Culture and Support – Multiple Choice Questions

Contents

Segment 1 - What is Culture? ............................................................................................................. 2
Segment 2 – Identifying with a Culture? ............................................................................................ 3
Segment 3 – Culture and Ethnic Groups ............................................................................................. 4
Segment 4 - Culture and Religion ....................................................................................................... 5
Segment 5 - Effects of Culture ............................................................................................................ 7
Segment 6 – Cultural Barriers to Communication .............................................................................. 9
Segment 7 - Knowing Your Own Culture .......................................................................................... 11
Segment 8 - Conflict of Culture ......................................................................................................... 12
Segment 9 - Biculturalism in NZ ........................................................................................................ 13
Segment 10 - Maori Tikanga ............................................................................................................. 15
Segment 1 - What is Culture?

1) What is Culture?
   a. A person’s ethnicity
   b. A person’s 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
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?
   a. Love and Peace
   b. Peace and Understanding
   c. Love and Wisdom
   d. Wisdom and Understanding
   e. Love and Understanding

8) The teachings of Hindu come from which book?
   a. Qur’an
   b. Bible
   c. Tanakh
   d. Vedas
   e. Holy Book

9) What is the spiritual goal of the Hindu believers?
   a. To become one with Brahma
   b. To become one with yourself
   c. To become one with Karma
   d. To release positive Karma
   e. To be reincarnated

10) What is a minority group?
    a. A set of people who have something in common that make up less than 8% of the population
    b. A small section within a wider culture
    c. A group of people that are easy targets for discrimination
    d. A person who does not identify with any particular culture
    e. A set of people who have something in common that most others do not

11) What is an immigrant?
    a. A person visiting and working in another country
    b. A person that has moved to another country
    c. A person who is residing in a country but identifies only with their birth country
    d. A person who has had to flee their own country for safety
    e. 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?
    a. Inclusive
    b. Multicultural
    c. Divisive
    d. Singular unique culture
    e. 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
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
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 person’s body is sometimes considered Tapu?
   a. A body is not Tapu
   b. The head
   c. The feet
   d. The genitals
   e. The heart

8) In Maori culture, after a person has died the room needs to be what?
   a. Cleaned thoroughly and aired
   b. Have flowers placed around the bed
   c. Left untouched until a cleansing prayer (kariakia) has been done
   d. Have all the windows covered
   e. Filled with the person’s room with their whanau

9) What two things do you never put on the dining table as it as seen as offensive to Maori?
   a. Your bottom (sit on table), or a person’s hat
   b. Your bottom (sit on table), or a bible
   c. A person’s hat, or a bible
   d. Flowers (not in vase), or a bible
   e. Your bottom (sit on table), or flowers (not in vase)

10) When does something go from Tapu to Noa?
    a. Once something is Tapu, it always will be
    b. After a greeting
    c. When leaves have been placed at the entrance of a room
    d. After a prayer has been done, the tapu is lifted and becomes Noa
    e. When a person dies the room goes from being Tapu to Noa

11) Which of the following words means “a prayer”?
    a. Kariakia
    b. Powhiri
    c. Tapu
    d. Mana
    e. Kia ora

12) What must you do during a powhiri?
    a. Walk with your eyes on the ground
    b. Sing a song
    c. Hand over a present
    d. Do a special prayer
    e. 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