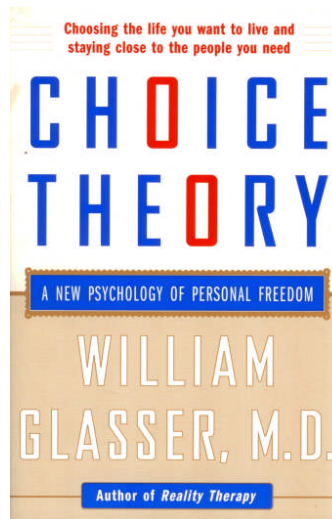




## Home Study Continuing Education Program



### **Choice Theory** **A New Psychology of Personal Freedom** By William Glasser, MD



# 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. Sign the test form.
5. Send/fax the test and evaluation 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](mailto:info@CommonwealthSeminars.com)

**Approved for Social Workers, Psychologists, Licensed Mental Health Counselors, LADCs, Certified Counselors and NAADAC members.**

## **Commonwealth Educational Seminars Home Study Certification Test**

### **Choice Theory**

By William Glasser, MD.

1. Choice theory explains that, for all practical purposes, we choose everything we do, including the misery we feel.  
True False
2. A good way to learn choice theory is to take a close look at how you treat your best friend, your boss, and most strangers compared to how you treat the rest of the people in your life.  
True False
3. According to the author, most of us understand the difference between seeking happiness in relationships and seeking pleasure without relationships.  
True False
4. Ultimately, according to the author, we define reality in the way it works best for us.  
True False
5. In a choice theory world, the clinician would not begin with, "What are you planning to do today?" He/she would instead begin with, "How are you?"  
True False
6. It is possible to have a relationship by not evaluating it against some ideal relationship that has been forming in your quality world for years.  
True False
7. The workless love therapy.  
True False
8. In reference to the session with Francesca, the author first stayed strictly with her past problems.  
True False
9. People who are physically sick often make the logical mistake of concentrating their efforts on the symptoms of the disease, which they can do nothing about.  
True False
10. It has been the author's experience that helping people to look at a psychological problem as a choice is a liberating awareness.  
True False
11. "Fight or flight" is the beginning of the end of any relationship.  
True False
12. We bond genetically with our parents.  
True False
13. Choice theory is much more effective when it is used to prevent problems than to solve them.  
True False

14. Choice theory parents begin to teach their children as early as they can walk on their own, that they have to be willing to take responsibility for what they choose.

True False

15. Regardless of what has happened to us, choice theory does not focus on the past as the cause of our present difficulties.

True False

16. The author does not believe that the main reason many students are doing badly in school is that school boards, politicians and parents adhere to the idea that what is taught in school is right.

True False

17. In schooling, calculation is a useful skill to learn, but once learned, it is not useful to repeat over and over as is now done in most schools.

True False

18. Recent studies have found that fourth graders who do well on math and science tests do not experience a huge drop-off when tested in the eighth grade.

True False

19. What we need to do that is not within our reach, is to create model quality elementary schools all over the country.

True False

20. A mentally healthy child is ordinarily sometimes difficult at home but good both in school and away from home.

True False

21. According to the author, for years, schools all over the country have been buying discipline programs that promise to get students in order, in a coercive system.

True False

22. According to the author, the skills of speaking and listening have the largest payoff of all we learn.

True False

23. If there is a sure way not to get quality, it is to use coercion.

True False

24. According to the author, work is not considered the defining component of our lives.

True False

25. The specific harm of boss management is that it prevents anyone who is bossed, which means most managers and almost all workers, from putting the people above them into their quality worlds.

True False

26. According to the author, Americans may be the most greedy people with wealth and power the world has ever known.

True False

27. Lead management is to boss management as choice theory is to external control psychology.

True False

28. Whether it is within a company or how a company deals with the people it does business with, "obstruction" is a huge but intangible cost.

True False

29. When a work injury occurs, there is always the problem of how to tell if the complaint is actually part of the physical injury or is the worker's way of restraining the anger at being injured.

True False

30. The author does not ascribe to the belief that no human being should ever evaluate another human being.

True False

31. When we are with our wives, husbands, children, parents, expectations are very much a part of all we do, and internal control is the way we attempt to do it.

True False

32. The author describes the school, Huntington Woods, as having been a quality school for three years.

True False

33. The author claims that lower medical costs would slowly become apparent as members of a community begin to use choice theory in their lives.

True False

34. The author claims that we pay a huge price for treating lonely people as if they are sick. Teaching these people choice theory could reduce that price and give many of them far more help than they get now.

True False

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

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

True False

The author, William Glasser, MD., was knowledgeable in the content area.

True False

The content of this course was appropriate for my profession.

True False

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

True False

The course information contribute to achieving personal, professional goals.

True False

I would recommend this program to others.

True False

**Choice Theory 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 *Choice Theory* 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**  
**Fax: (508) 420-3360**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: ( \_\_\_\_\_ ) \_\_\_\_\_ e-mail: \_\_\_\_\_ @ \_\_\_\_\_

**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): \_\_\_\_\_

\_\_\_\_\_ Certified Counselor (NBCC): \_\_\_\_\_

\_\_\_\_\_ LMHC (NBCC): \_\_\_\_\_

\_\_\_\_\_ Drug/Alcohol Counselor/LADC:(NAADAC): \_\_\_\_\_

\_\_\_\_\_ Licensed Marriage/Family Therapist (NBCC): \_\_\_\_\_

**Certification Number**