**CF05 – Self Awareness**

(Supplemental Instructions)

**How to access the Electronic Cognitive Assessment (ECAT)**

1. Access the following website <https://augateway.maxwell.af.mil/ecatcognitive/>
   * If Internet Explorer doesn’t work try Google Chrome, Firefox, etc.
2. If asked for a code, use the following: **ALS2018**
3. Complete all four available assessments: e-CPE, e-SALB, e-CMSPE, and e-TMPRE.
4. **Ensure you save/print each assessment results before moving on to the next!!!** Once you close the results screen your data will be lost requiring you to take it again.
5. Read the content provided on the results pages and bring them for classroom discussion.