degree of burns?

- A) Second-degree
- B) First-degree
- C) Third-degree
- D) Flash

75. (U4C2L5:G11) Name three items that can be used to separate an electric shock victim from the source of the electric current.

A) A broom, stick, chair, or other item of dry non-conducting material like wood, plastic, or cardboard

B) A metal pole, a broom, cardboard

C) Your shoes (if they are rubber soled), a stick, or a chair

D) A metal folding chair, a plastic pipe, or a stick

76. (U4C2L5:G12) What variables affect the seriousness of a chemical burn?

A) The length of time the chemical is in contact with the skin; the concentration (or strength) of the chemical; the temperature of the product containing the chemical

B) The place on the body the burn happens; the temperature of the product

C) The exposure of the chemical on the skin and the ambient temperature of the surrounding air

D) How long the chemical is on the skin and the temperature of the water used to rinse the chemical

77. (U4C2L5:G13) T or F: For dry chemical burns, only treat with water if large amounts of water is available.

A) True

B) False

78. (U4C2L5:G15) Chemical burns on the skin and eyes can be caused by _____ chemicals.

A) dry and liquid

B) dry

C) liquid

79. (U4C2L6:G2) On what side should a victim's body be positioned to delay absorption of an oral poison into the circulatory system?

A) On his or her back

B) Upright in a sitting position

C) On his or her right side

D) On his or her left side

80. (U4C2L6:G3) What types of fluids are appropriate for victims who have ingested corrosive or caustic poisons?

A) Milk or water

B) Only milk

C) Only water

D) Carbonated beverage

81. (U4C2L6:G4) Explain the difference between a cut and a scrape wound.

A) A cut, or laceration, is a straight, even wound made with a sharp object like a knife or razor blade. A scrape, or abrasion, is caused by sliding impact between the skin and a rough surface.

B) A cut is shallow, whereas a scrape is deep.

C) A scrape bleeds a lot, whereas a cut bleeds very little.

D) An cut has irregular edges and an abrasion is a straight, even wound.

82. (U4C2L6:G5) What is caused by sliding contact between skins and a rough surface?

A) cut

B) skid (or strawberry)

C) scrape (or abrasion)

D) incision

83. (U4C2L6:G6) How do you treat a bruise?

A) Apply heat, and if the swelling continues, seek medical attention.

B) Ice it and elevate it, and seek medical attention if it continues to swell, becomes more painful, appears deformed, or if the body part won't move.

C) Drain the hematoma and administer antibiotics.

D) Ignore it and it will go away.

84. (U4C2L6:G8) _____ is a cut from a knife or other sharp object and is accompanied by heavy bleeding and damage to muscles, tendons, or nerves.

A) A scrape

B) An incision

C) A strawberry

D) An abrasion

85. (U4C2L6:F3) On what side should a victim's body be positioned to delay absorption of an oral poison into the circulatory system?

A) Back

B) Sitting Up

C) Right Side

D) Left Side

86. (U4C2L6:F6) How long is someone protected by a tetanus shot before needing another shot?

- A) 1 year
- B) 5 years
- C) 10 years
- D) 15 year

87. (U4C2L7:F2) Why should you stay away from salt if you are going to be involved in some type of activity in the heat?

- A) Too much salt makes you thirsty.
- B) Salt is not a natural product and is therefore bad for you.
- C) Increased salt intake decreases your blood pressure.
- D) Digesting salt pulls water away from your muscles.

88. (U4C2L7:F5) Which of the following is a life-threatening emergency created as a result of the body's inability to regulate its core temperature?

- A) Heat fatigue
- B) Heat stroke
- C) Heat cramps
- D) Heat exhaustion

89. (U4C2L7:G1) Why is excessive intake of salt bad for the body?

- A) It makes you thirsty.
- B) Salt is not a natural product and is therefore bad for you.
- C) Salt causes the body to excrete water, in turn decreasing blood pressure.
- D) Salt causes the body to retain unnecessary water, in turn increasing blood pressure.

90. (U4C2L7:G11) What is dehydration?

- A) A medical condition that occurs when one gets overly hot.
- B) An imbalance of fluids in the body caused when fluids and salt are not replaced.
- C) A condition caused by prolonged exposure to the cold.
- D) A situation that occurs in soldiers working in low-level humidity, as happens in desert warfare.

