

daily.

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|-----|--|--|-------|-------|-------|
| 3. | HCO PL 17 June 70RB | Word Clearing Series 3R
BARRIERS TO STUDY | _____ | _____ | _____ |
| 4. | PRACTICAL: Describe a time when you experienced the symptoms of each of the following. Write your descriptions on a piece of paper, and place your write-up on the Supervisor's desk when you have finished. | | | | |
| | a. | Lack of mass. | _____ | _____ | _____ |
| | b. | Too steep a gradient. | _____ | _____ | _____ |
| | c. | A misunderstood word. | _____ | _____ | _____ |
| 5. | HCO PL 23 July 81R I
Rev. 10.1.84 | Study Series 12
THE USE OF
DEMONSTRATION | _____ | _____ | _____ |
| 6. | DEMO: Demonstrate, using a demo kit, a student studying. | | _____ | _____ | _____ |
| 7. | HCOB 17 July 79RB I
Rev. 26.2.89 | Word Clearing Series 64RB
THE MISUNDERSTOOD
WORD DEFINED | _____ | _____ | _____ |
| 8. | DEMO: Give an example of each of the following. Use an example from your own experience or make one up. Write your examples on a piece of paper, and place your write-up on the Supervisor's desk when you have finished. | | | | |
| | a. | A false (totally wrong) definition. | _____ | _____ | _____ |
| | b. | An invented definition. | _____ | _____ | _____ |
| | c. | An incomplete definition. | _____ | _____ | _____ |
| | d. | An incorrect definition. | _____ | _____ | _____ |
| | e. | An unsuitable definition. | _____ | _____ | _____ |
| | f. | A homonymic definition. | _____ | _____ | _____ |
| | g. | A substitute definition. | _____ | _____ | _____ |
| | h. | An omitted (missing) definition. | _____ | _____ | _____ |
| | i. | A no-definition. | _____ | _____ | _____ |
| | j. | A rejected definition. | _____ | _____ | _____ |
| 9. | ESSAY: Write up five different examples of how a word could be misunderstood or not understood. Turn your essay into the Course Supervisor. | | _____ | _____ | _____ |
| 10. | HCOB 23 Mar. 78RB | Word Clearing Series 59RB
CLEARING WORDS | _____ | _____ | _____ |
| 11. | PRACTICAL: Turn to the beginning of your course pack and review HCO PL 17 June 70RB BARRIERS TO STUDY. Starting from the top of the HCO PL find and | | _____ | _____ | _____ |

clear any words you did not fully understand, restudying the issue as you go. Write up what you did and the results and turn your write-up in to the Course Supervisor.

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| 12. | HCOB 4 Sept. 71 III | Word Clearing Series 20
SIMPLE WORDS | _____ | _____ | _____ |
| 13. | HCOB 13 Feb. 81R
Rev. 25.7.87 | Word Clearing Series 67R
DICTIONARIES | _____ | _____ | _____ |
| 14. | DEMO: How to select a good dictionary for your own use as a student. | | _____ | _____ | _____ |
| 15. | HCOB 19 June 72 | Word Clearing Series 37
DINKY DICTIONARIES | _____ | _____ | _____ |
| 16. | HCOB 11 Oct. 67 | CLAY TABLE TRAINING | _____ | _____ | _____ |
| 17. | HCOB 10 Dec 70RA I
Rev. 25.7.87 | CLAY TABLE WORK IN
TRAINING | _____ | _____ | _____ |
| 18. | CLAY DEMO: Do a clay demo of a pencil as described in the bulletin. Show this to the Course Supervisor. | | _____ | _____ | _____ |

