

CAFS Preliminary Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2025 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain from reliable sources accurate, complete, and timely information about this product.

SAMPLE

Questions

SAMPLE

- 1. What is a significant advantage of interviews?**
 - A. They are the fastest research method available**
 - B. They provide clarification opportunities and note non-verbal cues**
 - C. They can be conducted without any planning**
 - D. They guarantee honest answers from respondents**
- 2. What is the primary purpose of planning in personal management?**
 - A. To create spontaneous decisions**
 - B. To establish processes for achieving goals**
 - C. To promote disorganization**
 - D. To decrease efficiency**
- 3. Collecting and recording data for a case study can be characterized as?**
 - A. Simple and quick**
 - B. Very effective with minimal effort**
 - C. Time-consuming and systematic**
 - D. Occasional and informal**
- 4. According to Maslow's hierarchy, what is likely to happen if lower-order needs are unmet?**
 - A. A concern for physical fitness**
 - B. A focus on self-actualization**
 - C. A lack of interest in higher-order needs**
 - D. A drive for social connections**
- 5. Which is NOT a reason for group formation?**
 - A. Gender**
 - B. Shared disdain for a topic**
 - C. Culture**
 - D. Security**

- 6. What are resources primarily defined as?**
- A. Items that are only physical in nature**
 - B. Things we use to achieve goals**
 - C. Financial instruments available for investment**
 - D. Natural elements found in the environment**
- 7. Which of the following is a method communities may use to gather agreement?**
- A. Negotiation**
 - B. Consensus**
 - C. Lobbying**
 - D. Pitfalls**
- 8. Which group is primarily responsible for promoting well-being in communities?**
- A. Government agencies only**
 - B. Individuals or families alone**
 - C. Both individuals and communities collectively**
 - D. Businesses solely**
- 9. What level of community organisation focuses on global initiatives?**
- A. Local**
 - B. State**
 - C. National**
 - D. Global**
- 10. Which of the following families includes children from previous relationships?**
- A. Extended family**
 - B. Blended family**
 - C. Childless family**
 - D. Foster family**

Answers

SAMPLE

- 1. B**
- 2. B**
- 3. C**
- 4. C**
- 5. B**
- 6. B**
- 7. B**
- 8. C**
- 9. D**
- 10. B**

SAMPLE

Explanations

SAMPLE

1. What is a significant advantage of interviews?

- A. They are the fastest research method available
- B. They provide clarification opportunities and note non-verbal cues**
- C. They can be conducted without any planning
- D. They guarantee honest answers from respondents

Interviews are a qualitative research method that allows for in-depth exploration of participants' thoughts, feelings, and experiences. One significant advantage is that they provide opportunities for clarification and the ability to observe non-verbal cues. During an interview, the interviewer can ask follow-up questions based on the responses given, which can lead to deeper insights and a richer understanding of the subject matter. This interactive nature allows for the exploration of complex topics that might not be as easily addressed through other methods. Additionally, non-verbal cues such as body language, facial expressions, and tone of voice can greatly enhance the understanding of a participant's responses. These cues can indicate agreement, reluctance, enthusiasm, or emotional responses that may not be captured through written surveys or questionnaires. This ability to develop a rapport with the respondent and examine both verbal and non-verbal communication makes interviews particularly valuable in qualitative research. The other options present features that do not align with the inherent strengths of interviews. For instance, the idea that interviews are the fastest research method is misleading as they often require considerable time for preparation, execution, and analysis. Similarly, while planning is essential for effective interviewing, conducting them without any planning can lead to disorganized and unproductive discussions. Finally, there can

2. What is the primary purpose of planning in personal management?

- A. To create spontaneous decisions
- B. To establish processes for achieving goals**
- C. To promote disorganization
- D. To decrease efficiency

The primary purpose of planning in personal management is to establish processes for achieving goals. Effective planning involves setting clear objectives and determining the steps required to reach those objectives. It assists individuals in identifying resources, allocating time efficiently, and anticipating potential challenges, thereby providing a structured approach to achieving desired outcomes. Planning enables individuals to align their actions with their goals, ensuring that they are focused and organized in their efforts. This structured approach allows for better resource management and maximizes the likelihood of success. Through careful planning, individuals can create a roadmap that helps them navigate their responsibilities and priorities, leading to improved efficiency and productivity in their personal and professional lives.