91. (U4C2L7:G10) What causes heat cramps?

- A) Doing physical activity out-of-doors when the heat index is above 90 degrees
- B) Loss of oxygen to the brain due to dehydration
- C) Loss of salt from the body through sweating or inadequate intake
- D) Loss of oxygen to the muscles due to exertion

92. (U4C2L8:V1) Define Precipitation

- A) An injury caused to body tissue by frost or extreme cold
- B) A condition that results when fluids are lost from the body and not replaced
- C) Too little body heat with abnormally low internal body temperature
- D)** Any form of water, such as rain, snow, sleet, or hail that falls to the earth's surface
- E) To use materials to protect or isolate something from the elements of weather
- F) Injuries that are not very serious and only affect the surface of the body
- G) Beneath the top layer of skin

93. (U4C2L8:V3) Define Subcutaneous

- A) An injury caused to body tissue by frost or extreme cold
- B) A condition that results when fluids are lost from the body and not replaced
- C) Too little body heat with abnormally low internal body temperature
- D) Any form of water, such as rain, snow, sleet, or hail that falls to the earth's surface
- E) To use materials to protect or isolate something from the elements of weather
- F) Injuries that are not very serious and only affect the surface of the body
- G)** Beneath the top layer of skin

94. (U4C2L8:V4) Define Frostbite

- A)** An injury caused to body tissue by frost or extreme cold
- B) A condition that results when fluids are lost from the body and not replaced
- C) Too little body heat with abnormally low internal body temperature
- D) Any form of water, such as rain, snow, sleet, or hail that falls to the earth's surface
- E) To use materials to protect or isolate something from the elements of weather
- F) Injuries that are not very serious and only affect the surface of the body
- G) Beneath the top layer of skin

95. (U4C2L8:V5) Define Superficial

- A) An injury caused to the body tissue by frost or extreme cold
- B) A condition that results when fluids are lost from the body and not replaced
- C) Too little body heat with abnormally low internal body temperature
- D) Any form of water, such as rain, snow, sleet, or hail that falls to the earth's surface
- E) To use materials to protect or isolate something from the elements of weather
- F)** Injuries that are not very serious and only affect the surface of the body
- G) Beneath the top layer of skin

96. (U4C2L8:V6) Define Hypothermia

- A) An injury caused to body tissue by frost or extreme cold

- B) A condition that results when fluids are lost from the body and not replaced
- C) Too little body heat with abnormally low internal body temperature
- D) Any form of water, such as rain, snow, sleet, or hail that falls to the earth's surface
- E) To use materials to protect or isolate something from the elements of weather
- F) Injuries that are not very serious and only affect the surface of the body
- G) Beneath the top layer of skin

97. (U4C2L8:V7) Define Dehydration

- A) An injury caused to body tissue by frost or extreme cold
- B) A condition that results when fluids are lost from the body and not replaced
- C) Too little body heat with abnormally low internal body temperature
- D) Any form of water, such as rain, snow, sleet, or hail that falls to the earth's surface
- E) To use materials to protect or isolate something from the elements of weather
- F) Injuries that are not very serious and only affect the surface of the body
- G) Beneath the top layer of skin

98. (U4C2L8:G10) What is hypothermia?

- A) Too little body heat with abnormally low internal body temperature
- B) Too much body heat with abnormally high internal body temperatures
- C) The condition caused by subcutaneous frostbite
- D) The result of exposing the feet to wet conditions at cool temperatures

99. (U4C2L9:F2) The most important thing to remember when treating a snake bite is to _____.

- A) increase the circulation of the victim
- B) give the victim liquids to thin out the venom
- C) identify the snake that made the bite
- D) suck the venom from the bite site

100. (U4C2L9:F3) How do you remove the stinger from an insect bite?

- A) Cover the stinger with Vaseline
- B) Squeeze the stinger so it pops out on its own
- C) Scrape the surface with a fingernail or knife
- D) You should not remove the stinger

101. (U4C2L9:F4) Animal and human bites pose a high risk of _____.

- A) rabies

- B) deadly venom
- C) allergic reactions
- D) infection**

102. (U4C2L9:F6) Why do you apply pressure and immobilize the area when treating a snake bite?

