

APPENDIX J

STEP UP! Post Test and Evaluation

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 emergencies correctly.
 - d. witnesses to an emergency are more likely to help victims similar to them.

2. **According to the presentation, the first step in deciding to help in an emergency is:**
 - a. pluralistic ignorance.
 - b. noticing the event.
 - c. knowing what to do.
 - d. taking responsibility.

3. **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.

4. **Using the stage model of the decisions bystanders make before helping (or not helping) in an emergency, which of the following is NOT one of the stages in the model?**
 - a. notice the event
 - b. altruism
 - c. assuming responsibility
 - d. implementing the help

5. **When we conform to others' behaviors or attitudes because we believe that their interpretations of an ambiguous situation are more accurate than ours, _____ has occurred.**
 - a. educated conformity
 - b. normative social influence
 - c. informational social influence
 - d. unintended social influence

6. When people conform in attitudes or behaviors in order to be accepted and liked by others, social psychologists say that _____ has occurred.
- contagion
 - informational social influence
 - social approval
 - normative social influence
7. The S.E.E. model stands for
- Super, Easy, Effective
 - Safe, Early, Effective
 - Superb, Excellent, Efficient
 - Splendid, Extraordinary, Essential
8. Perspective Taking is when you:
- Imagine how a person thinks/feels
 - Imagine being in the same situation
 - Imagine you are the other person
 - All of the above
9. Value Based Decisions take into account which of the following (mark all that apply):
- Immediate Costs/Benefits
 - Long term Costs/Benefits
 - Others that might be affected (teammates, coaches, university, etc.)
 - Getting others to STOP AND THINK
 - All of the above
10. The most effective interventions come from which Intervention “Style”?
- Fox
 - Teddy Bear
 - Owl
 - Turtle
 - Shark

The BEST thing about STEP UP! training was:

The thing that most needs improvement is:

I would recommend STEP UP! training to others:

YES _____ NO _____

The following parts of the training were effective:

PowerPoint Presentation (Part 1)

YES _____ NO _____

Videos

YES _____ NO _____

Scenarios/Discussion (Part 2)

YES _____ NO _____

Other Comments:

THANK YOU FOR YOUR PARTICIPATION IN STEP UP!

Please cover up the answers if the Post-Test will be used for hard copies.

Answers to Post Test	
1. Correct Answer: B	6. Correct Answer: D
2. Correct Answer: B	7. Correct Answer: B
3. Correct Answer: A	8. Correct Answer: D
4. Correct Answer: B	9. Correct Answer: E
5. Correct Answer: C	10. Correct Answer: C