**SECTION II:
SCIENTOLOGY BASICS**

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|----|--|--|-------|-------|-------|
| 1. | Book: | <i>The Fundamentals of Thought</i>
Chapter 2: "The Cycle of Action" | _____ | _____ | _____ |
| 2. | Book: | <i>The Problems of Work</i>
Chapter 4: "The Secret of Efficiency" | _____ | _____ | _____ |
| 3. | PRACTICAL: Write up 5 examples of the cycle of action in life that you have observed in your environment. Hand in to your Supervisor. | | _____ | _____ | _____ |
| 4. | PRACTICAL: Observe your environment and write down several examples of START-CHANGE-STOP. Hand in to your Supervisor. | | _____ | _____ | _____ |
| 5. | PRACTICAL: Perform six simple cycles of action. | | _____ | _____ | _____ |
| 6. | AFTER COURSE PRACTICAL: After class, or at your job, be aware of the cycles of actions that you perform. Write up what you observed and/or learned doing this and hand the write up in to your Supervisor. | | _____ | _____ | _____ |
| 7. | Book: | <i>The Fundamentals of Thought</i>
Chapter 4: "The Eight Dynamics" | _____ | _____ | _____ |
| 8. | PRACTICAL: Draw the Eight Dynamics as concentric circles. Write your own name in the middle as first dynamic and write the names of objects, etc. that are real to you in your daily life, in the circles that represent your other dynamics. Hand in to your Supervisor. | | _____ | _____ | _____ |
| 9. | PRACTICAL: Draw the Eight Dynamics as circles again, and this time write in the names of another person you know in the center circle and write in the things you know are real to him or her in the other dynamic circles. Do this | | _____ | _____ | _____ |

with different people until you can recognize the eight dynamics from other people's viewpoints. Hand in to your Supervisor.

10. Book: *The Fundamentals of Thought*
Chapter 5: "The ARC Triangle" _____
11. **DEMO:**
 - a. Affinity _____
 - b. Reality _____
 - c. Communication _____
 - d. How increasing one corner of the ARC triangle affects the other corners. _____
 - e. The formula of communication. _____
12. Book: *The Fundamentals of Thought*
Chapter 7: "The Parts of Man" _____
13. **CLAY DEMO:** Demonstrate the Body. _____
14. **CLAY DEMO:** Demonstrate the Body plus the Thetan. _____
15. **CLAY DEMO:**
 - a. Demonstrate the Reactive Mind. _____
 - b. Demonstrate the Analytical Mind. _____
 - c. Demonstrate the Somatic Mind. _____
16. HCOB 22 Oct. 71 EXTERIORIZATION _____
17. **DEMO:** What is Exteriorization. _____
18. Book: *The Problems of Work*
Chapter 2: "Handling the Confusions of
The Work-a-Day World" _____
19. **CLAY DEMO:** Confusion and the Stable Datum. _____
20. **AFTER COURSE PRACTICAL:** Select a confusion in some part of your life that you would like to improve or resolve and do the following:
 - a. Pick a stable datum. _____
 - b. Align other particles to your stable datum. _____
 - c. Resolve the confusion. _____
 - d. Write down what you did and the results and turn your write up in to the Supervisor. _____
21. Book: *The Problems of Work*
Chapter 7: "Exhaustion" _____
22. **DEMO:** Why a person becomes exhausted. _____

