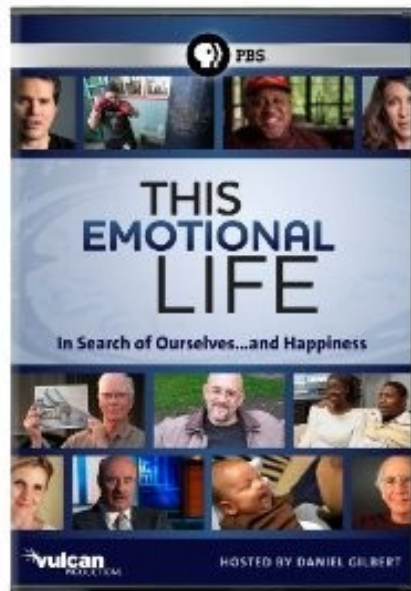




Home Study Continuing Education Program



**This Emotional Life Video
Part Three
Happiness: Rethinking Happiness
Two CE Hours credit**



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

This Emotional Life: Happiness - Rethinking Happiness

Select one response for each question below.

1. People are excellent at predicting what will make them happy.

- a. True b. False

2. People who suffer a wide range of traumas or injuries often recover emotionally more than they predicted.

- a. True b. False

3. Adaptation is often something the mind does when there's nothing else it can do.

- a. True b. False

4. There is no scientific evidence that suggests self-help techniques can cure cancer.

- a. True b. False

5. Nature has designed us to feel the happiest when we're connected to others.

- a. True b. False

6. If your friend becomes happy, it increases the probability that you will become happy by about 15%.

- a. True b. False

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

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

- a. True b. False

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

- a. True b. False

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

- a. True b. False

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

- a. True b. False

11. I would recommend this program to others.

- a. True b. False

**This Emotional Life: Rethinking 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 *This Emotional Life: Rethinking Happiness* in the videos 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
Fax: (508) 420-3360**

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