3. Collecting and recording data for a case study can be characterized as?

- A. Simple and quick**
- B. Very effective with minimal effort**
- C. Time-consuming and systematic**
- D. Occasional and informal**

Collecting and recording data for a case study is characterized as time-consuming and systematic due to the nature of the research process involved. Case studies require thorough investigation, which includes gathering a variety of data sources such as interviews, observations, and document analysis. This ensures a comprehensive understanding of the subject being studied. The systematic approach entails following structured methods to collect data consistently, maintaining accuracy, and enabling the findings to be credible and applicable. The comprehensive nature of case studies means that researchers cannot rely on quick or informal methods; instead, they must dedicate sufficient time to carefully analyze and interpret their findings. This level of detail and organization is crucial for drawing meaningful conclusions and ensuring that the case study accurately reflects the situation being investigated.

4. According to Maslow's hierarchy, what is likely to happen if lower-order needs are unmet?

- A. A concern for physical fitness**
- B. A focus on self-actualization**
- C. A lack of interest in higher-order needs**
- D. A drive for social connections**

In Maslow's hierarchy of needs, the theory posits that human motivation is based on a progression of needs, often displayed in a pyramid structure. At the base are the lower-order needs, which include physiological and safety needs. When these fundamental needs aren't met, the individual's focus tends to remain on satisfying them before they can attend to higher-order needs like social connections, esteem, or self-actualization. When lower-order needs are unmet, individuals may not have the mental or emotional bandwidth to seek out or prioritize higher-order needs. This lack of fulfillment creates a situation where concerns for physical safety, basic health, and emotional stability overshadow aspirations for social connections or self-growth. The inability to focus on these loftier aspirations underscores the importance of addressing fundamental human needs first. Hence, the correct understanding is that if lower-order needs are not addressed, it leads to the neglect of higher-order pursuits, aligning with the statement regarding a lack of interest in these elevated levels of need.

5. Which is NOT a reason for group formation?

- A. Gender
- B. Shared disdain for a topic**
- C. Culture
- D. Security

The reasoning behind identifying the shared disdain for a topic as not a reason for group formation lies in the nature of what typically drives groups to form. Groups usually assemble around shared interests, goals, or supportive frameworks that foster a sense of belonging and camaraderie among members. Common reasons for group formation include gender, as it can create common experiences or solidarity among individuals; culture, which often focuses on shared practices, beliefs, and values that unite individuals within a defined social group; and security, where individuals feel a need for protection or safety which prompts them to bond together for mutual support. In contrast, a shared disdain for a topic does not provide a unifying positive force or goal. While it may create a temporary gathering of individuals who oppose or dislike something, this basis for group formation is generally not sustainable and does not foster the same sense of community or solidarity that other reasons do. Groups built on negativity or opposition tend to lack the cohesion and supportive elements that are characteristic of effective groups built around shared identities or interests. Thus, while disdain might bring people together momentarily, it lacks the fundamental qualities necessary for a lasting group formation.

6. What are resources primarily defined as?

- A. Items that are only physical in nature
- B. Things we use to achieve goals**
- C. Financial instruments available for investment
- D. Natural elements found in the environment

Resources are primarily defined as things we use to achieve goals because they encompass a broader concept that includes both tangible and intangible assets necessary for fulfilling our needs and desires. This definition recognizes that resources can range from raw materials and financial capital to skills, time, and knowledge. Effectively using resources is vital in various contexts, such as personal finance, project management, and environmental sustainability, as they play critical roles in achieving desired outcomes. While the other options touch upon specific types of resources, they do not capture the comprehensive nature of what constitutes a resource. Focusing solely on physical items, financial instruments, or natural elements limits the understanding of resources to categories that fail to include the vast array of tools, skills, and supports people can leverage to accomplish their objectives. By understanding resources in this way, we can appreciate the multifaceted approaches needed to manage and utilize them effectively.

