



Sample Test Questions

Family and Consumer Sciences Education





SAMPLE TEST QUESTIONS

The sample test questions in this document are designed to give you an introduction to the nature of the questions included in the Washington Educator Skills Tests—Endorsements™ (WEST-E™). They represent the various types of questions you may expect to see on an actual test in this test field; however, they are *not* designed to provide diagnostic information to help you identify specific areas of individual strength or weakness or to predict your performance on the test as a whole.

Work through the sample questions carefully before referring to the answer key that follows. The answer key provides the correct response for each question and lists the objective within the test framework to which each question is linked. When you are finished with the sample questions, you may wish to review the test objectives and descriptive statements provided in the test framework for this test field.

In addition to reading and answering the sample questions, you should also utilize the following preparation materials available on the WEST Web site:

-  Read **WEST-E Test-Taking Strategies** to understand how test questions are designed to measure specific test objectives and to learn important test-taking strategies for the day of the test.
-  Review the **Test Summary and Framework** for your test field to familiarize yourself with the structure and content of the test. This document contains general testing information as well as the percentage of the total test score derived from each content domain described in the test framework.

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SAMPLE MULTIPLE-CHOICE QUESTIONS

1. Friendships differ significantly from marriage, family relationships, and work relationships in that friendships:
 - A. are not bound by social or contractual obligations.
 - B. typically serve as the main source of social support across the life span.
 - C. do not involve interdependency among the participants.
 - D. meet the human need for closeness and connection with others.
2. Which of the following is essential for the development of a healthy interpersonal relationship?
 - A. shared interests
 - B. trust
 - C. self-disclosure
 - D. affection
3. Which of the following is an example of a stepfamily or blended family?
 - A. a single mother raising her adopted daughter
 - B. a cohabiting couple raising their mutual biological children
 - C. two elderly brothers living in the same home
 - D. a married couple raising their children from previous relationships
4. A hotel's housekeeping supervisor holds a quarterly meeting with her staff at which the staff are invited to share ideas about how to improve housekeeping services and to discuss specific problems they have encountered. The supervisor has incorporated many of the suggestions and decisions arrived at in these meetings into the hotel's housekeeping manual. This supervisor's leadership style is most likely to have which of the following effects on the housekeeping staff?
 - A. reducing the staff's level of trust toward the supervisor
 - B. promoting high morale and a sense of ownership
 - C. creating a sense of confusion about their roles and responsibilities
 - D. increasing the efficiency of their problem-solving processes



5. Which of the following best describes a major principle of physical growth and development in relation to infants and toddlers?
- A. Physical growth occurs gradually from the head downward and from the center of the body outward.
 - B. Physical growth occurs in all major regions of the body proportionately at about the same rate.
 - C. Physical growth occurs first in the arms and legs and proceeds inward and upward to the torso and head.
 - D. Physical growth occurs variably in individual children with no typical starting point or pattern.
6. In the usual sequence of motor development, which of the following manipulative skills do young children generally attain last?
- A. making a block tower by stacking six or seven blocks
 - B. using a fork and spoon to eat food at meal times
 - C. using crayons to color within the lines in a coloring book
 - D. cutting a sheet of paper in two with safety scissors
7. In studies of adult development, which of the following factors has been shown to be a strong predictor of psychological well-being and positive emotional health among older adults?
- A. experimenting with a variety of self-improvement strategies
 - B. becoming and persevering as a caregiver for a loved one
 - C. maintaining close, warm relationships with family and friends
 - D. proceeding cautiously in developing new intimate relationships
8. Which of the following types of intellectual abilities typically increases as individuals progress from young adulthood to middle adulthood?
- A. practical problem solving
 - B. information processing
 - C. working memory capacity
 - D. perceptual speed



9. A parenting approach characterized by routine participation in activities with children is likely to be a key factor in strengthening the well-being of children mainly because this type of approach:
- A. familiarizes children with social cues and conventions used by adults.
 - B. enhances children's sense of safety and security.
 - C. creates a family dynamic that is based on friendship rather than on family ties.
 - D. encourages children to experiment with adult roles.
10. Foods such as green leafy vegetables, yogurt, and low-fat milk and cheese are valuable components of children's diets because they are good sources of:
- A. vitamin E, which protects white blood cells and other elements of the immune system.
 - B. calcium, which is a key requirement for bone and teeth formation.
 - C. vitamin A, which helps promote and maintain healthy vision.
 - D. selenium, which is essential in regulating basal metabolism and body temperature.
11. Which of the following techniques for cooking vegetables in water is most effective in retaining the nutrient value of the vegetables?
- A. keeping cooking times short and cooking temperatures moderate
 - B. placing vegetables in cool water and then bringing the water to a boil
 - C. paring and cutting vegetables well in advance of their immersion in water
 - D. adding a pinch of baking soda to cooking water to increase its alkalinity



