

Culture and Support – Multiple Choice Questions

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Segment 1 - What is Culture?

- 1) What is Culture?
 - a. A persons' ethnicity
 - b. A persons' religion
 - c. What is normal for a particular group of people
 - d. The rules and regulations of a country
 - e. Peoples' perceptions of another country

- 2) What three (3) cultures were discussed in this topic as being cultures you would be a part of?
 - a. Work culture, home culture, community culture
 - b. Community culture, work culture, Religion
 - c. Work culture, community culture, generation culture
 - d. Generation culture, home culture, Religion
 - e. Home culture, community culture, generation culture

Segment 2 – Identifying with a Culture?

- 1) To identify with a culture means what?
 - a. You feel you have an understanding of the culture
 - b. You were born into it
 - c. You feel it is a part of who you are
 - d. You are able to identify different cultures
 - e. You have friends or family connected to the culture

- 2) What word is used to define a smaller culture within a larger culture?
 - a. Biculture
 - b. Subculture
 - c. Subgroup
 - d. Miniculture
 - e. Minority

Segment 3 – Culture and Ethnic Groups

- 1) What is the name of the smaller groups that make up the Maori population?
 - a. Tribe
 - b. Whare
 - c. Indigenous
 - d. Iwi
 - e. Family

- 2) What is the document signed in 1840 called that discusses the rights of Pakeha and Maori?
 - a. Declaration of independence
 - b. Treaty of Waitangi
 - c. Human Rights Act
 - d. Code of Rights and responsibilities
 - e. Pledge of allegiance

- 3) Where did the 1800's Pakeha settlers mainly migrate from?
 - a. England
 - b. United kingdom
 - c. Germany
 - d. Pacifica
 - e. Australia

- 4) A census is conducted to determine facts about the population of New Zealand, how often is the census done?
 - a. Once a year
 - b. Every 2nd year
 - c. Once every 4 years
 - d. Once every 5 years
 - e. Once every 10 years

Segment 4 - Culture and Religion

- 1) What percentage of people living in New Zealand state they have no religion?
 - a. 10%
 - b. 20%
 - c. 30%
 - d. 40%
 - e. 50%

- 2) What does the word "Christ" mean?
 - a. Anointed one
 - b. Saviour
 - c. Miracle Man
 - d. Chosen one
 - e. Set apart

- 3) In Christianity what is the name of the book that the teachings of Christianity come from?
 - a. Qur'an
 - b. Bible
 - c. Proverbs
 - d. Holy Book
 - e. Tanakh

- 4) What is the name used for God in Islam?
 - a. Tanakh
 - b. Christ
 - c. Allah
 - d. Holy One
 - e. Mecca

- 5) For people of Muslim faith, where does worship take place?
 - a. Church
 - b. Mosque
 - c. Vatican
 - d. Mecca
 - e. Tabernacle

- 6) What does the term "Buddhism" mean?
 - a. To wake up
 - b. Peace be with you
 - c. To be set apart
 - d. Serenity
 - e. To understand

- 7) Buddhism is a faith based on what?
- Love and Peace
 - Peace and Understanding
 - Love and Wisdom
 - Wisdom and Understanding
 - Love and Understanding
- 8) The teachings of Hindu come from which book?
- Qur'an
 - Bible
 - Tanakh
 - Vedas
 - Holy Book
- 9) What is the spiritual goal of the Hindu believers?
- To become one with Brahma
 - To become one with yourself
 - To become one with Karma
 - To release positive Karma
 - To be reincarnated
- 10) What is a minority group?
- A set of people who have something in common that make up less than 8% of the population
 - A small section within a wider culture
 - A group of people that are easy targets for discrimination
 - A person who does not identify with any particular culture
 - A set of people who have something in common that most others do not
- 11) What is an immigrant?
- A person visiting and working in another country
 - A person that has moved to another country
 - A person who is residing in a country but identifies only with their birth country
 - A person who has had to flee their own country for safety
 - A person who is actively in the process of changing their citizenship
- 12) In New Zealand, we are striving to achieve what kind of a society?
- Inclusive
 - Multicultural
 - Divisive
 - Singular unique culture
 - Tolerant

Segment 5 - Effects of Culture

- 1) What is another term used for “cultural behaviour”?
 - a. Cultural norms
 - b. Cultural practices
 - c. Cultural expectations
 - d. Cultural activities
 - e. Cultural conduct

- 2) What is cultural understanding?
 - a. Having a general understanding that different cultures do things differently
 - b. Having an understanding of various cultures and how to best respect them
 - c. Being understanding towards people of different cultures
 - d. People from the same culture will understand why people from their culture do certain things
 - e. People of the same culture helping new immigrants to assimilate to the new culture

- 3) Why might you need to adapt some of your behaviour around someone of a different culture?
 - a. To assimilate yourself to their culture to make them feel comfortable
 - b. So as not to cause offence due to a misunderstanding of differences
 - c. It goes great respect to a person if you take on their cultural behaviours
 - d. You shouldn't adapt your behaviour, you have to be true to your own culture
 - e. You should treat everyone in the same manner

- 4) What are cultural values and beliefs? (Based on segment notes)
 - a. Things that people from a culture think are true and important
 - b. Things that people from a culture think are important and right
 - c. Things that people from a culture use as a moral compass
 - d. Things that people from a culture use to create rules and regulations
 - e. Things that people from a culture hold as important to guide their decisions

- 5) In New Zealand culture how should men be treated differently to woman?
 - a. Men are the head of the household and woman submissive to this
 - b. The man chooses the religion for the family to follow
 - c. Woman are to be held in high esteem and treated as the spiritual leader
 - d. Traditionally men have 'working' roles such as builder woman have the 'caring' roles such as nurse
 - e. Men and woman have equal rights

- 6) In New Zealand you have the right to follow your own religion, but you cannot make others. How does this impact your care to people?
- a. It is useful to know but has no bearing on your job
 - b. Your boss is not allowed to make you work on your religious holidays
 - c. You care for vulnerable people so it is important to be careful not to coerce them into your religion
 - d. You should have no discussion about religion with clients
 - e. You should not work with people of different religions to avoid anyone trying to debate religion

Segment 6 – Cultural Barriers to Communication

- 1) How can you minimise language being a communication barrier?
 - a. Make sure you have a thorough understanding of English
 - b. Ask questions until you understand the meaning of the statement or question
 - c. Take the time to learn phrases in your clients' native language
 - d. Always speak slowly and loudly to clients so they can hear you
 - e. Do your best, you can't help communication errors if English is a second language for you or your client

- 2) How can you avoid offending someone from a different culture?
 - a. Be as friendly and nice as you can
 - b. Different cultures shouldn't alter the way you do your job
 - c. Take time to understand their cultural practices
 - d. Don't work with people from different cultures
 - e. Treat everyone the same

- 3) Fill in the blank: When you dismiss, demean and _____ a person, it is disrespectful and not culturally safe.
 - a. Disempower
 - b. Discourage
 - c. Dismiss
 - d. Dishearten
 - e. Disappoint

- 4) What three (3) things were discussed as non-verbal barriers to cultural communication?
 - a. Body language, eye contact, hand gestures
 - b. Written language, body language, eye contact
 - c. Body language, written language, hand gestures
 - d. Signs, body language, written language
 - e. Written language, signs, eye contact

- 5) Which is the most appropriate answer: You would not be an appropriate choice to care for a Muslim woman if you are:
 - a. Older than her
 - b. A Christian
 - c. Not going to cover your head
 - d. A male
 - e. Not from the Muslim religion

- 6) Some cultures have a different concept of time; how might this affect you?
 - a. Time is the same everywhere, everyone should understand time
 - b. You may need to be more flexible in your schedule with them
 - c. You will have to make sure they understand they must attend at the appointed time
 - d. You may need to learn to describe time in another way (e.g. sunrise as opposed to 7am)
 - e. You will have to work extra hard to help them keep to schedule

- 7) If a client has just had a spouse die and they do not appear to be grieving, why might this be?
- a. They may just need to see you saddened to know it is ok to grieve in this culture
 - b. They may be in denial; it is important that you show grief to help them
 - c. Some cultures do not feel saddened by death
 - d. Some cultures do not display grief
 - e. The person just isn't upset at their spouses' death
- 8) What is the best way to find out about a person and their cultural protocols?
- a. Google
 - b. Protocols and Procedures manual should have a list
 - c. Ask a co-worker, they may have an understanding
 - d. Just do your best, you will figure it out by watching how they react to things
 - e. Ask the person and / or their family

Segment 7 - Knowing Your Own Culture

- 1) In order to become 'culturally safe' you need to first, what?
 - a. Become aware of your own culture
 - b. Study up on the various cultures you work with
 - c. Sit a culture safety exam
 - d. Study the treaty of Waitangi
 - e. Give a culture questionnaire to your clients to understand their requests

- 2) What is a ritual?
 - a. Duty or role of a person within a culture
 - b. The rules or expectations of a culture
 - c. Ceremonies performed within a culture
 - d. The act of marking someone to belong in a culture
 - e. Something tribes people do

- 3) Which one of these topics was NOT discussed in this section as being a part of knowing your own culture?
 - a. Religion
 - b. Education
 - c. Sexuality
 - d. Gender
 - e. Ethnicity

- 4) Why is it important to understand your own culture?
 - a. To understand what key values are important to you in deciding how you are going to care for people
 - b. To understand how your culture effects your behaviour, impacting the way you give care.
 - c. To determine which clients are not appropriate for you to work with
 - d. To help you work out which days are times you should not be working, for example religious days or prayer times
 - e. It is not important

Segment 8 - Conflict of Culture

- 1) What is conflict of culture?
 - a. When something happens that is different to what you are used to or know
 - b. When different cultures have opposing views of a topic
 - c. When groups of differing cultures fight or go to war
 - d. When you have offended someone's culture
 - e. When you are fearful because of someone's cultural views

- 2) By modifying your behaviour to interact with a client you are:
 - a. Giving up your own cultural values
 - b. Accepting that their culture is right
 - c. Keeping personal feelings out of the job
 - d. Respecting a persons' right to identify with their own culture
 - e. Being bi-cultural

- 3) To give care that is culturally appropriate you need to:
 - a. Do what you think they would like
 - b. Give the care that is most appropriate for your culture
 - c. Give the care you would like to receive
 - d. Give care that is most appropriate for their culture
 - e. Give care the same way to everybody

- 4) Do you need to give up your own cultural values to care for someone?
 - a. Yes, when you are at work it is all about the other person
 - b. Yes, if what you believe conflicts with another person
 - c. No, you should not compromise at all on your values
 - d. No, but you need to find a way to work within yours while meeting the needs of the other person and respecting theirs
 - e. No, you should only work with people who have the same cultural values as your own

Segment 9 - Biculturalism in NZ

- 2) What does biculturalism in New Zealand mean?
 - a. When a person is a decedent of two ethnicities residing in New Zealand
 - b. Two cultures make up the majority of ethnicities within New Zealand
 - c. Two cultures are of equal importance in New Zealand
 - d. There are two languages spoken in New Zealand
 - e. The joining of two cultures within New Zealand

- 3) How are the ethnic cultures made up within New Zealand?
 - a. European and Maori
 - b. European and others
 - c. Maori and Pakeha
 - d. Maori and Non Maori
 - e. New Zealand born and Immigrants

- 4) Why is New Zealand classed as a bicultural nation?
 - a. It was originally declared as a bicultural nation to signify the main residents, Maori and European, but is now accepted as a multi-cultural nation.
 - b. It is a bicultural nation because of the agreement between Maori and the early European settlers.
 - c. Because there are two languages declared as the national languages.
 - d. Because so many people within New Zealand are decedents of two ethnicities
 - e. Because the two main ethnicities make up the majority of residents

- 5) What is the Treaty of Waitangi?
 - a. An agreement between Maori and Early settlers
 - b. A document announcing a day to celebrate Maori Culture
 - c. An agreement about the laws of the land
 - d. A location within New Zealand declared for signing documents
 - e. A document that must be adhered to when looking after Maori people

- 6) When was the Treaty of Waitangi Signed?
 - a. 1800
 - b. 1840
 - c. 1850
 - d. 1860
 - e. 1920
 - f. 1940

- 7) To provide culturally safe support means what?
 - a. You merge facts about the other persons' culture and your own to agree on how cares will be done
 - b. You treat all people equally
 - c. You adhere to the general facts of a persons' ethnicity regarding care
 - d. You work to understand the persons' culture
 - e. You don't work with people of cultures different to your own

- 8) What can you do to help support a persons' cultural practice?
- a. Ask them if there is anything about their culture you need to know to best be able to care for them
 - b. Research as much as you can about a persons' culture
 - c. Only work with people of the same or similar culture
 - d. Arrange for any religious leaders connected to their culture to visit
 - e. As long as you are always kind people will understand if you do something that is seen as inappropriate as you have a different culture
- 9) To give good, culturally safe care you need to:
- a. Do what you think they would like
 - b. Give the care you want to give
 - c. Give the care you would like to receive
 - d. Give care the way they would like to receive care
 - e. Give care the same way to everybody

Segment 10 - Maori Tikanga

- 1) What is Maori Tikanga?
 - a. The rules and regulations around Maori culture
 - b. Maori customs and traditions handed down over time
 - c. A Maori greeting appropriate to do when meeting someone for the first time
 - d. A Maori song to bless a property
 - e. The name of a Maori spirit significant to health care

- 2) How can you show a Maori person respect by the way you speak?
 - a. Don't attempt to speak in Maori if it is not your culture
 - b. Pronounce their name and other Maori words correctly
 - c. Speak slowly and clearly as English will not be their first language
 - d. Always look into their eyes as you speak
 - e. Only ever address them by their Maori title

- 3) Which Maori word means hello?
 - a. Kia ora
 - b. Mōrena
 - c. Tapu
 - d. Whare
 - e. Kia rao

- 4) How do you alter your greeting when speaking to a group of people?
 - a. You would say "Tēnā koe" to each individual person
 - b. You would say "Tēnā koe" to the group
 - c. You would say "Tē nā koutou" to each individual person
 - d. You would say "Tē nā koutou" to the group
 - e. You do not speak in Maori if you are not of Maori decent

- 5) What does "Tapu" mean?
 - a. It is a formal greeting
 - b. Something that is personal
 - c. Ordinary everyday item
 - d. Something is offensive
 - e. Something is sacred and cannot be touched

- 6) What does "Noa" mean?
 - a. It is a formal greeting
 - b. Something that is personal
 - c. Ordinary everyday item
 - d. Something is offensive
 - e. Something is sacred and cannot be touched

- 7) What part of a persons' body is sometimes considered Tapu?
- A body is not Tapu
 - The head
 - The feet
 - The genitals
 - The heart
- 8) In Maori culture, after a person has died the room needs to be what?
- Cleaned thoroughly and aired
 - Have flowers placed around the bed
 - Left untouched until a cleansing prayer (kariakia) has been done
 - Have all the windows covered
 - Filled with the persons room with their whanau
- 9) What two things do you never put on the dining table as it as seen as offensive to Maori?
- Your bottom (sit on table), or a persons' hat
 - Your bottom (sit on table), or a bible
 - A persons' hat, or a bible
 - Flowers (not in vase), or a bible
 - Your bottom (sit on a table), or flowers (not in vase)
- 10) When does something go from Tapu to Noa?
- Once something is Tapu, it always will be
 - After a greeting
 - When leaves have been placed at the entrance of a room
 - After a prayer has been done, the tapu is lifted and becomes Noa
 - When a person dies the room goes from being Tapu to Noa
- 11) Which of the following words means "a prayer"?
- Kariakia
 - Powhiri
 - Tapu
 - Mana
 - Kia ora
- 12) What must you do during a powhiri?
- Walk with your eyes on the ground
 - Sing a song
 - Hand over a present
 - Do a special prayer
 - Stop what you are doing, pay attention and listen

13) If you are showing a person great respect, dignity and support what are you doing in Maori Culture?

- a. Showing respect for their Mana
- b. Showing respect by increasing their Tapu
- c. Increasing your own Mana
- d. Showing Manaakitanga
- e. Increasing Noa

14) What does "Manaakitanga" mean?

- a. To warmly greet a new friend
- b. A ceremony to have Mana bestowed on you
- c. To honour someone more important than you
- d. Being kind, generous and a good host to visitors
- e. It is the Chief or person with the most Mana