7. Which of the following is a method communities may use to gather agreement?

- A. Negotiation**
- B. Consensus**
- C. Lobbying**
- D. Pitfalls**

Consensus is the correct method that communities may use to gather agreement. This approach involves a collective decision-making process where all members participate actively, discussing different viewpoints and working together to reach a mutually acceptable outcome. The emphasis is on finding common ground, which fosters collaboration and unity within the community. In contrast, negotiation may involve compromise and bargaining, but it doesn't necessarily require full agreement from all parties involved. Lobbying typically refers to advocacy efforts aimed at influencing decision-makers or public policies, often without the direct involvement of community consensus. Lastly, pitfalls do not represent a method for gathering agreement; rather, they signify potential challenges or obstacles that might arise during decision-making processes. Thus, consensus is the most relevant term when discussing methods for communities to achieve agreement.

8. Which group is primarily responsible for promoting well-being in communities?

- A. Government agencies only**
- B. Individuals or families alone**
- C. Both individuals and communities collectively**
- D. Businesses solely**

The group that is primarily responsible for promoting well-being in communities is one that includes both individuals and communities collectively. This approach recognizes that community well-being is a shared responsibility that involves multiple stakeholders, including families, local organizations, and community members who work together toward common goals. Individuals play a vital role in fostering relationships, offering support, and participating in local initiatives that enhance life in their communities. This can involve volunteering, advocating for local issues, or simply being engaged in community activities. Moreover, communities as collectives can mobilize resources, create programs, and implement policies aimed at improving social, environmental, and economic conditions, which are essential for overall well-being. This collaborative model is essential because a singular focus, whether on government, individuals, or businesses alone, may overlook the complexity of community dynamics and the interconnectedness of various groups working towards health and well-being. Effective community development relies on the cooperation of diverse groups, ensuring that efforts align with the specific needs and aspirations of the community as a whole.

9. What level of community organisation focuses on global initiatives?

- A. Local**
- B. State**
- C. National**
- D. Global**

The correct answer is focused on the highest level of community organization, which is global. This level encompasses initiatives and actions that address issues transcending national borders and require cooperation among countries to tackle challenges that affect multiple populations. Global community organization involves international agencies, non-governmental organizations (NGOs), and other entities working collaboratively on issues such as climate change, health pandemics, human rights, and international development. At this level, the emphasis is on creating comprehensive strategies that consider the world's interconnected nature, making it imperative to address concerns that cannot be effectively managed at local, state, or national levels alone. This includes forming international agreements and mobilizing resources to address challenges that are truly global in scope, thus making it distinct and crucial for the advancement of collective community action worldwide.

10. Which of the following families includes children from previous relationships?

- A. Extended family**
- B. Blended family**
- C. Childless family**
- D. Foster family**

A blended family includes children from previous relationships, which is often formed when one or both partners in a relationship have children from past marriages or partnerships. In this family structure, parents merge their lives together while also integrating their children, promoting an environment where siblings may not share biological parents but still fulfill familial roles. In contrast, an extended family generally refers to a broader family structure that includes relatives beyond the immediate family, such as grandparents, aunts, uncles, and cousins. This configuration does not specifically involve the merging of children from separate relationships. A childless family, as the name suggests, is one without children, which means it cannot encompass children from previous relationships. A foster family is one that provides temporary care for children who are not able to live with their biological parents, often due to significant circumstances. While these families may include children who are not related by blood, they are not defined by the merging of children from prior relationships of adult partners. Thus, the correct answer signifies the unique characteristic of a family structure that specifically incorporates children from previous relationships.