Step UP! Pre/Post Test

1. The bystander effect refers to the finding that:
   a. bystanders will be more likely to help when they feel they are competent to do so
   b. the greater the number of bystanders, the less likely individuals are to help
   c. people in crowds are distracted, so they don’t interpret certain situations correctly
   d. witnesses to an emergency are more likely to help victims similar to them

2. The phenomenon in which each bystander’s sense of responsibility to help decreases as the number of witnesses increases best defines:
   a. diffusion of responsibility
   b. pluralistic ignorance
   c. failure to help
   d. inadequate preparation

3. Using the 5 step model of the decisions bystanders make before helping (or not helping) which of the following is NOT one of the stages in the model?
   a. notice the event
   b. altruism
   c. assuming personal responsibility
   d. interpreting the event as a problem
   e. Knowing direct or indirect ways to help

4. Value Based Decisions take into account which of the following:
   a. Immediate and long term costs/benefits
   b. Others that might be affected (teammates, coaches, university, etc.)
   c. Getting others to STOP AND THINK about what they are doing (or about to do)
   d. All of the above

5. When we conform to others’ behaviors or attitudes it could be because of all of the following EXCEPT:
   a. pluralistic ignorance
   b. normative social influence
   c. informational social influence
   d. Value Based Decisions

6. The S.E.E. model stands for
   a. Super, Easy, Effective
   b. Safe, Early, Effective
   c. Superb, Excellent, Efficient
   d. Splendid, Extraordinary, Essential
7. **Perspective Taking is when you:**
   a. Imagine how a person thinks/feels
   b. Imagine being in the same situation
   c. Imagine you are the other person
   d. All of the above

8. **As a result of this training, I am more likely to help:**
   a. More than before the training
   b. Same as before the training
   c. Less than before the training

The BEST thing about Step UP! training was:

The thing that most needs improvement is:

I would recommend Step UP! training to other students:

YES ________ NO ________

Other Comments: