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# Childhood Autism Spectrum Test

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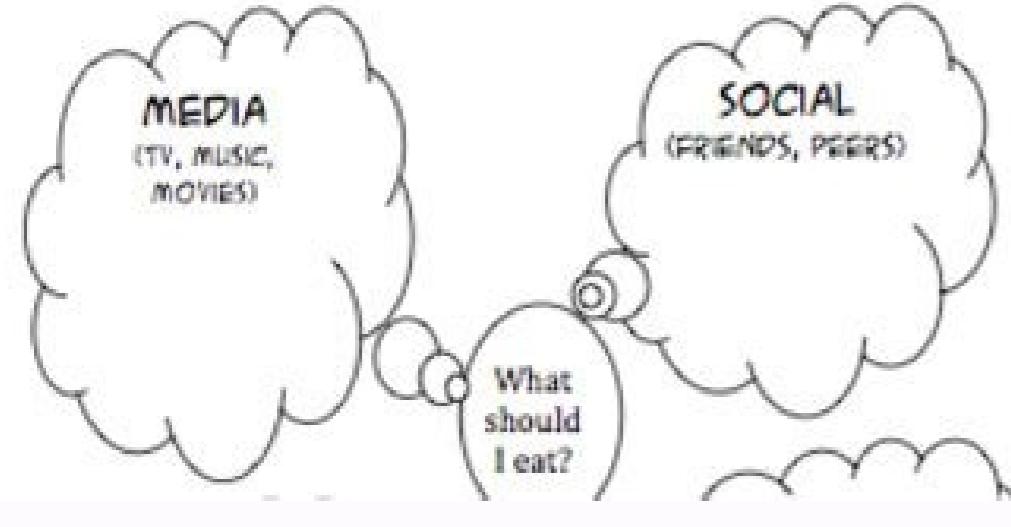
The Childhood Autism Spectrum Test or [CAST](#) (formerly the "Childhood Asperger's Syndrome Test") is a 39-item, yes or no evaluation aimed at parents. The questionnaire was developed by [ARC](#) (the Autism Research Centre) at the University of Cambridge, for assessing the severity of autism spectrum symptoms in children.

Please read each question carefully and select the most accurate response.

	Yes	No
1. Does s/he join in playing games with other children easily?	<input type="radio"/>	<input type="radio"/>
2. Does s/he come up to you spontaneously for a chat?	<input type="radio"/>	<input type="radio"/>
3. Was s/he speaking by 2 years old?	<input type="radio"/>	<input type="radio"/>
4. Does s/he enjoy sports?	<input type="radio"/>	<input type="radio"/>
5. Is it important to him/her to fit in with the peer group?	<input type="radio"/>	<input type="radio"/>
6. Does s/he appear to notice unusual details that others miss?	<input type="radio"/>	<input type="radio"/>
7. Does s/he tend to take things literally?	<input type="radio"/>	<input type="radio"/>
8. When s/he was 3 years old, did s/he spend a lot of time pretending (e.g., play-acting being a superhero, or holding teddy's tea parties)?	<input type="radio"/>	<input type="radio"/>
9. Does s/he like to do things over and over again, in the same way all the time?	<input type="radio"/>	<input type="radio"/>
10. Does s/he find it easy to interact with other children?	<input type="radio"/>	<input type="radio"/>
11. Can s/he keep a two-way conversation going?	<input type="radio"/>	<input type="radio"/>
12. Can s/he read appropriately for his/her age?	<input type="radio"/>	<input type="radio"/>
13. Does s/he mostly have the same interests as his/her peers?	<input type="radio"/>	<input type="radio"/>
14. Does s/he have an interest which takes up so much time that s/he does little else?	<input type="radio"/>	<input type="radio"/>

NAME \_\_\_\_\_  
DATE \_\_\_\_\_ PER \_\_\_\_\_

## INFLUENCES ON YOUR HEALTH



## Healthy Hygiene Habits Bingo

Hygiene Facts	Hygiene Products	Bad Hygiene Habits	Good Hygiene Habits	Consequences of Poor Hygiene
Good personal hygiene is important to help control the spread of harmful germs	Body spray	Not drying off properly after a shower	Flossing your teeth daily	Head lice or body lice
Teenagers who maintain proper hygiene are less predisposed to skin infection	Mouthwash	Not showering daily	Washing your hands with soap after going to the bathroom	Lack of friends
The hormonal changes that occur during puberty can cause hair to become oily which means it needs to be washed more	Nail clippers	FREE SPACE	Washing your clothes after they've been worn	Cavities
Everyone sneezes when going through puberty. It's normal! All teenagers sneeze!	Face wash	Taking drinks into the bathroom	Brushing your teeth twice a day	Body odor
1,000 clever as many germs are spread from dirty hands than dry hands	Shampoo	Not washing your hands after going to the bathroom	Washing your hair with shampoo at least 3 times a week	Cold and flu

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"Alexa, ask Fitbit how I'm doing today."

