

# QUIZ

This is a quiz to test your knowledge of career management skills. Each question is followed by multiple-choice answers. Choose the option you think is correct



## 1. What is the primary goal of career management?

- Finding any job to pay the bills
- Developing and advancing your career over time
- Retiring as soon as possible

## 2. Which of the following is NOT a component of career self-assessment?

- Identifying your strengths and weaknesses
- Reflecting on your interests and values
- Setting long-term career goals

## 3. What is the significance of self-assessment in career management?

- It's an opportunity to criticize yourself excessively
- It helps you avoid all types of career risks
- It assists in identifying your strengths, weaknesses, interests, and values

## 4. What is networking in the context of career management?

- Managing computer networks in an organization
- Hiking with colleagues
- Building and maintaining professional relationships



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5. When is a good time to update your resume?

- Only when you're actively job hunting
- Whenever you complete a project or acquire new skill
- Once a year, regardless of your activities

6. Which of the following is NOT a common time management technique for career development?

- Setting clear goals and priorities
- Procrastinating to reduce stress
- Using a calendar or planner to schedule tasks

7. Which of the following is a valuable aspect of effective communication in the workplace?

- Listening actively and showing empathy
- Speaking loudly and assertively to be heard
- Avoiding all forms of communication to minimize conflicts

8. What does "work-life balance" refer to in career management?

- Completely separating work and personal life at all times
- Finding a job that doesn't require much effort or dedication
- Achieving a healthy equilibrium between work and personal life

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## Answer Sheet:

**Q1:** Developing and advancing your career over time

**Q2:** Setting long-term career goals

**Q3:** It assists in identifying your strengths, weaknesses, interests, and values

**Q4:** Building and maintaining professional relationships

**Q5:** Whenever you complete a project or acquire new skill

**Q6:** Procrastinating to reduce stress

**Q7:** Listening actively and showing empathy

**Q8:** Achieving a healthy equilibrium between work and personal life