# START NOW Knowledge Test Answer Key (for Trainer Use)

1. How many START NOW skills units are there?
   B. 4
2. All of the following are cognitive behavioral strategies incorporated in START NOW **except** which one?
   A. Psychodrama
3. All of the following are examples of comments to "roll with resistance", **except** for which one?
   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?
   D. All of the above
5. What are considered to be the two primary skills for START NOW that are practiced each week?
   B. Focusing & ABC
6. How many total skills training sessions are included in START NOW?
   D. 32
7. The orientation protocol for introducing new participants includes all of the following tasks **except** for which one?
   A. Review self-care skills.
8. All of the following are **true** of using the ABC system for functional analysis, **except** for which of the following?
   B. The purpose of ABC is to specify the order in which coping skills are to be used.
9. The following materials are needed for facilitating START NOW skills sessions, **except** for which one?
   C. A video player & monitor
10. Which of the following **best** describes the policy regarding a closed (fixed admissions) group vs. open (rolling admissions) group?
    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.
11. 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.
12. **Only one** of the following statements **is true** regarding presenting the new skill topic; which one is true?
    C. Convey acceptance of any mixed feelings participants express about whether or not they need this new skill.
13. Which of the following **best** describes the procedure for brainstorming?
    D. Encourage the group to call out all possible responses; first write them all on the board, then evaluate them.
14. Which of the following **best** describes the procedure for certification of facilitators?
    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.
15. **True or False**: Participants should be required to close their eyes when practicing relaxation and imagery exercises.
    B. False
16. **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