

# 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

Answer: B

**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

Answer: C

**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

Answer: A

**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

Answer: C

**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

Answer: B

## True or False

**6. Teams and groups are the same thing.**

Answer: False

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

Answer: True

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

Answer: True

**9. Negative emotions can distract and divide team members.**

Answer: True

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

Answer: False