12. Members of a family decide to improve health and wellness by participating in fitness activities together. They plan to collaborate in choosing a few different activities so that they have year-round opportunities for physical fitness. Which of the following additional considerations is likely to be most important in ensuring the success of this family fitness plan?
- A. allowing each family member to choose an activity that he or she has mastered, so that family members can coach one another during activities
 - B. selecting activities that all family members are likely to enjoy and find interesting and that are suited to family resources and schedules
 - C. ensuring that the final set of activity choices addresses each of the components of health-related physical fitness relatively equally
 - D. choosing one activity for each season of the year that can be enjoyed outdoors with minimal preparation and equipment
13. In general, individuals can best reduce the adverse effects of everyday stressors by:
- A. creating a list of the likely sources or causes of stress and attempting to systematically address or resolve each item.
 - B. challenging oneself to complete problem-solving activities or tasks that have been previously put off due to lack of time.
 - C. examining one's responses to stress, classifying them as normal or abnormal, then consciously rejecting the abnormal responses.
 - D. developing personal coping strategies that refocus one's mental energy and promote a relaxation response.
14. In which of the following situations is a consumer using credit to support an investment?
- A. Sam obtains a student loan to pay for college.
 - B. Jean uses a credit card to purchase a new DVD player.
 - C. Alex uses a home equity line of credit to pay for a family vacation.
 - D. Tom obtains a bank loan to pay for a new car.



15. In general, which of the following is a key advantage of investing in a 401(k) or 403(b) plan?
- A. Participants do not pay taxes on earnings and withdrawals.
 - B. The range of investment choices is broad and diversified.
 - C. There is no limit to how much one can deposit each year.
 - D. Contributions reduce one's current taxable income.
16. A family is concerned about the amount of fossil fuels it is using to heat the family home. As part of the planning process for solving this problem, the family should begin by:
- A. selecting and implementing one action to reduce fossil fuel consumption.
 - B. agreeing on an amount by which the family would like to reduce its use of fossil fuels.
 - C. brainstorming a list of concerns the family has in association with its use of fossil fuels.
 - D. evaluating the family resources that can be used to help reduce the family's need for fossil fuels.
17. When selecting herbal supplements or "natural remedies" to manage or treat health-related conditions, it is most important for consumers to be aware that:
- A. there are few or no side effects associated with these products.
 - B. these types of products are not regulated by the government.
 - C. many of these products use gimmicks to attract buyers.
 - D. these products are often made by manufacturers of prescription drugs.
18. Federal safety and health standards prohibit restaurants from using copper cookware for foods that:
- A. are alkaline.
 - B. have a high sugar content.
 - C. are acidic.
 - D. have a high water content.



19. The Occupational Outlook Handbook provides job-seekers with which of the following types of information?
- A. specific employers' human resources policies
 - B. projections of job prospects in specific career paths
 - C. suggestions of careers that would best match one's interests and skills
 - D. listings of job openings, organized by career path
20. Which of the following is the best source of information regarding what a particular job is like on a day-to-day basis?
- A. the description of the job included in postings for job openings
 - B. the Human Resources page of an employer's Web site
 - C. online databases of occupational information
 - D. informational interviews with people who have the job



ANSWER KEY

| Question Number | Correct Response | Test Objective |
|-----------------|------------------|----------------|
| 1 | A | 0001 |
| 2 | B | 0001 |
| 3 | D | 0002 |
| 4 | B | 0003 |
| 5 | A | 0004 |
| 6 | C | 0004 |
| 7 | C | 0005 |
| 8 | A | 0005 |
| 9 | B | 0006 |
| 10 | B | 0007 |
| 11 | A | 0008 |
| 12 | B | 0009 |
| 13 | D | 0009 |
| 14 | A | 0010 |
| 15 | D | 0010 |
| 16 | C | 0011 |
| 17 | B | 0012 |
| 18 | C | 0013 |
| 19 | B | 0014 |
| 20 | D | 0014 |