23. **AFTER COURSE PRACTICAL:** “Take a Walk” and look at your environment until you pass through the stages as laid out in this chapter. Write up what occurred and turn it into the Supervisor. _____
24. HCOB 25 Sept. 71RA TONE SCALE IN FULL _____
25. Book: *Self Analysis*
Chapter 7: “The Hubbard Chart of ”
Human Evaluation ” _____
26. **PRACTICAL:** Act out each level of the Tone Scale from 0.0 to 4.0 for your twin until you can do it easily. _____
27. HCOB 26 Oct. 70 III OBNOSIS AND THE TONE SCALE _____
28. **PRACTICAL:** Go to an area where there are people. Stop one and talk to them for a minute or two paying attention to the person’s tone level. See if you can distinguish between the person’s social tone and chronic tone. Repeat this with other people until you are confident of your ability to spot the different Tone Levels. Return to the course room and write up what you observed. Turn this in to the Supervisor. _____
29. Book: *Dianetics 55!*
Chapter 9: “Two-Way Communication” _____
30. **CLAY DEMO:** Two-Way Communication. _____
31. **PRACTICAL:** Go out and observe some examples of Two Way Communication. Note down whether the 2WC is good or not and if not, what parts are lacking or deficient. Return to the courseroom and write up what you learned from the exercise and hand it in to the Supervisor. _____
32. **AFTER COURSE PRACTICAL:**
- a. Observe how Two-Way Communication works in talking to some people. _____
- b. Use Two-Way Communication in talking to someone and write up the results for you Supervisor. _____
- SECTION III:
TRAINING ROUTINES**
1. HCOB 24 May 68I COACHING _____
2. **DEMO:** The purpose of a coach. _____
3. Article: INTRODUCTORY TR DRILLS
Through the section on OT TR 0 _____
4. **DRILL:** Do OT TR 0 with another student until you are familiar with how to do it, have improved your ability to do what the drill calls for and have had a win on the drill. _____

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| 5. | Article: | INTRODUCTORY
TR DRILLS
section on TR 0 | _____ | _____ | _____ |
| 6. | DRILL: Do TR 0 with another student until you are familiar with how to do it, have improved your ability to do what the drill calls for and have had a win on the drill. | | _____ | _____ | _____ |
| 7. | Article: | INTRODUCTORY
TR DRILLS
section on TR 0 Bullbait | _____ | _____ | _____ |
| 8. | DRILL: Do TR 0 Bullbait with another student until you are familiar with how to do it, have improved your ability to do what the drill calls for and have had a win on the drill. | | _____ | _____ | _____ |
| 9. | Article: | INTRODUCTORY
TR DRILLS
section on TR 1 | _____ | _____ | _____ |
| 10. | DRILL: Do TR 1 with another student until you are familiar with how to do it, have improved your ability to do what the drill calls for and have had a win on the drill. | | _____ | _____ | _____ |
| 11. | Article: | INTRODUCTORY
TR DRILLS
section on TR 2 | _____ | _____ | _____ |
| 12. | DRILL: Do TR 2 with another student until you are familiar with how to do it, have improved your ability to do what the drill calls for and have had a win on the drill. | | _____ | _____ | _____ |
| 13. | Article: | INTRODUCTORY
TR DRILLS
section on TR 2 ½ | _____ | _____ | _____ |
| 14. | DRILL: Do TR 2 ½ with another student until you are familiar with how to do it, have improved your ability to do what the drill calls for and have had a win on the drill. | | _____ | _____ | _____ |
| 15. | Article: | INTRODUCTORY
TR DRILLS
section on TR 3 | _____ | _____ | _____ |
| 16. | DRILL: Do TR 3 with another student until you are familiar with how to do it, have improved your ability to do what the drill calls for and have had a win on the drill. | | _____ | _____ | _____ |
| 17. | Article: | INTRODUCTORY
TR DRILLS
section on TR 4 | _____ | _____ | _____ |
| 18. | DRILL: Do TR 4 with another student until you are familiar with how to do it, have improved your ability to do what the drill calls for and have had a win on the drill. | | _____ | _____ | _____ |
| 19. | DRILL: Continue drilling TRs OT TR 0 – TR 4 with another student, applying the HCOB on coaching and the “Training Note” at the end of HCO 16 Aug. 71R, TRAINING DRILLS REMODERNIZED. Cycle through the TRs on a gradient, stiffening the gradient each time | | | | |

through. Continue cycling through the TRs until you have had wins on each TR and can do each competently.

