

Teamwork & Conflict Management Quiz

1. Which of the following is one of the four key attributes that all teams share?

- A. Individual achievements
- B. Goals, communication, accountability, performance
- C. Personal friendships
- D. Competition between members

2. In the Forming stage of team development, members usually:

- A. Work through conflicts
- B. Focus on task completion
- C. Get to know one another and identify strengths
- D. Disband the team

3. A SMART goal includes:

- A. Specific, measurable, achievable, realistic, time-specific
- B. Simple, meaningful, accurate, revisable, time-free
- C. Strong, manageable, active, relevant, technical
- D. Short-term, measurable, active, real, timed

4. Which of the following best describes emotional intelligence?

- A. Controlling other people's emotions
- B. Avoiding emotions in team settings

- C. Understanding your emotions and others to guide actions
- D. Ignoring conflict until it disappears

5. Which communication style is most effective for a team leader assigning next steps?

- A. Communicate only when asked
- B. Timely, clear communication to all members
- C. Communicating only with leaders
- D. Waiting for members to guess tasks

True or False

6. Teams and groups are the same thing.

7. Strong teamwork skills can help you get and keep a job.

8. During the Storming stage, team members work through conflicts.

9. Negative emotions can distract and divide team members.

10. Team members should avoid discussing differing opinions during conflict.

