

ASSIGNMENT 2

Textbook Assignment: “Quality of Life,” chapter 3, and “Career Information,” chapter 4.

- 2-1. The purpose of quality of life programs is to promote effective use of human resources.
1. True
 2. False
- 2-2. Which of the following areas are improved by the quality of life programs?
1. Management
 2. Motivation
 3. Retention
 4. All of the above
- 2-3. The Personal Excellence Program focuses externally on our nation’s schools through what grade?
1. 12th
 2. 8th
 3. 6th
 4. 4th
- 2-4. *Personal Excellence* is the achievement of an individual’s potential in which of the following areas?
1. Education
 2. Health/fitness
 3. Citizenship
 4. All of the above
- 2-5. The Navy Skills Enhancement Program (SEP) improves achievement in what area?
1. Rate knowledge
 2. Rate skills
 3. Basic competencies
 4. Advanced competencies
- 2-6. Foreign languages are NOT part of the education external partnership of the SEP.
1. True
 2. False
- 2-7. The focus of the citizenship aspect of the Personal Excellence Program is on which of the following core values?
1. Responsibilities
 2. Teamwork
 3. Patriotism
 4. All of the above
- 2-8. The collaborative effort in the Personal Excellence Partnership Program is among which of the following groups?
1. Navy commands
 2. Public/private sector organizations
 3. School or youth organizations
 4. All of the above
- 2-9. The long-term goal of the Personal Excellence Partnership Program promotes which of the following efforts?
1. Navy values
 2. Self-worth
 3. Responsible citizenship
 4. Both 2 and 3 above
- 2-10. Financial management is the responsibility of every Sailor.
1. True
 2. False

- 2-11. Information on personal financial management can be found in what OPNAVINST?
1. 1740.5
 2. 5100.1
 3. 5500.5
 4. 6100.1
- 2-12. Who set up and established the Family Support Program in 1979?
1. President of the United States
 2. U.S. Congress
 3. Department of Defense
 4. CNO
- 2-13. The Family Support Program does NOT include which of the following services?
1. Family Service Center
 2. Equal Opportunity Program
 3. Family Home Care Program
 4. Casualty Assistance Program
- 2-14. Family Service Centers (FSCs) are on all bases with which of the following minimum number of active-duty personnel?
1. 100
 2. 500
 3. 1,000
 4. 1,500
- 2-15. FSCs offer programs for married Sailors ONLY.
1. True
 2. False
- 2-16. FSC has an information and referral specialist who provides assistance and makes specific referrals for services and programs available at which of the following facilities?
1. Military bases
 2. Civilian community agencies
 3. Both 1 and 2 above
 4. Seagoing commands
- 2-17. The subject of spousal employment is covered as part of the FSC's preventive education and enrichment program.
1. True
 2. False
- 2-18. Short-term counseling is offered through FSC in which of the following areas?
1. Personal problems
 2. Financial problems
 3. Marital problems
 4. All of the above
- 2-19. Who established the Family Advocacy Program (FAP)?
1. President of the United States
 2. U.S. Congress
 3. Department of Defense
 4. Chief of Naval Operations
- 2-20. Which of the following goals are related to FAP?
1. Domestic violence prevention
 2. Victim safety and protection
 3. Rehabilitative education and counseling
 4. All of the above

- 2-21. FAP should be informed of all alleged cases of abuse and neglect.
1. True
 2. False
- 2-22. The Family Home Care (FHC) Program allows spouses of Navy members to provide day care for children in their homes.
1. True
 2. False
- 2-23. NAVPERSCOM provides insurance coverage for child care providers at a nominal fee.
1. True
 2. False
- 2-24. The nature of naval service dictates that members must be ready to deploy on short notice. Therefore, single parents and dual military couples with dependent children must provide which of the following documentation?
1. Family Care Plan Certificate
 2. Will
 3. Power of attorney
 4. All of the above
- 2-25. The broad purpose of the Casualty Assistance Program is to offer support to the next of kin of Navy members involved in a casualty.
1. True
 2. False
- 2-26. Officers must have a minimum of how many years of service to be a casualty assistance calls officer?
1. 1
 2. 2
 3. 3
 4. 4
- 2-27. The objective of the Equal Opportunity (EO) Program is to promote positive command morale and quality of life and to provide an environment in which all personnel can perform to the maximum of their ability unimpeded by any institutional or individual biases based on racial, ethnic, gender, or religious stereotypes.
1. True
 2. False
- 2-28. Equal opportunity must aim toward a Navy environment in which consideration and treatment are equal to all on the basis of individual effort, performance, conduct, diligence, and talents.
1. True
 2. False
- 2-29. The Command Managed Equal Opportunity (CMEO) Program ensures that equal opportunity exists at the unit level. CMEO is a tool for detecting and preventing discrimination.
1. True
 2. False
- 2-30. Final responsibility for the effectiveness of the command assessment team remains with what person?
1. Commanding officer
 2. Executive officer
 3. Command Managed Equal Opportunity Officer
 4. Command master chief
- 2-31. Sexual harassment is NOT allowed in which of the following situations?
1. On or off duty
 2. On base/ship
 3. Off base/ship
 4. All of the above