OT TR 0	_____	_____	_____	TR 2	_____	_____	_____
TR 0	_____	_____	_____	TR 2 ½	_____	_____	_____
TR 0 BB	_____	_____	_____	TR 3	_____	_____	_____
TR 1	_____	_____	_____	TR 4	_____	_____	_____

**SECTION IV:
HIGH SCHOOL
TRAINING ROUTINES**

1. Article HIGH SCHOOL TR DRILLS Through the section on TR 6 _____
2. **DRILL:** Do TR 6 with another student until you are familiar with how to do it, have improved your ability to do what the drill calls for and have had a win on the drill. _____
3. Article HIGH SCHOOL TR DRILLS section on TR 7 _____
4. **DRILL:** Do TR 7 with another student until you are familiar with how to do it, have improved your ability to do what the drill calls for and have had a win on the drill. _____
5. Article HIGH SCHOOL TR DRILLS section on TR 8 _____
6. **DRILL:** Do TR 8 with another student until you are familiar with how to do it, have improved your ability to do what the drill calls for and have had a win on the drill. _____
7. Article HIGH SCHOOL TR DRILLS section on TR 9 _____
8. **DRILL:** Do TR 9 with another student until you are familiar with how to do it, have improved your ability to do what the drill calls for and have had a win on the drill. _____
9. **DRILL:** Continue drilling TRs TR 6 – TR 9 with another student, applying the HCOB on coaching and the “Training Note” at the end of HCO 16 Aug. 71R, TRAINING DRILLS REMODERNIZED. Cycle through the TRs on a gradient, stiffening the gradient each time through. Continue cycling through the TRs until you have had wins on each TR and can do each competently.

TR 6	_____	_____	_____	TR 8	_____	_____	_____
TR 7	_____	_____	_____	TR 9	_____	_____	_____

**SECTION V:
PRACTICLE APPLICATION
OBJECTIVE PROCESSES**

1.	HCOB 20 Apr. 69	AUDITOR TRUST	_____	_____	_____
2.	HCOB 30 Apr 71	AUDITING COMM CYCLE	_____	_____	_____
3.	DEMO: Demonstrate the Auditing Comm Cycle.		_____	_____	_____
4.	HCOB 17 Oct. 62	AUDITOR FAILURE TO UNDERSTAND	_____	_____	_____
5.	HCO PL 1 July 65	COMM CYCLE ADDITIVES	_____	_____	_____
6.	DEMO: Demonstrate two Comm Cycle Additives and how they affect the preclear.		_____	_____	_____
7.	HCO PL 27 May 65	PROCESSING	_____	_____	_____
8.	HCO PL 14 Oct. 68RA	THE AUDITOR'S CODE	_____	_____	_____
9.	HCOB 16 Oct. 71	FORCING A PC	_____	_____	_____
10.	HCO PL 17 Apr. 70 II	AN AUDITOR AND "THE MIND'S PROTECTION"	_____	_____	_____
11.	HCOB 21 Oct. 71	ASSISTS IN SCIENTOLOGY	_____	_____	_____
12.	HCOB 5 Apr. 71	SUMMARY OF HOW TO WRITE AN AUDITOR'S REPORT AND WORKSHEETS FOR TRs AND OBJECTIVES CO-AUDIT	_____	_____	_____
13.	HCOB 9 Oct. 67RA	CONTACT ASSIST	_____	_____	_____
14.	PRACTICAL: Do a Contact Assist on a doll, imagining it to have injured an arm or leg from running into the furniture. Run the Contact Assist until the somatic turns on and blows off and the pain is gone plus cognition. After completing the assist, write up the Auditor's report and worksheet for the session.		_____	_____	_____
15.	HCOB 7 Apr. 72RA	TOUCH ASSIST: CORRECT ONES	_____	_____	_____
16.	PRACTICAL: Do a Touch Assist on a doll who has an injured forehead. Run the assist until the pain is gone and there is a cognition. Write up the Auditor's report and worksheet for the session.		_____	_____	_____
17.	HCOB 7 June 69R	HOW TO MAKE A PERSON SOBER	_____	_____	_____
18.	PRACTICAL: Do a Locational Havingness process on a doll imagining it to be intoxicated or high. After successfully completing process write up the Auditor's report and worksheet for the session.		_____	_____	_____
19.	HCOB 1 Dec. 65	CCHs	_____	_____	_____

