

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: