

LET 2 & 3 Study Guide - 1st Semester

1. Which of the following options (A-D) illustrate the correct sequence of activities in service learning?

- A) Meaningful Service + Orientation and Training + Structured Reflection = Service Learning
- B) Orientation and Training + Service Learning + Structured Reflection = Meaningful Service
- C) Orientation and Training + Meaningful Service + Structured Reflection = Service Learning**
- D) Orientation and Training + Structured Reflection + Meaningful Service = Service Learning

2. Which of the following options (A-D) 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.

3. What are the five team positions found in the structured teamwork of service learning?

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

4. 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.**

5. What are the benefits for students who participate in Service Learning?

- A) Hastens physical maturity; becomes more civic minded; sees the school-life connection; has higher self-esteem
- B) Learns more; earns better grades; attends school regularly; behaves better; becomes more civic minded; gains appreciation of others; sees the school-life connection; has higher self-esteem; learns life skills for after graduation**
- C) Peers will think better of you; earns better grades; behaves better; gains appreciation of others
- D) Learns more; earns better grades; attends school regularly; eliminates which jobs you do not want to perform as an adult

6. Choose the word that best matches the definition below.

"Any form of service provided for the community or common good."

- A) Reflection
- B) Service Learning
- C) Community Service**
- D) Recorder

7. Choose the word that best matches the definition below.

"One who encourages team members and leads discussions after presentation and team discussion."

- A) Orientation
- B) Debriefeer**
- C) Timekeeper
- D) Service Learning

8. Choose the word that best matches the definition below.

"A thought, idea, or opinion formed or a remark made as a result of mediation; consideration of some subject matter, idea, or purpose."

- A) Recorder B) Reporter C) Timekeeper **D) Reflection**

9. Choose the word that best matches the definition below.

"An environment where one can learn and develop by actively participating in organized service experiences within one's own community."

- A) Service Learning** B) Orientation C) Community Service D) Debriefing

10. Choose the phrase that best matches the definition below.

"An emergency method to keep blood and oxygen flowing through a person whose heart and breathing have stopped."

- A) Rescue Breathing **B) Cardiopulmonary Resuscitation (CPR)**
C) Good Samaritan Law D) Emergency Medical Service (EMS)

11. **Scenario:** Steve saw a woman fall while crossing the street. He went over to the woman and asked her if he could look at her ankle to determine the extent of the injury.

Question

Steve was getting the woman's _____ to look at her ankle.

- A) Catastrophe B) Help C) Evaluation **D) Consent**

12. Choose the phrase that best matches the definition below.

"The immediate care given to a victim of injury or sudden illness before professional medical help arrives."

- A) First Aid** B) Cardiopulmonary Resuscitation (CPR)
C) Catastrophe D) Emergency Medical Service (EMS)

13. Choose the word that best matches the definition below.

"A great and sudden misfortune."

- A) First Aid B) Evaluate **C) Catastrophe** D) Consent

14. Choose the phrase that best matches the definition below.

"A law enacted in most states that protects people from lawsuits if medical complications arise after they have administered first aid correctly."

- A) Consent B) Evaluate **C) Good Samaritan Law** D) Emergency Medical Service

15. Choose the word that best completes the sentence below.

Medical professionals dedicated to care and transport the ill or injured are referred to as the EMS. EMS stands for _____.

- A) **Emergency Medical Service**
- B) Elite Medical Scientist
- C) Emergency Miracle Service
- D) Evaluation Medical Service

16. Which statement is inaccurate about Universal Precautions?

- A) Wash hands before and after a medical procedure with soap and water or hand sanitizer.
- B) **Do not worry about changing gloves between treating victims because speed is most important.**
- C) Wear face masks and eye protection whenever there is a possibility of blood splashing into your face.
- D) Dispose of all contaminated sharp objects in an appropriate puncture-proof container.

17. 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.

18. 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

19. Which set of life-saving steps is placed in the correct order of evaluation?

- 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

20. Calling an emergency number for professional medical help is often the most important thing you can do in an emergency. Which example is 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.

21. How many minutes can the human brain go without oxygen before cells begin to die?

- A) 2 **B) 4** C) 6 D) 8

22. Choose the word that best completes the sentence below.

A(n) _____ is the sudden stoppage of the heart.

- A) Abdominal thrust **B) Cardiac arrest** C) Automated external defibrillator D) Stroke

23. Choose the word that best completes the sentence below.

A(n) _____ is a reduction of blood flow to a part of the brain.

- A) Abdominal thrust B) Cardiac arrest C) Automated external defibrillator **D) Stroke**

24. 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 D) Indigestion

25. In what category should "Difficulty in Breathing" be placed?

- A) Stroke** B Heart attack C Choking D Indigestion

26. 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

27. Choose the word that best matches the definition below.

"The incorrect or improper use of a substance."

- A) Narcotics **B) Misuse** C) Ethyl alcohol D) Substance

28. Choose the word that best matches the definition below.

"A substance whose manufacture, possession, or sale is controlled by the law."

- A) Inhalants B) Hallucinogens C) Drugs **D) Controlled substance**

29. Choose the word that best matches the definition below.

"Something, such as a drug or alcohol, deemed harmful and usually subject to legal restrictions."