20.	HCOB 7 Aug. 62	RUNNING CCHs	_____	_____	_____
21.	HCOB 12 Apr. 62	CCHs, PURPOSE	_____	_____	_____
22.	HCOB 2 Aug. 62	CCHs, ANSWERS	_____	_____	_____
23.	HCOB 5 Apr. 62	CCHs, AUDITING ATTITUDE	_____	_____	_____
24.	HCOB 4 Apr. 90	MODEL SESSION FOR OBJECTIVES CO-AUDIT	_____	_____	_____
25.	PRACTICAL: Do CCHs 1 to 4 on a doll using Model Session and keeping report form and worksheets at the beginning and end of session.		_____	_____	_____
26.	CO-AUDITING: CCHs 1 to 4 with another student, under supervision. Use Model Session and full session reports as you go.				
	a.	Audit CCHs 1 to 4 on another student.	_____	_____	_____
	b.	Receive auditing on CCH 1 to 4 from another student.	_____	_____	_____
27.	HCOB 30 Sep. 71 VI	CCHs 5, 6 and 7	_____	_____	_____
28.	PRACTICAL: Do CCH 5 on a doll using Model Session and keeping report form and worksheets at the beginning and end of session.		_____	_____	_____
29.	CO-AUDITING: CCH 5 with another student, under supervision. Use Model Session and full session reports as you go.				
	a.	Audit CCH 5 on another student.	_____	_____	_____
	b.	Receive auditing on CCH 5 from another student.	_____	_____	_____
30.	PRACTICAL: Do CCH 6 on a doll using Model Session and keeping report form and worksheets at the beginning and end of session.		_____	_____	_____
31.	CO-AUDITING: CCH 6 with another student, under supervision. Use Model Session and full session reports as you go.				
	a.	Audit CCH 6 on another student.	_____	_____	_____
	b.	Receive auditing on CCH 6 from another student.	_____	_____	_____
32.	PRACTICAL: Do CCH 7 on a doll using Model Session and keeping report form and worksheets at the beginning and end of session.		_____	_____	_____
33.	CO-AUDITING: CCH 7 with another student, under supervision. Use Model Session and full session reports as you go.				
	a.	Audit CCH 7 on another student.	_____	_____	_____
	b.	Receive auditing on CCH 7 from another student.	_____	_____	_____

34.	HCOB 1 Apr. 90	CCHs 8-10 Section CCH 8	_____	_____	_____
35.	PRACTICAL: Do CCH 8 on a doll using Model Session and keeping report form and worksheets at the beginning and end of session.		_____	_____	_____
36.	CO-AUDITING: CCH 8 with another student, under supervision. Use Model Session and full session reports as you go.				
	a.	Audit CCH 8 on another student.	_____	_____	_____
	b.	Receive auditing on CCH 8 from another student.	_____	_____	_____
35.	PRACTICAL: Do CCH 9 on a doll using Model Session and keeping report form and worksheets at the beginning and end of session.		_____	_____	_____
36.	CO-AUDITING: CCH 9 with another student, under supervision. Use Model Session and full session reports as you go.				
	a.	Audit CCH 9 on another student.	_____	_____	_____
	b.	Receive auditing on CCH 9 from another student.	_____	_____	_____
35.	PRACTICAL: Do CCH 10 on a doll using Model Session and keeping report form and worksheets at the beginning and end of session.		_____	_____	_____
36.	CO-AUDITING: CCH 10 with another student, under supervision. Use Model Session and full session reports as you go.				
	a.	Audit CCH 10 on another student.	_____	_____	_____
	b.	Receive auditing on CCH 10 from another student.	_____	_____	_____
37.	HCOB 4 Feb. 59	OP PRO BY DUP	_____	_____	_____
38.	PRACTICAL: Do Op Pro by Dup on a doll using Model Session and keeping report form and worksheets at the beginning and end of session.		_____	_____	_____
39.	CO-AUDITING: Op Pro by Dup with another student, under supervision. Use Model Session and full session reports as you go.				
	a.	Audit Op Pro by Dup on another student.	_____	_____	_____
	b.	Receive auditing on Op Pro by Dup from another student.	_____	_____	_____
SECTION VI: PRACTICLE APPLICATION RECALL PROCESSES					
1.	Book:	<i>Self Analysis</i> Chapter 9: "How To Use The Disk"	_____	_____	_____

