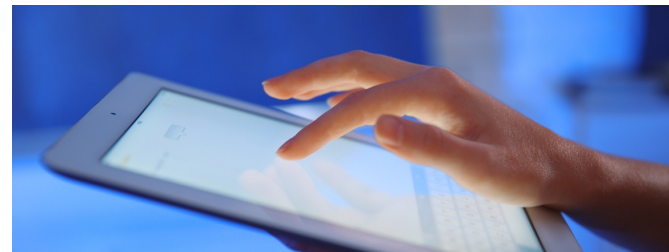


## Understanding the *myCAMprogram* Online Course

### WELCOME!

*myCAMprogram* is a short, online course designed to help you understand your CAM device, avoid common issues, and get through this experience with a little more confidence. You don't need to be perfect - just open to learning as you go.



### WHAT'S INSIDE?

- 7 short chapters
- About 30 optional informational videos (each 3–5 minutes long)
- Plain-language text materials to read
- Support tools you can download and use
- Optional reflection questions and workbook pages to help you apply what you learn

### CHAPTER CONTENTS

#### **Videos:**

Real stories, practical tips, and short explanations

#### **Text Content:**

Simple, focused readings to guide your learning

#### **Downloadable Tools:**

Logs, checklists, examples, worksheets, organizers, etc.

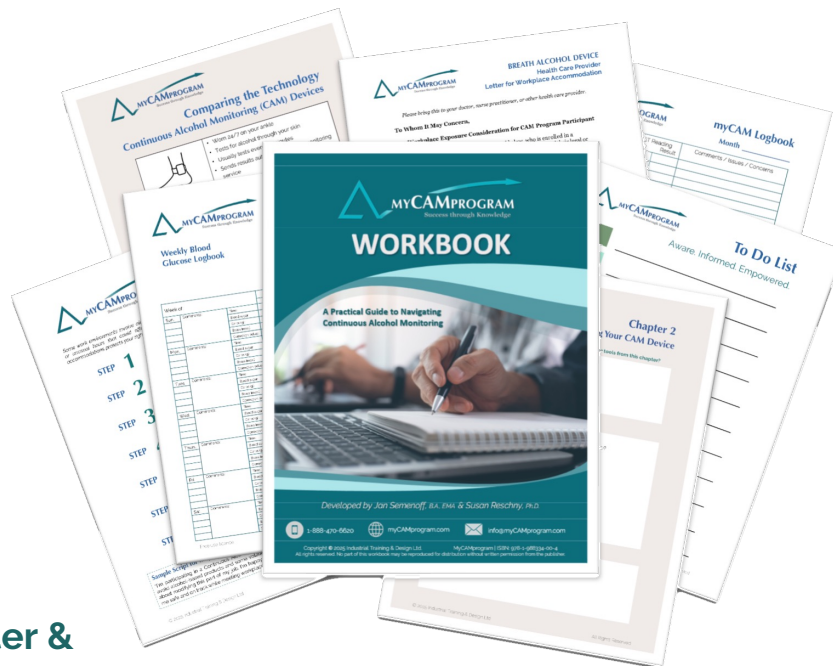
### LEARNING PLAN

- Learn at your own pace
- Watch the videos or read the text, then explore the workbook pages if you choose
- Use the tools: CAM logs, checklists, and examples are there to help
- Be honest with yourself. No one else sees your answers
- Optional bonus articles and videos



# Using Your myCAMprogram Workbook

This online course includes a downloadable workbook you can print and build as you go. Some people learn best when they can write things down, reflect, or keep track of their thoughts. The course is flexible to your specific needs.



## Each chapter & lesson includes:

- A short summary of the main ideas
- Worksheets and reflection pages
- Optional tools like CAM logs and checklists
- ✓ Add pages to a binder.
- ✓ Print what you need, when you need it.
- ✓ Use the workbook to stay organized and assist with your course progress.
- ✓ Use logbook pages to record relevant information that might help explain an unusual test result.

## Privacy and Confidentiality

**Nothing** you share in this course is sent by us to your monitoring agency or to the court.

*This is for YOU and your peace of mind only.*



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