- 2-32. Sexual discrimination involves unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature when used only as rejection of a person for a job.
1. True
 2. False
- 2-33. Although the common application of fraternization applies to the officer-enlisted relationship, fraternization also includes improper relationships between officer members and between enlisted personnel.
1. True
 2. False
- 2-34. Fraternization is punishable as an offense when it is prejudicial to good order and discipline or brings discredit to the naval service according to which document?
1. *Naval Regulations*
 2. *Ships Organizational and Regulation Manual*
 3. *Uniform Code of Military Justice*
 4. NAVSEAINST
- 2-35. Conduct that is fraternization is excused when which, if any, of the following conditions is met?
1. There is mutual agreement
 2. Parties are in different jobs at the same command
 3. Parties later get married
 4. None of the above
- 2-36. Which statement is the basis of the Navy's Alcohol and Drug Abuse Program (NADAP)?
1. Any alcohol use will not be tolerated
 2. First time drug use can be excused
 3. Zero tolerance on and off duty, afloat and ashore
 4. On liberty what you do is your own business
- 2-37. Which of the following programs is the Navy's program to combat alcohol and drug abuse?
1. NADSAP
 2. DAPA
 3. NDAC
 4. FSC
- 2-38. Which of the following responsibilities does a petty officer have in the prevention of alcohol and drug abuse?
1. Inform seniors of problems regarding alcohol and drug use
 2. Apply common sense
 3. Educate personnel on the pitfalls of drugs and alcohol
 4. All of the above
- 2-39. The Drug and Alcohol Program Advisors (DAPAs) are responsible for advising commanding officers on the Navy Alcohol and Drug Safety Action Program; setting up command education, prevention, screening, and counseling programs; and providing aftercare, probationary supervision, motivational training, and referral services.
1. True
 2. False
- 2-40. "Right Spirit" is a command-level campaign designed for which of the following reasons?
1. Deglamorization of alcohol
 2. Prevention of alcohol abuse
 3. Intervention for treatment
 4. All of the above

- 2-41. Which location offers intense and comprehensive drug and alcohol rehabilitation for active duty members?
1. Sick bay
 2. Alcohol Treatment Facilities (ATFs)
 3. Alcohol Rehabilitation Centers (ARCs)
 4. All of the above
- 2-42. What course of action should you take if you are counseling someone and feel that he/she is at risk of committing suicide?
1. Analyze the person for further symptoms
 2. Do not leave the person and report your concern
 3. Comfort and reassure the person
 4. Nothing
- 2-43. To ensure the operational effectiveness of the Navy, every member is expected to achieve and maintain standards of physical readiness and participate in a lifestyle that promotes optimal health.
1. True
 2. False
- 2-44. Counseling and assistance centers and residential rehabilitation centers are available to help personnel who continually fail to conform to Navy PRT standards.
1. True
 2. False
- 2-45. To maintain physical readiness, a person should exercise at least three times a week for (a) at least how many minutes total duration and (b) how many minutes of continuous aerobic activity?
1. (a) 60 (b) 40
 2. (a) 50 (b) 30
 3. (a) 40 (b) 20
 4. (a) 30 (b) 25
- 2-46. Which of the following areas of physical readiness are stressed through General Military Training (GMT)?
1. Healthy food choices
 2. Exercise
 3. Lifestyle changes
 4. All of the above
- 2-47. What is the Navy's goal for percentage of participation in stress management awareness programs?
1. 75%
 2. 85%
 3. 95%
 4. 100%
- 2-48. Concerning back injuries (a) what percentage of all service members are affected and (b) what percentage of lost workdays are experienced annually due to back injuries?
1. (a) 60% (b) 10%
 2. (a) 70% (b) 20%
 3. (a) 80% (b) 40%
 4. (a) 90% (b) 50%
- 2-49. The Military Cash Awards Program (MILCAP), which provides payment of cash incentives based on the amount of money saved by a suggestion, can be found in which instruction?
1. CNOINST 1650.8
 2. NAVAIRINST 1650.8
 3. NAVPERINST 1650.8
 4. OPNAVINST 1650.8

