



Complete the exam below and mail or fax together with a completed registration form and payment (if paying by check) to: **ArmchairEd, P.O. Box 29137, Bellingham, WA 98228-1137**
Fax: 360-756-8936

Student Name: _____ Date of Test: _____

Mailing Address: _____ City: _____ State: _____

Zip Code: _____ Phone: _____ Fax: _____

e-mail _____

Please be sure to sign and date the certification paragraph below. Also note quarter deadlines and notices for dropping courses from the ArmchairEd course list.

Exam Verification

I certify that I have completed this exam without receiving help choosing or preparing the assignment.

Signed: _____

Date: _____

Payment Option- Please indicate your payment option for this exam.

I have paid with my:

Visa Mastercard American Express Discover

I have enclosed: Personal Check Money Order

I am taking this course for the following: (Please select one)

Pass/ No Pass Grade

Note: Pass/ No Pass requires 70% criterion

Grade scale for grade option:

| | |
|-----|---|
| 90% | A |
| 80% | B |
| 70% | C |
| 60% | D |



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| ArmchairEd Coursework Submission Form | | Mail to: ArmchairEd PO Box 29137 Bellingham, WA 98228-1137 | | Fax: 360/756-8936 Web: www.armchaired.com Email: info@armchaired.com | |
| Academic Year: | | SPU ID Number or SSN (www.spu.edu/findmyid): | | | |
| Name: | | | | | |
| Last: | | First: | | Middle: | Former: |
| This is my first course with SPU: <input type="checkbox"/> Yes <input type="checkbox"/> No | | <input type="checkbox"/> U.S. Citizen <input type="checkbox"/> Non-U.S. Citizen | | Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female | |
| Permanent Address: | | | | | |
| Street: | | City: | | State: | Zip: |
| Phone: | | Email: | | Birth Date: | |
| Cell: | | | | | |
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| Work: | | | | | |

| Course Information | | | | | | |
|--------------------|-------------------------|-----------------------|--------------|---------|-------------------|--------------|
| CRN | Subject Code (ex. EDCN) | Course Number: (5XXX) | Course Title | Credits | Course Instructor | Tuition Paid |
| | | | | | Kane-Ronning | |

For Office Use Only:

Full Payment received by ArmchairEd

SPU Tuition: \$_____



The Bully, the Bullied and the Bystander

1. Most young children
 - A. Try out the three identified roles: bully, bullied and bystander
 - B. Are bullies
 - C. Are bullied
 - D. Never experience bullying as victim or bystander

2. The terms bully, bullied, and bystander in this text are used as
 - A. Labels
 - B. Identifiers of behavioral characteristics of those roles
 - C. Identifiers of the good guys/bad guys
 - D. Definitions of children on the playground

3. Adult behavior that promotes bullying includes
 - A. Parents who model bullying at home
 - B. Adults who do not see suffering
 - C. Adults who do not hear cries for help
 - D. All of the above

4. Verbal bullying includes
 1. Poking
 2. Name-calling
 3. Cruel criticism
 4. Intimidating e-mails
 - A. 1 & 2
 - B. 2 & 3
 - C. 2, 3 & 4
 - D. All of the above

5. Shunning is a form of
 - A. Verbal bullying
 - B. Physical bullying
 - C. Relational bullying
 - D. Sexual bullying

6. Bullying is about
 - A. Anger
 - B. Conflict
 - C. Power
 - D. Contempt



7. The one thing that all kids that are bullied have in common is that
 - A. Each was singled out to be the object of scorn
 - B. They are weak and pathetic
 - C. They are loners
 - D. They are deserving of what they get

8. A necessary ingredient for any child to thrive is to feel
 - A. Confident
 - B. Loved
 - C. Accepted
 - D. Free and strong

9. Reasons kids do not tell adults about bullying include that they
 1. Feel ashamed
 2. Are afraid of retaliation
 3. Don't think anyone can help them
 4. Don't think anyone will help them
 - A. 1 & 2
 - B. 3 & 4
 - C. 2, 3 & 4
 - D. All of the above

10. One of the warning signs of being bullied is heading straight for the bathroom after school because
 - A. Fear of being bullied makes one nervous
 - B. Bathrooms are high on the list of where bullies like to attack
 - C. Bullies often don't let the bullied go to the bathroom
 - D. The bullied are looking for privacy in a room with a locking door

11. Perspective taking refers to
 - A. Developing empathy
 - B. Compassion
 - C. Walking in another's shoes
 - D. Standing outside the bullying circle

12. The one in the bullying circle who is not a bystander is the
 - A. Passive bully
 - B. Disengaged onlooker
 - C. Possible defender
 - D. Defender of the target



13. Backbone families help children develop
 - A. Curiosity
 - B. Inner discipline
 - C. Courage
 - D. Independence

14. The family type where emotions rule behavior is the
 - A. Brickwall family
 - B. Jellyfish family
 - C. Backbone family
 - D. None of the above

15. To influence and empower children to break the cycle of violence,
 - A. Parents' daily behavior needs to flow from that belief
 - B. Allow second chances
 - C. Control children's behavior and choices
 - D. Use punishment and rewards

16. Terrorizing, intimidating, shunning, tormenting and ridiculing are acts of
 - A. Bullying
 - B. Sibling rivalry
 - C. Peer conflict
 - D. Normal behavior in children