2. Book: *Self Analysis*
Chapter 10: "Processing Section" _____
3. **PRACTICAL:**
 - a. Run Self Analysis Lists on a doll till you feel you can do this easily while keeping report forms and worksheets. _____
 - b. Drill what to when the pc becomes considerably uncomfortable or unhappy. _____
4. **CO-AUDITING:** Self Analysis List with another student under supervision. Use Model Session and full session reports as you go. Alternate sessions as pc/auditor while doing Self Analysis on this Course. _____

**SECTION VII
WHAT IS A SCIENTOLOGIST?**

1. **WORD CLEARING:**
 - a. Scientologist: _____
 - b. Ethics: _____
 - c. Morals: _____
2. Article: *Dianetics and Scientology a Crusade* _____
3. **ESSAY:** Why one does not work for just money or only do charitable work without exchange. _____
4. Book: *Scientology: 0-8*
Page 391: "Code of Honor" _____
5. **ESSAY:**
 - a. Write a short essay on why an ethics code is not enforceable and hand this in to the Supervisor. _____
 - b. Write a short essay that shows how you could apply some of the points of the Code of Honor and turn it in to the Supervisor. _____
6. Book: *Scientology: 0-8*
Page 3: "Aims of Scientology" _____
7. Book: *Scientology: 0-8*
Page 378: "The Auditor's Code" _____
8. PAB 41 CODE OF A SCIENTOLOGIST _____
9. CERTAINTY, Mar. 66 WHAT IS GREATNESS? _____
10. **ESSAY:** Write an essay giving examples of instances where you could apply "What is Greatness?" and hand this into the Supervisor. _____
11. HCO PL 3 Dec 71 EXCHANGE _____

- 12. **DEMO:** Demonstrate to another student what exchange is and why it is important. _____
- 13. HCO PL 6 Mar. 66 I REWARDS AND PENALTIES _____
- 14. **DEMO:** Demonstrate to another student why we reward those who work for their living and how this hard work creates exchange with one's fellow man. _____

**SECTION VII:
STUDENT COMPLETION**

1. STUDENT COMPLETION:

I have completed the requirements of this checksheet and I know and can apply the materials studied.

STUDENT ATTEST: _____ DATE: _____

I have trained this student to the best of my ability and he/she has completed the requirements of this checksheet and knows and completely applies study tech.

STUDENT ATTEST: _____ DATE: _____

2. STUDENT ATTEST AT C&A:

I attest :

- a. I have exchanged for my Supervision. _____
- b. I have studied and understand all the materials on the checksheet. _____
- c. I have done all the drills on the checksheet. _____
- d. I can produce the results required in the materials of the course. _____

STUDENT ATTEST: _____ DATE: _____

C&A: _____ DATE: _____

3. CERTS AND AWARDS:

This graduate has been issued a certificate of HUBBARD QUALIFIED SCIENTOLOGIST COURSE GRADUATE.

C&A: _____ DATE: _____

(Route this checksheet to the Course Admin for filing in the student's folder.)

Originally Compiled by
Diana Hubbard

Revision by
Independent Checksheet Compilations