Name: _____

__Pre __Post Test (check one) Date:_____ Score: ___/16 Percentage: ____

START NOW Knowledge Test

Please choose one answer for each question. Circle the letter for your response.

1. How many START NOW skills units are there?
   A. 2
   B. 4
   C. 6
   D. 8

2. All of the following are cognitive behavioral strategies incorporated in START NOW **except** which one?
   A. Psychodrama
   B. Brainstorming
   C. Role play practice
   D. Functional analysis

3. All of the following are examples of comments to "roll with resistance", **except** for which one?
   A. "Only you can decide whether or not you'll apply START NOW skills to your life."
   B. "I hear you saying that it's hard to focus on what we're doing in group today when you're thinking about your upcoming hearing."
   C. "You want your life to go better, but you question whether change is possible."
   D. "Your choices up until now have gotten you here, so you better start doing things differently."

4. How was START NOW skills training designed to meet the unique needs of offenders?
   A. Situations described are relevant to those faced by offenders.
   B. Reading level of the participant workbook is at the fifth grade level, given the higher incidence of cognitive impairments among offenders
   C. Information is presented using icons/pictures to facilitate understanding.
   D. All of the above

5. What are considered to be the two primary skills for START NOW that are practiced each week?
   A. Relaxation & Role-play
   B. Focusing & ABC
   C. Acceptance & Change
   D. Interpersonal & Emotional

How many total skills training sessions are included in START NOW?

E. 12
F. 20
G. 24
H. 32

6. The orientation protocol for introducing new participants includes all of the following tasks **except** for which one?
   A. Review self-care skills.
   B. Review the group rules.
   C. Establish a treatment goal.
   D. Introduce the 2 primary skills, Focusing & ABC.

7. All of the following are **true** of using the ABC system for functional analysis, **except** for which of the following?
   A. "ABC" stands for "Activator", "Behavior", and "Consequence".
   B. The purpose of ABC is to specify the order in which coping skills are to be used.
   C. The ABC method is used for functional analysis of **both** adaptive and maladaptive behaviors.
   D. The ABC system helps participants think before acting and develop increased control of their behavior.

8. The following materials are needed for facilitating START NOW skills sessions, **except** for which one?
   A. A white board, chalkboard, or flipchart.
   B. Any materials needed for facilitating focusing practice exercises
   C. A video player & monitor
   D. A participant workbook for each participant

9. Which of the following **best** describes the policy regarding a closed (fixed admissions) group vs. open (rolling admissions) group?
   A. Closed admissions are to be used, which means that all participants start START NOW skills training at session 1.
   B. Open admissions are to be used, which means that participants enter the group as needed.
   C. Whether to use a closed vs. open group format depends on the situation at your facility, and you should use the corresponding directions in the facilitator manual.
   D. Open admissions are only to be offered in minimum security facilities.

10. All of the following describe the procedures for reviewing real life practice exercises **except** which of the following?
    A. Focus primarily on those participants who did not do the exercise.
    B. Encourage participants to share their individual responses to the exercise.
    C. Facilitate a group discussion of reactions to the exercise and to each other's responses.
    D. If a participant did not complete the exercise, support self-efficacy by positively reinforcing any constructive attempts at practicing the skill.

11. **Only one** of the following statements **is true** regarding presenting the new skill topic; which one is true?
    A. When presenting the new skill topic, stick with examples listed in the participant workbook and facilitator manual.
    B. Try as hard as possible to convince the participants that they need to learn and practice the new skill.
    C. Convey acceptance of any mixed feelings participants express about whether or not they need this new skill.
    D. Cover the materials about the new skill as quickly as possible without stopping to answer questions, to keep the group moving ahead.

12. Which of the following **best** describes the procedure for brainstorming?
    A. Write suggested solutions on the board only if the group agrees that they are good ideas.
    B. Go around the group in a circle, and have each person suggest an item when it is their turn.
    C. Tell the group members that they should only call out items that are good choices.
    D. Encourage the group to call out all possible responses; first write them all on the board, then evaluate them.

13. Which of the following **best** describes the procedure for certification of facilitators?
    A. Pass this test.
    B. Complete a series of requirements including reading the materials, completing training, and meeting criteria when observed conducting one role-played and two actual group sessions.
    C. Do all of the participant exercises included in the START NOW skills sessions.
    D. "Watch one, do one, teach one."

14. **True or False**: Participants should be required to close their eyes when practicing relaxation and imagery exercises.
    A. True
    B. False

15. **True or False:** Skills improve with practice; this applies to both participants' skills as they learn START NOW, and facilitators' skills as they learn to facilitate START NOW.
    A. True
    B. False