17. If you know your child is bullying peers or siblings
 - A. Punish him/her
 - B. Consider your own behavior or social environments
 - C. Embarrass him/her
 - D. Send the child to his/her room

18. The R that relates to healing is
 - A. Repentance
 - B. Resolution
 - C. Reconciliation
 - D. Relationship

19. If you learn that your own child is being bullied, your first step is to
 - A. Contact the bully's parents
 - B. Respond to your child's expressed fears
 - C. Call the principal
 - D. Encourage your child to stand up for her/himself



20. If bullying of your child occurs at school, among the things school personnel needs to know are
1. The times and places the bullying happened
 2. The kids involved
 3. The impact on your own child
 4. What you plan to do about it
- A. 1 & 2
B. 3 & 4
C. 1, 2 & 3
D. All of the above
21. Positive self-talk refers to
- A. Confidence
 - B. The art of self-affirmation
 - C. Feeling capable
 - D. Standing tall
22. To discuss bullying with your child or students, use
- A. The Bullying Circle on p. 64 of the text
 - B. Hypothetical situations
 - C. Experiences from your own childhood
 - D. Children's literature
23. When bystanders don't stand up for the bullied, they
- A. Run away
 - B. Make excuses
 - C. Report the incident to an adult
 - D. Are indifferent to the situation
24. "Willing good" means
- A. Wishing to help
 - B. Wanting an adult to come to intervene
 - C. Wondering how to change the situation
 - D. Speaking and doing what is right
25. Olweus's intervention program is built of a set of four key principles, including
1. Warmth, positive interest, involvement from adults
 2. Firm limits as to unacceptable behavior
 3. When rules are violated, consistent application of discipline
 4. Behavior by adults that creates an authoritarian adult-child interaction
- A. 2 & 3
B. 1, 2 & 3
C. 2, 3 & 4
D. All of the above



26. The school's antibullying policy should be
- A. Clearly articulated
 - B. Consistently enforced
 - C. Broadly communicated
 - D. All of the above
27. The bullying prevention program developed by the Committee for Children is
- A. Steps to Respect
 - B. Safe Teen: A Life-Skills and Violence Prevention Program
 - C. Personal and Social Responsibility
 - D. Mastering Anger
28. The characteristics of bullying are
- A. Hidden with technology
 - B. Not as effective when used with technology
 - C. Magnified with electronic technology
 - D. Unaffected by technology
29. Warning signs of the cyberbullied are accelerated because of
- A. The speed possible with electronic technology
 - B. The anonymity that is possible
 - C. The possibility of a wide audience of bystanders
 - D. All of the above
30. When a child receives a message from a cyberbully, s/he must
- 1. Stop and do not respond
 - 2. Copy messages and pictures; save voice mail and phone texts
 - 3. Block or filter communications
 - 4. Tell an adult
- A. 1 & 3
 - B. 2 & 3
 - C. 2, 3 & 4
 - D. All of the above



Grading Rubric:

Pass/Fail: Coursework must be passed with 70% criterion.

Letter Grade: 90%: A grade

80% B grade

70% C grade

Multiple Choice Test: 50% of overall grade

Essays: 50% of overall grade

Two Essays Required

Choose two essays from the following essay choices:

Essay 1: Think of a time when you were part of a bullying incident. Use the illustration on p. 64 to identify your role. Talk about the incident, your actions, and the end result. After reading this text, do you think the end result might have been different? Could/should/would you have done something different?

Essay 2: Get a copy of either your school district's or your school's anti-bullying policy. Check to see if the four principles and seven elements listed on p. 176-177 in the text are included. Discuss the policy in terms of your learning from this text.

Essay 3: Plan a week's unit to teach anti-bullying to your students. In your introduction, talk about the ideas you felt needed to be included. In the summary, be sure to include assessment of learning. Is a week's teaching enough? Will you need to revisit the unit? How will you do that?

Essay 4: Create your own demonstration of the learning you take from this text. Identify your topic and describe it in an introductory paragraph. You may choose from the list below or develop your own.

Action Research

Extended learning, including research and developed activities

Compare/contrast your current education practice to that of the text

Create forms or systems for use in your classroom including assessment tools

Plan an 'event', meeting or other pertinent program and report/reflect on it

You may combine any of these or develop your own. You may e-mail info@armchaired.com if you desire specific permission for your topic. The essay must demonstrate knowledge of the course and text, and direct application to your own educational position.

Essay scoring rubric:

Two essays required

Three to five pages each

Each essay 25% of overall grade

Single spaced, 10 to 12 size font

Use of introduction and summary statement (even when a unit is developed)

Demonstration of grammar, spelling and writing skill

Demonstration of applied knowledge

All essays must be fully completed and the rubric followed to receive a grade. Essays not completed to required length will not be processed and revisions will be required.



Submit this answer sheet with essay, completed registration, and verification forms.

Name _____

Course _____

Circle the correct letter

1. A B C D
2. A B C D
3. A B C D
4. A B C D
5. A B C D
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26. A B C D
27. A B C D
28. A B C D
29. A B C D
30. A B C D

Stop!

Before submitting this answer sheet, please attach the essay and verification forms.

DO NOT SEND THE MULTIPLE CHOICE TEST- SEND THIS FORM.

Send directly to Armchaired via fax or mail.

Transcript requests must be sent directly to the university.