**Multiple choice questions:**

1. What is an occupational transition?

1. A major change in a person’s occupational repertoire where one or more occupations are lost and may or may not be replaced by others.
2. A change in a person’s employment status
3. The transition a person experiences when they return to work after a period of illness

Answer: A

2. It is possible for school dropout to be considered an occupational transition because…

1. Children who leave school might be forced into employment directly after the event thereby significantly altering their occupational repertoires
2. Children who leave school might not have any other occupation that replaces that of schooling and would need to reconstitute their occupational trajectories
3. Both a and b above

Answer: C

3. There are some similarities between the occupational transitions of school dropout and that of retirement. One of these similarities is that…

1. There is a substantial readjustment that has to take place both after retirement and after dropping out of school because of the potential significance of the occupations of work (in older person’s lives) and that of school (in younger person’s lives). When these occupations are lost they can cause significant upheaval.
2. Both retirement and school dropout mean that people will do different things thereafter.
3. People who drop out of school and retirees must continue to participate after dropping out, otherwise their health and well-being will be substantially influenced.

Answer: A

4. Considering occupational transitions, such as school dropout, are important for occupational therapists because…

a) Traditionally occupational therapists are required to address such transitions

b) Critical occupational therapy demands that we pay attention to such aspects of human occupation

c) Occupational therapists work in the school system in South Africa

Answer: B

5. Why are biographies a good research method for understanding occupational engagement across the life course?

a) Biographies enable us to understand the role of different people in participant’s lives

b) Biographies enable self-interpretation of life events

c) Biographies allow us to understand how occupations emerge over time and how this occupational engagement is connected to other occupational engagement. This is important for understanding how occupational patterns might be constituted for different individuals and groups.

Answer: C

6. What are anchoring occupations?

1. Anchoring occupations are those occupations present in the adult phase of life.
2. Anchoring occupations are those occupations that assist with stabilizing the occupational trajectory, after an individual experiences an occupational transition and depending on the nature of the transition.
3. Anchoring occupations are occupations that are difficult to change during the negotiation of an occupational transition.

Answer: B

7. Which of the options below is NOT a characteristic of an anchoring occupation?

1. Creates opportunities to realize possibilities
2. Shapes occupational identity positively
3. Further promotes only the current occupational identity of the individual

Answer: C

8. What is a champion?

1. Champions are key individuals in a particular person’s life who assist this person to find and negotiate relevant opportunities which enrich the occupational trajectory.
2. Someone who champions for a person’s human rights thereby enhancing occupational engagement.
3. None of the above

Answer: A

9. Indicate which statement is correct in the options given below.

1. People seek to establish a sense of continuity with their previous occupational engagement as they navigate occupational transitions.
2. People do not desire continuity with their previous occupational engagement as they navigate occupational transitions.
3. Continuity in occupational engagement has no bearing on health and well-being in the navigation of occupational transitions.

Answer: A

10. Anchoring occupations have previously not been considered in occupational therapy practice because…

1. Most occupational therapy theory originates from theorists in the global north and frames the development of the occupational and life trajectory from this perspective.
2. The development of the life trajectory has not previously been framed from the perspective of negotiating occupational transitions.
3. A and B above.

Answer: C