

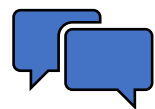
3-2 Providing Participant Centered Education Online Course – Modules 1-9

Providing Participant Centered Education (PCE) while counseling means using a specific set of skills to identify what the participant wants to change, if anything, and then helping them figure out how to make that change. Modules 1-9 of this online course teaches those skills.

What you need to do

1. Work with your training supervisor to determine a time to complete the modules 1-9 of the *Providing Participant Centered Education* online course. It takes 7 – 8 hours to complete all 9 modules.
Date and time _____
2. Complete the *Providing Participant Centered Education* modules, learning activities and posttest.
3. Make note of any questions or concerns you have about information in the 9 modules.
4. Schedule a time to discuss what you learned with your training supervisor using the *Talk It Over* section below.
Date and time _____

Talk it over



1. Review your notes and ask any questions you have about the course.
2. Which of the 4 OARS skills do you think will be most challenging?

3. How does a “next step” differ from setting a goal?

4. What would be the purpose of talking about a health outcome with a participant?

5. How does what you saw when you viewed this online course compare to what you have observed in the WIC clinic?

References

There are many resources on [Participant Centered Services \(PCS\)](#) on our website.

