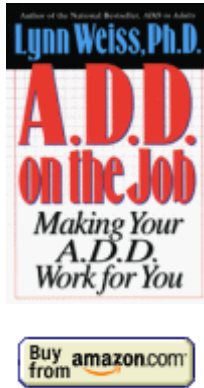


A.D.D. on the Job
Making Your A.D.D. Work for You
 Lynn Weiss, Ph.D.
11 CEHs



TO TAKE THIS COURSE

1. **Print** exam questions below to use while reading text.
2. **Click** on the “**Buy from amazon.com**” link to obtain text.
3. **Read** text and answer exam questions on this sheet.
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Examination Questions

Chapter 1: About ADD

1. According to the author, the three major types of ADD are:
 - a. Low Functioning ADD, Intermediate Functioning ADD, and Highly Functioning ADD
 - b. Elementary Impairment, Pervasive Impairment, and Severe Impairment
 - c. Outwardly Expressive ADD, Inwardly Directed ADD, and Highly Structured ADD
 - d. none of the above

Chapter 2: Behavioral Issues That Affect Your Job

2. Hypersensitivity to criticism is common for people with ADD.
 - a. True
 - b. False
3. According to the author, the flip side of hypersensitivity is:
 - a. being able to adapt quickly
 - b. a keen sense of intuition
 - c. no awareness of your surroundings
 - d. all of the above
4. Anger is a defense against feeling helpless, fearful, and frustrated.
 - a. True
 - b. False
5. According to the author, the discomfort that comes from trying to remain still, as well as the concern that you'll forget to do or say something that's important to you, leads to:
 - a. anger
 - b. irrational behavior
 - c. guilt
 - d. feelings of impatience

6. Many people with ADD are:
- quick-witted and often funny
 - easily distractible
 - experiential learners
 - all of the above
7. According to neuroscientific research, different brain receptors are involved in alcohol dependence and ADD.
- True
 - False
8. Addictive substances or addictive behaviors are often used to self-medicate against the pain of having ADD.
- True
 - False

Chapter 3: Getting Organized on the Job

9. The ADD mind does not think in terms of minutes or hours.
- True
 - False
10. According to the author, people with ADD do not have difficulty trying to do too much at one time.
- True
 - False

Chapter 4: Communication Skills in the Workplace

11. The “Uh-huh” Phenomenon is best described as a response by someone who:
- clearly understands what is being stated to them
 - acknowledges the information that is being said to them
 - appears to be listening, but is superficially hearing what someone is saying to them
 - agrees to comply with what is being said to them
12. According to the author, people pleasing is a major problem for people with ADD.
- True
 - False
13. According to the author, written business communication can be a major problem for people with ADD.
- True
 - False

Chapter 5: Interpersonal Relationships on the Job

14. According to the author, which of the following is an aspect of office politics?
- Listening with attention to the boss’s boring stories.
 - Being seen at the right social functions.
 - Knowing when to go along with the crowd.
 - all of the above

Chapter 6: The Boss and Other Authority Issues

15. According to the author, “oppositional behavior” means that, no matter what the authority figure says or does, you:
- comply with what they want
 - defend the person’s right to say or do it
 - go against the person’s desire
 - none of the above

- 16.** Oppositional behavior is an attempt at:
- a. learning to negotiate
 - b. vetting
 - c. self-protection
 - d. self-awareness

Chapter 7: Stress on the Job

- 17.** Which of the following is a common job stressor?
- a. job fit
 - b. personality conflicts
 - c. workload
 - d. all of the above

Chapter 8: Considering Career Changes

- 18.** The third stage of identity development is:
- a. grief
 - b. finding others like yourself
 - c. experimenting
 - d. relief
- 19.** Sales is a good job for the:
- a. Inwardly Expressive ADD
 - b. Highly Structural ADD
 - c. Outwardly Expressive ADD
 - d. all of the above

Chapter 9: Self-Employment and ADD

- 20.** According to the author, there appears to be a greater number of people with ADD, who choose to be self-employed, compared to the population as a whole.
- a. True
 - b. False
- 21.** People with ADD have no problem holding onto their money.
- a. True
 - b. False

Chapter 10: If You Don't Have ADD

- 22.** Many people with ADD have trouble starting a project after the excitement of creating or designing it has been completed.
- a. True
 - b. False
- 23.** Many people with ADD are plagued with the problem of being chronically late to appointments.
- a. True
 - b. False

Chapter 11: 101 Tips for Managing Your ADD

- 24.** A good organizational tip for someone with ADD is to break large tasks down into manageable bits.
- a. True
 - b. False