- A) so the bandage stays in place over heavy clothing
- B) it slows the absorption of venom into the blood stream**
- C) splints stop the venom from entering the bone
- D) you don't use pressure when treating a snake bite

103. (U4C2L9:G1) Name the three types of venoms.

- A) Neurovenom, Hemovenom, and Cardiovenom
- B) Neurotoxins, Hemotoxins, and Cardiotoxins**
- C) Neurotoxins, Hemotoxins, and Respirotoxins
- D) Cerebrotoxins, Hemotoxins, and Pulmonary toxins

104. (U4C3L1:G2) What is the leading cause of death of young people in the U.S.?

- A) Alcohol-related car crashes**
- B) Skin cancer
- C) Road-rage related homicides
- D) Illegal drug use overdoses

105. (U4C3L1:G3) What kinds of drugs are heroin, codeine, and opium?

- A) Depressants
- B) Stimulants
- C) Illegal
- D) Narcotics**

106. (U4C3L1:G5) A substance whose manufacture, possession, or sale is controlled by law is called a _____.

- A) category four drug
- B) illegal substance
- C) controlled substance**
- D) restricted substance

107. (U4C3L1:G6) What is the first organ damaged by long-term alcohol abuse?

- A) kidney
- B) brain
- C) liver
- D) spleen

108. (U4C3L1:G7) What is the most widely consumed and abused drug in the United States?

- A) Marijuana
- B) Cocaine
- C) Aspirin
- D) Alcohol

109. (U4C3L1:G8) What kind of drug is cocaine?

- A) It is illegal.
- B) It is a depressant.
- C) It is a stimulant.
- D) It is a hallucinogen.

110. (U4C3L1:G9) What are the drugs that act as depressants by lowering blood pressure and body temperature and by slowing heart and breathing rates?

- A) Barbiturates
- B) Stimulants
- C) Hallucinogens
- D) Narcotics

111. (U4C3L1:G10) What is used legally as a medical sedative in Europe, but in the U.S. is called "the date-rape drug?"

- A) Cocaine
- B) Rohypnol
- C) Alcohol
- D) Barbiturates

112. (U4C3L1:G11) Is alcohol a stimulant or a depressant?

- A) A stimulant

B) A depressant

113. (U4C3L1:G13) T or F: Alcohol and nicotine found in tobacco products are both addictive drugs.

A) True

B) False

114. (U4C3L1:G14) What is a controlled substance?

A) A substance that helps teachers maintain classroom discipline

B) A substance used aboard Navy ships to keep sailors from getting seasick

C) A substance whose manufacture, possession, or sale is controlled by law

D) An over-the-counter headache medicine

115. (U4C3L1:G17) Long-term alcohol abuse interferes with what ability to break down fats?

A) brain's

B) spleen's

C) kidney's

D) liver's

116. (U4C3L1:G19) Cocaine is an illegal drug that acts as what on the nervous system?

A) stimulant

B) depressant

C) retardant

D) anesthetic

117. (U4C3L1:G20) What are some of the medical uses for the stimulants known as amphetamines?

A) To help people gain weight and sleep well

B) To cure insomnia and diabetes

C) To treat ADD/ADHD and anorexia

D) They are used to treat obesity, narcolepsy, and hyperactivity

118. (U4C3L1:G21) Barbiturates are drugs that act as what by lowering blood pressure and body temperature and by slowing heart and breathing rates?

A) stimulants

B) pain killers

C) depressants

D) over-the-counter pharmaceuticals

119. (U4C3L1:G22) T or F: Heroin is so addictive that it is not used as a medicine and it is illegal.

- A) True
- B) False

120. (U4C3L1:G23) What is used as a tranquilizer for animals but can cause hallucinations in humans?

- A) PCP, or Angel Dust
- B) Excessive doses of aspirin
- C) Heroin
- D) Rohypnol

121. (U4C3L1:G25) What drug contributes to heart disease and is a factor in 90 percent of teenage driving accidents, and 70% of teenage suicide attempts?

- A) Aspirin
- B) Marijuana
- C) Alcohol
- D) Crack cocaine

122. (U4C3L1:G28) What is an "over-the-counter" medication?