- 2-50. The civilian housing market is the primary source of housing for military personnel. This policy was established by which of the following authorities?
1. Chief of Naval Operations
 2. Chief of Naval Personnel
 3. U. S. Congress and Department of the Defense
 4. U. S. Congress and the President of the United States
- 2-51. Single parents in Military Family Housing (MFH) may receive authority for live-in housekeepers.
1. True
 2. False
- 2-52. Dependents of members who die in the line of duty may keep housing without charge for 90 days from the death of the member.
1. True
 2. False
- 2-53. Every Sailor, with the receipt of permanent change of station (PCS) orders, receives direction to check in with Housing Referral Services (HRS) before contracting for community housing.
1. True
 2. False
- 2-54. HRS provides members with a list of units/agents on the sanction list and members may enter into contract with agents on the sanction list.
1. True
 2. False
- 2-55. The Navy Enlisted Occupational Classification system consists of how many major subsystems?
1. One
 2. Two
 3. Three
 4. Four
- 2-56. Which document is the official reference for Navy Enlisted Classification (NEC)?
1. *Enlisted Transfer Manual*
 2. BUPERSINST
 3. *Manual of Navy Enlisted Manpower and Personnel Classifications and Occupational Standards*
 4. *Navy Enlisted Classification System*
- 2-57. What is the focus of the petty officer quality control program?
1. Identify top performers
 2. Identify behavior deficiencies
 3. Monitor advancement
 4. Monitor school assignments
- 2-58. Which document is a reference for special programs and projects?
1. *Enlisted Transfer Manual*
 2. BUPERSINST
 3. *Manual of Navy Enlisted Manpower and Personnel Classifications and Occupational Standards*
 4. *Navy Enlisted Classification System*
- 2-59. To be eligible for brig staff duty, an applicant must have served a minimum of how many months of active duty following recruit training?
1. 24
 2. 36
 3. 48
 4. 52

- 2-60. A petty officer NOT eligible for shore duty may be selected for the U. S. Naval Ceremonial Guard.
1. True
 2. False
- 2-61. Navy Special Warfare community personnel can carry both the DV and PJ designator.
1. True
 2. False
- 2-62. A candidate for chief warrant officer must have how many years, if any, of college?
1. None
 2. 2
 3. 3
 4. 4
- 2-63. The qualifications for Enlisted Surface Warfare can be found in what publication?
1. Command instruction
 2. NAVSEA instruction
 3. CNO instruction
 4. OPNAV instruction
- 2-64. Your enlisted service record belongs to you.
1. True
 2. False
- 2-65. On the left-hand side of the service record, the separator is entitled
1. *Separator*
 2. *Naval History Form*
 3. *Career Performance Data*
 4. *Certificate of Release or Discharge from Active Duty*
- 2-66. The page 2 of the service record is the
1. *Dependency Application/Record of Emergency Data*
 2. *Naval History Form*
 3. *Enlisted Qualifications History*
 4. *Certificate of Release or Discharge from Active Duty*
- 2-67. The page 4 of the service record is the
1. *Dependency Application/Record of Emergency Data*
 2. *Naval History Form*
 3. *Enlisted Qualifications History*
 4. *Certificate of Release or Discharge from Active Duty*
- 2-68. Where in the field service record can you find a copy of all previously completed page 4s?
1. Left side
 2. Left side under the separator
 3. Right side
 4. Right side under the separator
- 2-69. You may be recalled to active duty from the fleet reserve list without your consent.
1. True
 2. False
- 2-70. After how many total years of service (active-duty and fleet reserve time combined) are you eligible to be transferred to the retired list?
1. 15
 2. 20
 3. 25
 4. 30