

Independent Checksheets
Independent Checksheets Foundation

CHECKSHEET OF 17 FEBRUARY 2011

Non-Confidential Downloads

THE INDEPENDENT HUBBARD
QUALIFIED SCIENTOLOGIST (HQS)
COURSE

NAME: _____ ORG: _____

POST/OCCUPATION: _____

DATE STARTED: _____ DATE COMPLETED: _____

PREREQUISITES: There are no prerequisites for this course.

PURPOSE: To train a student on the Basics of Scientology and their application.

STUDY TECH: The first section of this course teaches important basics of study technology. They are to be applied in full as you learn them and as you continue through the course.

By initialing the black after each checksheet entry, you are attesting that you fully understand and can apply the data. DRILLS ARE TO BE DONE FULLY TO THEIR RESULTS.

MATERIALS: Independent HQS Course Pack
Book: The Fundamentals of Thought
Book: Dianetics 55!
Book: The Problems of Work
Book: Self Analysis

You are required to maintain a standard course schedule. Study and work during your class periods and outside of class. You have a lot to study and get checked out on in order to complete this course. You can't afford to waste time.

This course is done with a twin, per HCOB 21 Aug. 79, TWINNING.

You may be credited with materials you have studied on previous checksheets.

PRODUCT: A student who understands and can apply the basics of the Scientology applied philosophy.

CERTIFICATE: INDEPENDENT HQS COURSE GRADUATE.

LENGTH OF COURSE: Three to four weeks full time, at eight hours per day, five days per week (four days to complete the checksheet up to the co-auditing section).

SECTION I:
STUDY TECH BASICS

- | | | | | | | | | |
|----|--|-------------------------------------|-------|-------|-------|-------|-------|-------|
| 1. | HCOB 21 Sept. 70 | Study Series 1
STUDY DEFINITIONS | _____ | _____ | _____ | | | |
| 2. | PRACTICAL: See the Course Supervisor for a copy of the issue laying out the student points system. Work out your student points for the study you have done so far. (You will be continuing to keep track of your student points and turning them in to the Course Supervisor | | | | | _____ | _____ | _____ |

	daily.			
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.

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**

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:	<i>The Fundamentals of Thought</i> 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:	<i>The Fundamentals of Thought</i> 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:	<i>The Problems of Work</i> 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:	<i>The Problems of Work</i> 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:	<i>Self Analysis</i> 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:	<i>Dianetics 55!</i> 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.				

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"	_____	_____	_____
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2.	Book:	<i>Self Analysis</i> 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:	<i>Dianetics and Scientology a Crusade</i>	_____	_____	_____
3.	ESSAY: Why one does not work for just money or only do charitable work without exchange.				
4.	Book:	<i>Scientology: 0-8</i> 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:	<i>Scientology: 0-8</i> Page 3: "Aims of Scientology"	_____	_____	_____
7.	Book:	<i>Scientology: 0-8</i> 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