- A) A medicine that can be bought illegally without prescription
- B) A medicine bought from a reputable source
- C) A medicine that can be purchased legally without a prescription
- D) A medicine that can be purchased only with a prescription

123. (U4C3L1:G30) T or F: The chemicals in marijuana can alter your hearing, your sense of time, and your concept of space.

- A) True
- B) False

124. (U4C3L1:G31) T or F: Marijuana is generally tested for safety and rarely contains molds or pesticides that are harmful.

- A) True
- B) False

125. (U4C3L1:G35) Drugs that alter the physical senses, producing sounds, visions, and smells that are not real and that distort the concepts of time and space in a user's mind are called

-
- A) stimulants
 - B) depressants
 - C) hallucinogens
 - D) barbiturates

126. (U4C3L1:G36) What is "Amotivational syndrome," and what drug causes it?

- A) A syndrome where one is obsessively driven to seek out drugs caused by all illegal drug use
- B) Apathy and loss of ambition and drive caused by amphetamine use
- C) Heightened ambition and drive for food caused by marijuana use
- D) Apathy and loss of ambition and drive. This syndrome is an effect of marijuana use

127. (U4C3L1:G38) T or F: Nicotine in its pure state is a toxic poison and is used in pesticides.

- A) True
- B) False

128. (U4C3L1:G39) Tobacco is considered a "gateway" drug. Define the term "gateway."

- A) A term attached to alcohol and tobacco due to the fact that their use often leads to further drug abuses
- B) A drug that has strict controls on its sale to minors
- C) A drug that is heavily taxed and has a highly regulated distribution system
- D) A term attached to alcohol and tobacco due to the fact that so many controls on their sale and use is required by the government

129. (U4C3L1:G42) What percent of teenage automobile accidents involve alcohol?

- A) 90%
- B) 85%
- C) 80%
- D) 60%

130 (U4C3L1:G43) T or F: Seventy percent of teen suicide attempts involve alcohol.

- A) True
- B) False

131. (U4C3L1:G44) T or F: Nicotine in its pure state is safe for human consumption.

- A) True

B) False

132. (U4C3L2:G9) What is the main reason that people misuse and abuse drugs?

- A)** To change the way they feel
- B) To lose weight
- C) They don't grasp the dangers of drug use
- D) Because drugs are easy to access in the U.S.

133. (U4C3L2:G11) What do you do with an unconscious alcohol victim?

- A)** Place the victim on his or her side so the victim won't choke or drown in his or her own vomit.
- B) Induce vomiting and seek medical attention.
- C) Let the victim sleep it off while under observation.
- D) Leave the victim alone; he or she will be fine in the morning.

134. (U4C3L2:G13) Name three actions you can take if someone you know has a drug problem.

- A) Tell a responsible adult you are concerned about the person, tell your parents, and tell a school administrator.
- B) Tell a school counselor, tell your parents, and convince the person to seek help.
- C) Convince the person to seek help, tell your friends, and report drug dealers to the appropriate authority.
- D)** Convince the person to seek help; Tell a responsible adult you are concerned about the person; report drug dealers to the appropriate authority.

135. (U4C3L2:G17) What education campaign encourages college students to be responsible for each other and help each other avoid drunk driving situations?

- A) The call a taxi system
- B)** The Buddy System
- C) The volunteer system
- D) The Designated Driver System

136. (U4C3L2:G18) What underlying agreement between students and parents makes the program Students Against Drunk Driving (SADD) so successful?

- A) It has been highly publicized by parents of kids killed in accidents
- B)** The agreement that teenagers call their parents for rides if the teens or their friends have been drinking
- C) Because it has a designated driver policy
- D) It uses emotional appeal to engage students and parents

137. (U6C1L2:G1) Cooperation, patience, fairness, respect, strength, self-improvement, and balance are the seven _____.

- A) citizenship skills
- B) We the People skills
- C) Chief Justice skills
- D) listening skills

138. (U6C1L2:G2) What is the citizenship skill that involves the art of working together in a group toward a common goal?

- A) Patience
- B) Balance
- C) Cooperation
- D) Fairness

139. (U6C1L2:G3) Accepting the difference in others and respecting those differences is the citizenship skill of _____.

