

Civil Service Commission Wellness Leave Policy

Human Resources · Practice Test · 8 Questions

1. Which government body mandates the Civil Service Commission to promote morale and efficiency?

- A) Philippine Congress
- B) Supreme Court of the Philippines
- C) 1987 Philippine Constitution
- D) Department of Labor and Employment

2. What is the maximum number of Wellness Leave days an employee can avail per year?

- A) 10 days
- B) 5 days
- C) 15 days
- D) 3 days

3. Wellness Leave can be used for which of the following?

- A) Mental health care
- B) Physical wellness activities
- C) General break from work
- D) All of the above

4. How long before availing Wellness Leave should the application be filed, generally?

- A) Immediately
- B) At least 5 days
- C) 1 day
- D) 2 weeks

5. Is Wellness Leave cumulative?

- A) Yes, up to 10 days
- B) Yes, up to 5 days
- C) No
- D) Only in special cases

6. According to the text, Filipino workers reported the second-highest stress levels in what region?

- A) North America
- B) Europe
- C) Southeast Asia
- D) South America

7. What document highlighted the need for workplace strategies that address psychological and physical health?

- A) Mental Health Act
- B) Executive Order No. 292
- C) Republic Act No. 11036
- D) Both A and C

8. The Wellness Leave Policy applies to which of the following government employees?

- A) Permanent employees only
- B) Contractual employees only
- C) All government employees
- D) COS and Job Order workers only