

# Commonwealth Educational Seminars

## Certification Exam

### Bullying

Select one response for each question below.

1. Verbal bullying is the most common type of bullying experienced by both boys and girls.

- ☐ a. True    ☐ b. False

2. Children who bully tend to not have average or above average self-esteem.

- ☐ a. True    ☐ b. False

3. Encouraging children who have been bullied to “work things out” with the young person who has bullied them (especially alone or with the support of peer mediators) may make things worse.

- ☐ a. True    ☐ b. False

4. Mental health professionals working with young people who bully others should hold the young person who bullies fully accountable for his or her actions.

- ☐ a. True    ☐ b. False

5. It is rarely effective to employ counseling strategies based on self-esteem building with aggressive youth.

- ☐ a. True    ☐ b. False

6. Children with Attention Deficit Hyperactivity Disorder (ADHD) are less likely than other children to be bullied.

- ☒ a. True    ☒ b. False

7. Children and youth who are bullied are more likely than other children to

- ☒ a. Be depressed, lonely, anxious.  
☒ b. Have low self-esteem.  
☒ c. Experience headaches, stomachaches, fatigue, poor appetites.  
☒ d. Be absent from school and dislike school.  
☒ e. Think about suicide.  
☒ f. All of the above

8. Although these group therapy interventions are well-intentioned, they often are counter productive.

- ☒ a. True    ☒ b. False

9. Dealing with bullying will take community-wide strategies and nontraditional approaches to prevention to change cultures that tend to accept, or at least tolerate, such behaviors within peer groups, schools, and communities.

- ☒ a. True    ☒ b. False

You have now completed the exam. Please answer the following evaluation questions. Your answers do not affect your test score:

10. I have completed all the requirements for this home study course without any assistance from others.

- ☒ a. True    ☒ b. False

11. The content of this course was appropriate for my profession.

- ☐ a. True    ☐ b. False

12. The course information was relevant and can be applied to practice.

- ☐ a. True    ☐ b. False

13. The course information contributed to achieving personal, professional goals.

- ☐ a. True    ☐ b. False

14. I would recommend this program to others.

- ☐ a. True    ☐ b. False



# Home Study Program

## Instructions

1. Purchase/obtain the book or article.
2. Read the book or article.
3. Complete the test with a score of 75% or better.
  - a. You may take it online if you wish. Please refer to the instructions on the registration page of the test packet.
  - b. You may take the test more than once at no cost.
4. Download the Certificate immediately.
5. If you are not taking the test online, please mail or fax the test to:

Commonwealth Educational Seminars  
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Marstons Mills, MA 02648

Fax: (508) 420-3360

Questions? Phone: 800) 376-3345 or email at  
[info@CommonwealthSeminars.com](mailto:info@CommonwealthSeminars.com)

**We are approved to offer Continuing Education credit for Social Workers, Psychologists, Licensed Mental Health Counselors, Certified Counselors, Licensed Professional Counselors, Substance Abuse Counselors, Licensed Alcohol & Drug Abuse Counselors, LADCs (I-III), NAADAC members and additionally, in Massachusetts, RNs and LPNs.**