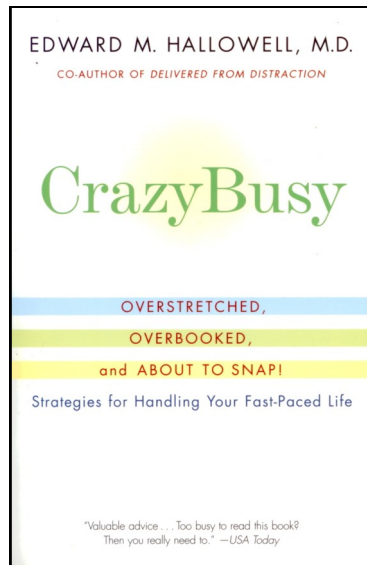




## Home Study Continuing Education Program



### **CrazyBusy** **Strategies For Handling Your Fast-Paced Life** By Edward Hallowell, MD 7 CE Hours Credit

**Commonwealth Educational Seminars**  
1020 West Barnstable Rd  
Marstons Mills, MA 02648  
(800) 376-3345—Fax: (508) 420-3360  
info@CommonwealthSeminars.com  
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# **Home Study Program**

## **Instructions**

- 1. Purchase the book (or borrow the book from the library or colleague) or download any article at no cost. Purchase the test for CE certification.**
- 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 at the end of this test packet.**
  - b. You may take the test more than once at no cost.**
- 4. Download your Certificate immediately.**
- 5. If you are not taking your test online, please mail or fax the test to:**

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**Crazy Busy. Strategies For Handling Your Fast-Paced Life**  
**By Edward Hallowell, MD**

**Certification Exam**

Select one response for each question below.

1. Hallowell feels that being busy can be either beneficial to some while detrimental to others.

- a. True     b. False

2. Many people who do not have true ADD do have many of those symptoms in today's world.

- a. True     b. False

3. Hallowell defines "blather" as the colossal, growing mess of words, images, numbers, noises and physical objects that we encounter every day.

- a. True     b. False

4. The author feels that wise people don't find the world complex and unpredictable, and realize that simple solutions are easy to apply to most of the world's major problems.

- a. True     b. False

5. Most people are able to multitask as effectively as they would by doing one task at a time.

- a. True     b. False

6. In the chapter "The Daily Drill" Julie left Pete's present on the kitchen counter at home.

- a. True       b. False

7. Hallowell feels that in order to take advantage of what today's world has to offer, you may have to leave your comfort zone for a while.

- a. True       b. False

8. Hallowell states that virtually every patient he sees as a psychiatrist suffers from some form of disconnection.

- a. True       b. False

9. The author has never advised some of his busiest patients to schedule lovemaking.

- a. True       b. False

10. The author's first experience with the pace of modern life occurred at age 20 while working in a roadside diner.

- a. True       b. False

11. When learning a new activity, the execution shifts over time from the cerebellum to the frontal lobes.

- a. True       b. False

12. The best way to maintain hope is by maintaining connection.

- a. True       b. False

13. Hallowell created the word "gemmelshmerch" to describe the force that distracts us from whatever we're doing.

- a. True       b. False

14. Steven Johnson points out that current television and movies are less cognitively demanding than they were a generation ago.

- a. True       b. False

15. The author states that labor-saving devices create more labor.

- a. True     b. False

16. Hallowell does not feel that "blather and clutter" is widespread in today's world.

- a. True     b. False

17. The author states that we are now playing "blind baseball".

- a. True     b. False

18. In describing "screensucking" Hallowell sees it similar to drinking alcohol. Once you start, you need to be careful how much you consume.

- a. True     b. False

19. The author's term "doomdart" refers to a sharp onslaught of feelings of hopelessness in today's hectic world.

- a. True     b. False

20. "Taildogging" means pushing yourself harder and faster just because others are doing so.

- a. True     b. False

21. Hallowell's term "frazzing" means effectively multitasking.

- a. True     b. False

22. The author defines "C-state" as one of effective performance and even temper.

- a. True     b. False

23. "F-state" resembles attention deficit disorder.

- a. True     b. False

24. In a 2005 Boston.com poll over 63% of people felt too overworked to focus on their job.

- a. True     b. False

25. Most people say they do their best thinking at work.

- a. True     b. False

26. The central solution Hallowell offers is: Make sure you do what matters most to you.

- a. True     b. False

27. ATUS stands for American Time Use Survey.

- a. True     b. False

28. OHIO stands for "Only Handle It Once."

- a. True     b. False

29. Brain exercises are beneficial in the same way as physical exercise.

- a. True     b. False

30. Hallowell states that you should base your system of organization on the knowledge of who you are.

- a. True     b. False

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

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

- a. True     b. False

32. The author, Edward Hallowell, MD, was knowledgeable in the content area.

- a. True     b. False

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

- a. True     b. False

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

- a. True     b. False

35. The course information contributed to achieving personal, professional goals.

- a. True       b. False

36. I would recommend this program to others.

- a. True       b. False

Submit test

**CrazyBusy 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 CrazyBusy 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.**

**Or you can fill out this printed test and send it to us.**  
**Please fill in the following information and Mail/fax it to:**

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**I am seeking CE credit for the following profession(s):**

<b>Profession</b>	<b>License Number</b>	<b>State</b>
____ Psychologist (APA):	_____	_____

____ Social Work (ASWB):	_____	_____
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____ Certified Counselor (NBCC):	_____	_____
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____ LMHC (NBCC):	_____	_____
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____ Drug/Alcohol Counselor/LADC:(NAADAC):	_____	_____
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____ Licensed Marriage/Family Therapist (NBCC):	_____	_____
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____ Registered Nurse/LPN:	_____	_____
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**Certification Number**