- A) culture
- B) cooperation
- C) balance
- D) respect

140. (U6C1L2:G4) Name the seven citizenship skills.

- A) Patriotism, Dedication, Selflessness, Self-Respect, Humor, Endurance, and Goal-Setting
- B) Cooperation, Patience, Fairness, Respect, Strength, Self Improvement, and Balance
- C) Courage, Perseverance, Initiative, Harmony, Compromise, Allegiance, and Morality
- D) Representation, Democracy, Belief, Freedom, Dominance, Welfare, and Patriotism

141. (U6C1L3:G11) What is the appropriate action for a group to take if a member becomes angry or emotional?

- A) The group takes a 10-minute break for a cooling off period.
- B) Ask that he or she leave the group for a cooling off period of 5 to 15 minutes and then return to the group to participate.
- C) The member is asked to resign from the group.
- D) The group adjourns the meeting until a person in a position of authority, such as a teacher or principal, can attend.

142. (U6C1L3:G13) How many times may an issue be discussed in meetings unless the group agrees to extend the discussion?

- A) Two meetings
 - B) Four meetings**
 - C) Six meetings
 - D) None of the above
143. (U6C1L3:G17) Name the two types of Citizen Action Group meetings.
- A) Large and small
 - B) Small group meetings and representative group sessions**
 - C) Representative and Congressional
 - D) Planned and spontaneous
144. (U6C1L3:G20) What are the responsibilities of a small group leader?
- A) Prepare in advance; start the meeting on time**
 - B) Pass out group and decision-making worksheets**
 - C) Keep the group focused on the agenda; pass out action assignments**
 - D) All of the above
145. (U6C1L3:G21) Identify the steps of a small group meeting agenda.
- A) Administrative business; citizenship skills discussion
 - B) Old issues; new issues
 - C) Evaluation; action assignments; close-out details
 - D) All of the above**
146. (U6C1L4:G2) When all small groups merge into a larger assembly or class to discuss an all-class or all-school position or an issue, it is called _____.
- A) a pep rally
 - B) an all-school meeting
 - C) a town hall forum
 - D) a representative group session**
147. (U6C1L5:G1) According to the educational game Chief Justice®, what is a forum?
- A) The entryway to a building.
 - B) An opportunity for formal, timed debates.
 - C) A place or opportunity for open discussion and participation.**
 - D) A place for private deliberations.

148. (U6C1L5:G2) According to the educational game Chief Justice®, what is a jury?
- A) A room in which public debate occurs.
 - B) A person who speaks for a group of judges.
 - C) A select group of individuals chosen to listen and render a verdict in a court case.
 - D) A period of time when a group discusses and rules on a case.
149. (U6C1L5:G3) What is the job of the jury foreman in the educational game Chief Justice®?
- A) To escort the jury into and out of the courtroom.
 - B) A person who conducts the jury deliberation and speaks for the jury.
 - C) To deliberate both sides of the case before the judge.
 - D) To deliver an introductory statement to the court.
150. (U6C1L5:G4) What is a "deliberation" in the game Chief Justice®?
- A) The incarceration of a prisoner or guilty party.
 - B) A period of time given to a jury to discuss and determine a ruling in a case.
 - C) A period of time given to lawyers to argue their points in a case.
 - D) The time a judge spends deciding on a punishment for a guilty party.
151. (U6C1L5:G5) What is a verdict in a court case?
- A) A conclusion drawn by spectators
 - B) A summation by a lawyer in a court case
 - C) A decision rendered by a judge or jury
 - D) None of the above
152. (U6C1L5:G8) What is a place or opportunity for discussion and participation?
- A) group
 - B) team
 - C) unit
 - D) forum
153. (U6C1L5:G9) What is a select group of individuals chosen to listen and render a verdict in a court case?
- A) judge
 - B) jury
 - C) peer group
 - D) unbiased group of lawyers

154. (U6C1L5:G10) What is a person who conducts the jury deliberation and speaks for the jury?

- A) judge
- B) leader
- C) follower
- D) jury foreman

155. (U6C1L5:G11) What is a high-ranking court official who supervises and gives a decision on an action or court case?