"Alexa, ask Fitbit how I slept last night."

"Alexa, ask Fitbit ..."



Self scoring 7 habits assessment. Franklin covey 7 habits assessment. 7 habits benchmark assessment. 7 habits pre-assessment. What is 7 habits all about. 7 habits explained. Franklin covey 7 habits self assessment.

When the closure came, I said: "A fresh, A I get it A A A. The past day was, Aé omg, Aé A A A I Aé A I get it! A I am so stressed and sad! A The other two categories are in my podcast below. The self-punctuation milestone profile <sup>3</sup> 7 can help you assess your current level of effectiveness. The Benchmark 7 HAbit includes individual reports and action plans <sup>3</sup> apply new skills to real-world problems and situations. You can also call us at: 1-888-868-1776. The 7 milestones are milestones of effectiveness. When you have completed this post-evaluation, <sup>3</sup> compare the results with the pre-evaluation <sup>3</sup> you did at the beginning of the semester. Be proactive strongly in disagreement disagree disagree or disagree I agree take the initiative to do things.I control my moods and anger, even in difficult circumstances.I focus on things I can do rather than things I cancontrol.I accept responsibility for my actions rather than blame others or make excuses.Start with the end in mind stronglyI disagree disagree or disagree

plan ahead.I have a sense of direction<sup>3</sup> in life.I have a clear plan to end the College in a timely manner.I start papers and projects with a clear understanding<sup>2</sup> of the desired results.Put the first things strongly at oddsNeither is at oddsI strongly agree to organize my time to work on the most important priorities first.I am disciplined in carrying out the plans; I do not procrastinate.Balance all aspects of my life (i.e. work, leisure, family, etc.) to maintain overall effectiveness.I am organized; I keep a good record of papers, notes, phone numbers, etc. The higher your score, the closer you are to the beginning of the 7th. The 7 Habits tool orethe orethe o+Aa nu A em Á,adiv im ed lortnac le ognet Á A roP As erne y somsim Á s erasalave sodealpmle sol a etmrep yevoCnillknar! ed ÁÁ this moment. There are no points / credit associated with the way you respond. In fact, your mission and your values are expressed all the days, by the way you live, you may not realize it. You have a proposition in life. Total your points for each category in the Total Column of Category. Because the 7 habits are based on principles, they bring the maximum long-term beneficial results possible. After you can see three relationships, I realized that I now have the control of my assets. Here are the questions! I have control of my life (score on a scale 1-6) I focus my efforts on things about which I can do something more than things out of my control. The past year, I was praying for things to happen when receiving messages from people who were not really taking care of me (except a test center). 50% Podcast (2 votes) 2K Views1 page, Active Skip to Content Our customer service team will contact you shortly. After calculating the totals of the categories, it marks each score in the grid from the bottom and graph your totals. We appreciate that you take the time to fill out the form. I have been incredibly proactive with putting out as much content and getting as many people as possible for my online business. Once you complete the profile. But understanding and knowing how to handle individual schema can help you lead a more productive and balanced life, and that is what we can help you. This evaluation of 360° makes information from key partners - direct orders, workmates and supervisors - to help people get a clear image of their performance from a variety of perspectives. EVALUATION POST: The 7 Habits of the Highly Effective PeoplePlus in everything you have learned during this course. Instructions: a printable version of the profile. Welcome to the evaluation of self-scoring habits! It took me long enough to put this in blog form (podcast first), but here are three questions for you and rate yourself on a scale of 1-6. You know in your heart whatÁÁs most important to you. Profile Download The Solution What if you could foster an environment that celebrates the value of giving, receiving, and responding to feedback? I take responsibility for my moods rather than blaming people and circumstances. So, rate them and tally your score up. There are nine categories; the first two are the foundational principles for the 7 Habits. Mission Statement Builder Unfortunately, itÁÁs a part of your daily life, whether you like it or not. After seeing my job shut down again for the foreseeable future (thanks, COVID and irresponsible townsfolk), I knew that I was in control by a long-shot this time as compared to last time. WeÁÁre here to help you find the right words to put that mission down on paper. Where your score is lower than you would like, refer to the corresponding chapters (or modules) in The 7 Habits of Highly Effective People book or workshop to better understand how to increase your effectiveness in those habits. Read each statement and, using your best judgment, circle the number that indicates how well you perform in the following categories. Respond with as much personal honesty as you can. Think about the concepts youÁÁve tried to apply in your life, life.

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