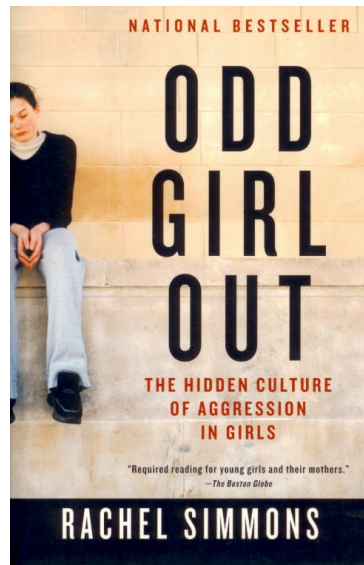




Home Study Continuing Education Program



Odd Girl Out: The Hidden Culture of Aggression in Girls. By Rachel Simmons



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:

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Certification Test

Odd Girl Out. The Hidden Culture of Aggression in Girls.

Select one response for each question below.

1. According to journalist Peggy Orenstein, a “good girl” is “nice before she is anything else – before she is vigorous, bright, even before she is honest.”

- a. True b. False

2. According to the author, the sequestering of anger not only alters the forms in which aggression is expressed, but also how it is perceived.

- a. True b. False

3. According to the author, the word “bully” does not evoke the image of an enemy.

- a. True b. False

4. According to the author, girls do not have to bully to alienate and injure their peers.

- a. True b. False

5. In schools, the American Association of University Women found “the lessons of the hidden curriculum” teach girls to value silence and compliance, to view those qualities as a virtue.

- a. True b. False

6. Journalist Peggy Orenstein found that girls did not value in each other social characteristics of “sweet” and “cute.”.

- a. True b. False

7. The author discovered that with the girls she interviewed, every clique can draw its own invisible lines.

- a. True b. False

8. Manipulation, especially when it’s sexual, is never shown to girls as the path to power.

- a. True b. False

9. The culture of indirection places a massive psychological burden on the girls who internalize it.

- a. True b. False

10. American culture is built on dual pillars of dependence and competition.

- a. True b. False

11. According to the author, in a social world where anger explodes unannounced, anxiety is the norm and security a luxury.

- a. True b. False

12. Some girls describe a kind of exhilaration derived from excluding one of their own.

- a. True b. False

13. The popularity race shines a harsh, relentless spotlight on its contenders, raising the stakes on everything they say and do.

- a. True b. False

14. For some girls, silence and distraction are signs of weakness.

- a. True b. False

15. The concept of “associates” clarifies the status of those girls who have proven themselves as true friends.

- a. True b. False

16. For some girls, being exposed as “two-faced” can be grounds for a confrontation.

- a. True b. False

17. For some girls, being cast out is a blessing in disguise.

- a. True b. False

18. Dealing with the feeling of powerlessness is not essential to fighting the loss of girl’s authentic selves.

- a. True b. False

19. It’s the girls hurt by their close friends who pull parents along on their emotional roller coaster.

- a. True b. False

20. What we can learn about assertive girls would be undeniably useful in developing concrete strategies to fight the loss of girls’ authentic selves.

- a. True b. False

21. In this day in age, stereotypes about females and aggression do not play a powerful role in the approach of some mothers to their daughter’s ordeal.

- a. True b. False

22. To complicate matters, girlfights lack the boldly, drawn lines of battles between boys.

- a. True b. False

23. The author suggests to turn your home into a sanctuary for your daughter.

- a. True b. False

24. A new activity does not make any difference to an ostracized child.

- a. True b. False

25. To reverse the toxic elements of girls' socialization, we will need an infrastructure with two main components: regulation and education.

- a. True b. False

26. Silence and indirection are acceptable ways to express negative feelings.

- a. True b. False

27. The author asked every woman she spoke with, who was bullied, "If you could go back in time and talk to yourself at the moment when you were most upset, what would you say?"

- a. True b. False

28. When girls understand that relationships can be chosen and that conflict is natural, their social identities will cease to hinge on how many idealized friendships they can rack up.

- a. True b. False

29. It is vital that we promote awareness of submissive and aggressive behaviors in girls' relationships.

- a. True b. False

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

30. I am better able to grasp the subtle ways in which girls express anger.

- a. True b. False

31. I am better able to define popularity and the inner working of cliques.

- a. True b. False

32. I have gained awareness of hidden jealousies, competition and emotional abuse among close friends.

- a. True b. False

33. I am better able to recognize the existence of bullying across racial and socioeconomic lines.

- a. True b. False

34. I am more aware of school attitudes toward bullying and abusive behavior.

- a. True b. False

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

- a. True b. False

36. The author, Rachel Simmons, was knowledgeable in the content area.

- a. True b. False

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

- a. True b. False

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

- a. True b. False

39. The course information contributes to achieving personal, professional goals.

- a. True b. False

40. I would recommend this program to others.

- a. True b. False

Odd Girl Out Certification Test
You may take this certification test online.

- 1. Log on to CommonwealthSeminars.com**
- 2. At the bottom of the column on the left, click on “Take Your Test”**
- 3. Click on *Odd Girl Out* in the books listing.**
- 4. Fill in the information requested. Use the Certification Number at the bottom of this page as your ID.**
- 5. Take the test and submit it.**
- 6. Download and print your Certificate of Completion.**

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