

TABLE OF CONTENTS

1. INSTRUCTIONS	5
1.1 PRE-TRAINING ADVICE :	5
1.2 REQUIRED EDUCATIONAL MATERIAL :	5
2. DESCRIPTION OF THE SELF-STUDY PROGRAM	7
2.1 TUTORING	7
2.2 GROUP DISCUSSION.....	7
2.3 EXERCISES.....	8
2.4 DOCUMENTS.....	9
3. DEVELOPING YOUR WORK PLAN	10
3.1 QUESTIONNAIRE REVIEW.....	10
3.2 HOW TO DEVELOP YOUR PLAN	11
4. APPENDIX	12