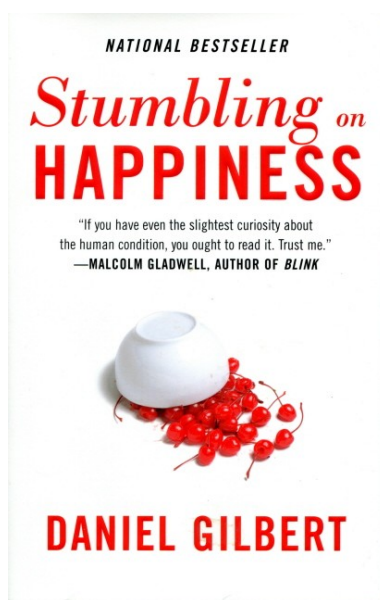




Home Study Continuing Education Program



Stumbling On Happiness By Daniel Gilbert PhD

8 CE Hours Credit

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



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:

Commonwealth Educational Seminars
1020 West Barnstable Rd
Marstons Mills, MA 02648

Fax: (508) 420-3360

Questions? Phone: 800) 376-3345 or email at
info@CommonwealthSeminars.com

We are approved to offer Continuing Education credit for Social Workers, Psychologists, Licensed Mental Health Counselors, Certified Counselors, Licensed Professional Counselors, Substance Abuse Counselors, Licensed Alcohol & Drug Abuse Counselors, LADCs (I-III), NAADAC members and additionally, in Massachusetts, RNs and LPNs.

Commonwealth Educational Seminars Certification Exam

Stumbling on Happiness

By Daniel Gilbert, Ph.D.

Select one response for each question below.

1. Our brains stubbornly insist on churning out thoughts about the future.

- a. True b. False

2. Our desire to control is so powerful that people often act as though they can control the uncontrollable.

- a. True b. False

3. The word 'happiness' is used to indicate at least three related things: emotional happiness, moral happiness and judgmental happiness.

- a. True b. False

4. Comparing our new happiness with our memory of our old happiness is a great way to determine whether two subjective experiences are really different.

- a. True b. False

5. 'Experience stretching' is a bizarre idea.

- a. True b. False

6. The attentive person's honest, real-time report is an imperfect approximation of his/her subjective experience, but it is the only game in town.

- a. True b. False

7. Our inattention to absences influences the way that we think about the future.

- a. True b. False

8. When we spy the future through our prospectiscopes, the clarity of the next hour and the fuzziness of the next year can lead us to make a variety of mistakes.

- a. True b. False

9. When we imagine objects, such as penguins, paddle boats, or Scotch tape dispensers, most of us do not have the experience of actually 'seeing' a sketchy picture of the object in our heads.

- a. True b. False

10. We can see or feel two things at once.

- a. True b. False

11. We can feel good about an imaginary future when we are feeling bad about an actual present.

- a. True b. False

12. Because time is so difficult to imagine, we sometimes imagine it as a spatial dimension.

- a. True b. False

13. Because the subjective value of a commodity is relative, it shifts and changes.

- a. True b. False

14. Historians use the word 'presentism' to describe the tendency to judge historical figures by historical standards.

- a. True b. False

15. Recent research suggests that most people are not resilient in the face of trauma.

- a. True b. False

16. Researchers have noted that resilience is often the most commonly observed outcome trajectory following exposure to a potentially traumatic event.

- a. True b. False

17. Negative events do affect us, but they generally don't affect us as much or for as long as we expect

- a. True b. False

18. Mild suffering triggers the very processes that eradicate it, while intense suffering does not.

- a. True b. False

19. One reason why unexplained events have a disproportionate emotional impact is that we are especially likely to keep thinking about them

- a. True b. False

20. We show a pronounced tendency to recall the items at the beginning or the middle of a series of events far better than we do of the end of a series of events.

- a. True b. False

21. Our brain uses facts and theories to make guesses about past events.

- a. True b. False

22. Our theories about how people of our gender usually feel do not influence our memory of how we actually felt.

- a. True b. False

23. When people are asked to name the single object they would try to save if their home caught fire, the most common answer is the family dog.

- a. True b. False

24. Accurate beliefs give us power, which makes it easy to understand why they are so readily transmitted from one mind to another.

- a. True b. False

25. One of the shortcomings of imagination is its failure to recognize that things will look different once they happen - in particular that bad things will look a whole lot better.

- a. True b. False

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

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

- a. True b. False

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

- a. True b. False

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

- a. True b. False

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

- a. True b. False

30. I would recommend this program to others.

- a. True b. False

**Stumbling On Happiness
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 *Stumbling On Happiness* 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:**

**Commonwealth Educational Seminars
1020 West Barnstable Rd
Marstons Mills, MA 02648**

Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Telephone: (_____) _____ **e-mail:** _____ @ _____

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

Profession	License Number	State
_____ Psychologist (APA):	_____	_____

_____ Social Work (ASWB): _____

_____ Certified Counselor (NBCC): _____

_____ LMHC (NBCC): _____

_____ Drug/Alcohol Counselor/LADC:(NAADAC): _____

_____ Licensed Marriage/Family Therapist (NBCC): _____

Certification Number