- A) judge
- B) jury
- C) defense lawyer
- D) a jury foreman

156. (U6C1L5:G12) An examination of facts and laws in a court of law is called a _____.

- A) legal brief
- B) trial
- C) primary legal search
- D) hearing

157. (U6C1L5:G14) A decision rendered by a judge or jury in a court case is a _____.

- A) conclusion
- B) closing
- C) verdict
- D) finding

158. (U6C1L5:G13) What is a period of time given to a jury to discuss and determine a ruling in a case?

- A) Deliberation
- B) Consideration
- C) Summation
- D) Final debate

159. (U3C8L1:G1) An environment where one can learn and develop by actively participating in organized service experiences within one's community is called _____.

- A) learning service
- B) servant leadership
- C) service learning
- D) community service

160. (U3C8L1:G2) What is the formula for service learning?

- A) One student and one effort = Two beneficiaries
- B) Orientation + Service + Structure = A boon to society
- C) Meaningful Service + Training + Reflection = High self-esteem
- D) Orientation and Training + Meaningful service + Structured Reflection = Service learning

161. (U3C8L1:G3) What are the five team positions found in the structured teamwork of service learning?

- A) Fact-finder, Recorder, Reporter, Timekeeper, and Debriefer
- B) Facilitator, Recruiter, Reporter, Timekeeper, and Debriefer
- C) Facilitator, Recorder, Reporter, Testmaker, and Debriefer
- D) Facilitator, Recorder, Reporter, Timekeeper, and Debriefer

162. (U3C8L1:G5) What is the purpose of a learning log?

- A) To record notes from math class, particularly geometry.
- B) To make a list of all the things you would like to learn if you had time.
- C) To record books, restaurants, movies, or activities recommended by instructors.
- D) To record reflections, experiences, observations, goals, etc.

163. (U3C8L2:G3) What is experiential learning?

- A) Learning that helps students gain practical knowledge, skills, or practice from direct observation or participation in an activity or event
- B) Any education technique that is "bizarre" or other than mainstream
- C) Learning that helps students gain abstract thinking skills
- D) Direct observation or participation in an activity or event that is meant to reform poor social skills in a student

164. (U3C8L2:G7) Learning that helps students gain practical knowledge, skills, or practice from direct observation or participation in an activity or event is called _____.

- A) experiential learning
- B) active learning
- C) effective lecture method
- D) active listening

165. (U3C8L3:G2) What are the three types of service found in service learning?

- A) Food service, customer service, and military service
- B) Direct, indirect, and active
- C) Discrete, indiscrete, and advocacy
- D) Direct, indirect, and advocacy

166. (U3C8L3:G3) _____ service in service learning involves face-to-face contact with those being served.

- A) Indirect
- B) Direct
- C) Accidental
- D) Planned

167. (U3C8L3:G6) What is the purpose of an after-action review?

- A) To correct errors so they won't be repeated the next time the task is performed
- B) To critique the performances of subordinates
- C) To document the work done for review by superiors
- D) To reflect on what was learned

167. (U3C8L3:G7) Answering the question, "What did I do?" "What did it mean to me?" and "Now what?" are questions answered in the _____ phase of service learning.

- A) after action review
- B) advocacy
- C) indirect
- D) structured reflection

[Answer Key]

1. B
2. D
3. D
4. B
5. C
6. A

- 7. A
- 8. D
- 90. C
- 10. B
- 11. B
- 12. A
- 13. D
- 14. B
- 15. A
- 16. A
- 17. A
- 18. C
- 19. B
- 20. C
- 21. B
- 22. B
- 23. A
- 24. C
- 25. C
- 26. D
- 27. B
- 28. B
- 29. B
- 30. B
- 31. A
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- 35. A
- 36. B
- 37. B
- 38. C
- 39. C
- 40. A
- 41. C
- 42. A
- 43. A
- 44. A
- 45. D
- 46. C
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- 87. B
- 88. D
- 89. B
- 90. C
- 91. D
- 92. G
- 93. A
- 94. F

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- 96. B
- 97. A
- 98. C
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- 104. D
- 105. C
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- 156. C
- 157. A
- 158. C
- 159. D
- 160. D
- 161. D
- 162. A
- 163. A
- 164. D
- 165. B
- 166. D
- 167. D