

***Reviving Ophelia***  
*Saving the Selves of Adolescent Girls*  
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**15 CEHs**



## TO TAKE THIS COURSE

1. **Print** exam questions below to use while reading text.
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## Examination Questions

### Chapter 1: Saplings in the Storm

1. According to the author, which age group of girls rarely comes to therapy?
  - a. between 13-15 years old
  - b. between 11-13 years old
  - c. between 7-11 years old
  - d. between 15-18 years old
2. Which of the following is true for early adolescent girls?
  - a. they are elusive and slow to trust
  - b. they are easily offended by a glance or a clearing of the throat
  - c. they are easily offended by a sentence that doesn't meet their immediate needs
  - d. all of the above

### Chapter 2: Theoretical Issues-For Your Own Good

3. According to the author, girls in early adolescence experience rigorous training for the female role.
  - a. True
  - b. False
4. In early adolescence, girls are faced with a choice to be true to themselves or follow the socially accepted image of what it means to be female.
  - a. True
  - b. False
5. Psychologist I. K. Broverman's study found that the characteristics describing healthy women and healthy adults were the same.
  - a. True
  - b. False

6. According to the author, girls react to the cultural pressure to abandon the self by:
- conforming
  - being depressed
  - getting angry
  - all of the above

### Chapter 3: Developmental Issues – "I'm Not Waving, I'm Drowning"

7. According to the author, adolescent girls' emotional immaturity makes it harder for them to remain true to themselves.
- True
  - False
8. Teenage girls believe that:
- one case represents what everyone is doing
  - they are being watched by others who are interested in their every move
  - if you feel something then it must be true
  - all of the above
9. During adolescence, girls make a shift from a focus on affiliation to a focus on achievement.
- True
  - False

### Chapter 4: Families – The Root Systems

10. According to the author, parents are frightened and angry when daughters take enormous risks to prove they are independent.
- True
  - False
11. Parents of junior high school girls:
- are unhappy with the different values their daughters are learning in today's society
  - feel they are trying harder than their parents did only to find their daughters more troubled
  - see their daughters' drinking, early sexualization and rebelliousness as evidence that they have failed as parents
  - all of the above
12. According to the author, it is the culture that is dysfunctional.
- True
  - False
13. The author believes that the mass media has the goal to make money from teenagers while the parents' goals are to produce happy, well-adjusted adults.
- True
  - False

### Chapter 5: Mothers

14. Mothers are expected to:
- protect their daughters from the culture
  - help their daughters fit into the culture
  - know exactly when to distance emotionally and physically
  - all of the above
15. According to the author, adolescent girls are not as confused as their mothers are by our culture's expectations.
- True
  - False

**Chapter 6: Fathers**

16. According to the author's research on father-daughter relationships, emotional availability, not physical presence was the key factor in the quality of the relationship.

- a. True
- b. False

17. Supportive fathers had daughters:

- a. with high self-esteem and a sense of well-being
- b. who were more apt to like men
- c. who feel more confident in relationships with men
- d. all of the above

**Chapter 7: Divorce**

18. According to the author, teenage girls experiencing their parents' divorce do not:

- a. feel abandoned
- b. feel angry at their parents for letting them down
- c. feel their parents broke the rules
- d. none of the above

19. Until late adolescence, girls:

- a. don't see their parents as separate individuals with separate needs
- b. prefer their parents stay married even if they're unhappy
- c. find it frightening that parents can break their bonds to each other
- d. all of the above

**Chapter 8: Within the Hurricane – Depression**

20. Some girls who are depressed:

- a. starve themselves
- b. carve their bodies
- c. are promiscuous
- d. all of the above

21. According to the author, the teenage years are a time when development and culture put tremendous stress on girls.

- a. True
- b. False

**Chapter 9: Worshiping the Gods of Thinness**

22. According to the author, bulimia:

- a. is the least common eating disorder in young women
- b. is a rare eating disorder in young women
- c. is the most common eating disorder in young women
- d. is a more common eating disorder in men than in young women

23. Bulimia tends to develop in:

- a. pre-adolescent girls (7-11 years)
- b. early adolescence (Junior High years)
- c. later adolescence (High School and College years)
- d. all of the above

24. Girls with anorexia are:
- a. not hungry
  - b. constantly hungry
  - c. not obsessed with food
  - d. not obsessed with weight
  - e. none of the above

25. Lanugo is the soft, woolly body hair that grows on anorexics.
- a. True
  - b. False

### **Chapter 10: Drugs and Alcohol – If Ophelia Were Alive Today**

26. Some of the reasons teenagers use drugs is:
- a. availability
  - b. social pressure
  - c. familial factors
  - d. all of the above

27. In the author's experience, it's not sensible to label every teenager who uses chemicals as an addict.
- a. True
  - b. False

28. Advertisers encourage girls to consume alcohol and nicotine as a way to sedate their pain.
- a. True
  - b. False

### **Chapter 11: Sex and Violence**

29. According to the author, a study of Rhode Island teens confirmed that the majority of them felt that a man never has the right to sexual intercourse with a woman without her consent.
- a. True
  - b. False

30. Adolescent issues often trigger earlier sexual traumas.
- a. True
  - b. False

### **Chapter 12: Then and Now**

31. According to one of the case studies in this chapter, Cassie lives in a society that is more stratified by money and more driven by addictions than the one the author lived in.
- a. True
  - b. False

### **Chapter 13: What I've Learned From Listening**

32. With adolescent girls, therapy works best within relationships of mutual affection and regard.
- a. True
  - b. False

**Chapter 14:** Let A Thousand Flowers Bloom

33. According to the author, in contrast to when they were 10 years old, many young women are:
- a. more fearful of having strong opinions
  - b. more appearance-conscious
  - c. more likely to be self-critical
  - d. all of the above

**Chapter 15:** A Fence at the Top of the Hill

34. According to the author, teenage girls need as much parent time as toddlers.
- a. True
  - b. False
35. Homes that help girls navigate through adolescence successfully offer their daughters:
- a. protection and challenges
  - b. affection and structure
  - c. firm guidelines and communicate high hopes
  - d. all of the above
36. According to the author, it is very helpful to label girls as young and immature.
- a. True
  - b. False