

Alert Program® Online Course Post-Test Instructions

- In order to receive your Certificate of Completion, you will need to complete this post-test and fill out the form below by the course expiration date.
- Then submit your Affirmation Sheet and Answer Sheet by scanning and emailing to manager@AlertProgram.com, faxing to 505-899-4071, or snail mailing to: TherapyWorks, PO Box 95316, Albuquerque, NM 87199 USA.
- A score of 70% or better on this multiple-choice test is required to receive a Certificate of Completion. Successful completion is a minimum of 14 of 20 correct answers on the written test. You are welcome to continue to take the test until you complete it successfully.
- After TherapyWorks receives your post-test, you will be notified of your test results by email. If you pass the test, you will receive a Certificate of Completion for 20 contact hours (2.0 AOTA CEUs or 20 NBCCOT PDUs). If you do not pass the test, you will receive an invitation to re-take the test again at no extra charge.

Fill in your answers on the Answer Sheet provided:

1. How can the underlying theory of the Alert Program® be taught to parents, teachers, and other team members?
 - (a) Experientially by offering a strategy when the listener is in a non-optimal state of alertness.
 - (b) Sharing the eight key concepts in a small group at lunch with teachers.
 - (c) Offering the Alert Program®'s Introductory Booklet for team members to read about the eight key concepts.
 - (d) Printing the "What's All This Talk About Engines?" free handout at www.AlertProgram.com and have a short after-school meeting with teachers and/or parents to share the eight key concepts.
 - (e) all of the above.
2. Why is "heavy work" (proprioception) important when suggesting sensorimotor strategies to those concerned about self-regulation?
 - (a) "Heavy work" hypes up the "engine" and often causes kids to become hyperactive, running around the room.
 - (b) "Heavy work," or proprioception is a sensation coming from the inner ear and when activated too much, tires kids out and causes them to sleep for hours.
 - (c) "Heavy Work" or proprioception is input from muscles, tendons, and joints. It helps students obtain an optimal state of alertness whether they are in a high or low state.
 - (d) "Heavy Work" tends to over-excite "engines" resulting in difficulty self-regulating.
 - (e) a & d

Alert Course Manual

Rachel K. Thomas



Alert Course Manual:

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