- A) Distilled **B) Substance** C) Alcohol D) Ferment

30. Choose the word that best matches the definition below.

"Physically or psychologically dependent on a substance, habit, or behavior that can lead to health, social, economic problems; dependence on a drug."

- A) Dependency B) Tobacco **C) Addiction** D) Gateway

31. Choose the word that best matches the definition below.

"Improper or excessive use or treatment."

- A) Misuse B) Intoxicated **C) Abuse** D) Addiction

32. Choose the word that best matches the definition below.

"A term attached to alcohol and tobacco due to the fact that their use often leads to further drug abuse."

- A) Substance B) Controlled substance C) Drugs **D) Gateway**

33. Choose the word that best matches the definition below.

"Heated and condensed to purify, form a new substance, or concentrate."

- A) Distilled** B) Misuse C) Abuse D) Ferment

34. Choose the word that best matches the definition below.

"To produce a chemical change in a carbohydrate material, resulting in alcohol."

- A) Abuse B) Ethyl alcohol **C) Ferment** D) Distilled

35. Choose the word that best matches the definition below.

"The type of alcohol in beer, wine, and distilled spirits."

- A) Controlled Substance **B) Ethyl Alcohol** C) Substance D) Drugs

36. Choose the word that best matches the definition below.

"Addiction to a substance."

- A) Ethyl alcohol **B) Dependency** C) Abuse D) Controlled Substance

37. Choose the word that best matches the definition below.

"Drugs, drinks, or other substances that speed up the activity of the mind or body; a drug that speeds up activities of the central nervous system, the heart, and other organs."

- A) Stimulants** B) Addiction C) Alcohol D) Distilled

38. Choose the word that best matches the definition below.

"A drug medically used to relieve pain, produce sleep, and dull the senses."

- A) Drugs **B) Narcotics** C) Alcohol D) Nicotine

39. Choose the word that best matches the definition below.

"Drugs that cause hallucinations."

- A) Tobacco B) Substances **C) Hallucinogen** D) Inhalants

40. Choose the word that best matches the definition below.

"The drug in tobacco that may act as a stimulant and cause addiction."

- A) Nicotine** B) Ethyl Alcohol C) Stimulants D) Depressed

41. Choose the word that best matches the definition below.

"Medications or chemicals that are inhaled."

- A) Nicotine B) Hallucinogen C) Narcotics **D) Inhalants**

42. What are the chances that a first-time crack user will become addicted?

- A) One in three** B) One in six C) One in ten D) One in twenty

43. What is the definition of the word "detoxification program"?

A) Controlled substance that is used in heroin withdrawal; produces some effects similar to heroin, but does not produce a "high".

B) Strain or pressure on the body or mind.

C) A type of program where drug users or addicts can get help with drawing from substances.

D) Usually a residential treatment center for drug abusers and addicts.

44. What is the definition of the word "methadone"?

A) Controlled substance that is used in heroin withdrawal; produces some effects similar to heroin, but does not produce a "high".

B) Strain or pressure on the body or mind.

C) A type of program where drug users or addicts can get help with drawing from substances.

D) According to a rule or standard pattern; regular, usual.

45. What is the definition of the word "therapeutic community"?

A) Controlled substance that is used in heroin withdrawal; produces some effects similar to heroin, but does not produce a "high".

B) Strain or pressure on the body or mind.

C) A type of program where drug users or addicts can get help with drawing from substances.

D) Usually a residential treatment center for drug abusers and addicts.

46. What is the definition of the word "stress"?

A) According to a rule or standard pattern; regular, usual.

B) Strain or pressure on the body or mind.

C) A type of program where drug users or addicts can get help with drawing from substances.

D) Usually a residential treatment center for drug abusers and addicts.

47. What is the definition of the word "normal"?

A) According to a rule or standard pattern; regular, usual.

B) Strain or pressure on the body or mind.

C) A type of program where drug users or addicts can get help with drawing from substances.

D) Usually a residential treatment center for drug abusers and addicts.

48. While mentoring a new cadet, you had her write four positive reasons for choosing to not do drugs. Of her reasons (listed below), which one would you tell her could get confused with an excuse to take drugs?

A) Activities - lead to a sense of accomplishment as you get better at performing them.

B) Self-confidence - stand up to peers at the risk of rejection when they want you to do something you don't want to do.

C) Change - change the way you feel about a problem.

D) Patience - allows you to recognize opportunities when they become available.

49. A friend of yours has changed a lot over the past few months. He started "hanging out" with a different group of people, and his grades in school have been lower than usual. When you see him in a restaurant parking lot, he is having trouble getting his car door unlocked, and seems to be having trouble standing up - he looks like he's drunk. When you try to take his keys, he first tells you that he's no longer your friend. Next, he tells you (using slurred speech) that he hasn't been drinking. When you smell him, his breath does not smell like alcohol.

What should you do next?

A) Ask him if he's really OK to drive, and if he says "Yes," then let him drive home, and follow him in your car.

B) Take his keys and call a cab or drive him home. He could be on some type of barbiturate.

C) Take his keys and call a cab or drive him home. He could be on some type of barbiturate.

D) Tell him that he's screwed up, and he better get himself together. Then, since he's no longer a friend, let him do whatever he wants.