

Participant Centered Education Posttest

You may use any of the Participant Centered Education modules as reference to complete this posttest. Turn this document into your Training Supervisor for scoring.

1. List the five stages of change.
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
2. What is “Change Talk”?
3. List three of the four characteristics that make up the “spirit” of participant centered education.
 - 1.
 - 2.
 - 3.
4. List three advantages of participant centered education.
 - 1.
 - 2.
 - 3.

5. Why is the way we open the conversation so important for participant encounters?
6. Name four key elements to include when opening the conversation?
 - 1.
 - 2.
 - 3.
 - 4.
7. What are the four active listening skills identified by the letters O.A.R.S.?
 - 1.
 - 2.
 - 3.
 - 4.
8. List a benefit of using open-ended questions.
9. When is it appropriate to affirm a participant?
10. What is a reflection?

11. List and describe the two types of reflections.
 - 1.
 - 2.
12. Name five ways in which summarizing works.
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
13. What are three roadblocks to listening?
 - 1.
 - 2.
 - 3.
14. What is a strategy you could use to minimize your personal judgments?
15. List 2 advantages of completing a full assessment before counseling.
 - 1.
 - 2.

16. List the steps in the process for using a blank circle chart during the assessment portion of a certification.

17. What are three elements of adult learning that describe how adults learn best?
 - 1.

 - 2.

 - 3.

18. Describe the Explore Offer Explore technique.

19. Name two circumstances when it would be appropriate to provide advice?
 - 1.

 - 2.

20. Describe four ways a certifier can generate resistance in a participant.
- 1.
 - 2.
 - 3.
 - 4.
21. List three strategies for rolling with resistance.
- 1.
 - 2.
 - 3.
22. True or False - Individuals who set goals from themselves are more likely to achieve behavior change than those who do not set their own goals.
- True False
23. Describe the two step process for working with participants to establish their “Next Steps.”
- 1.
 - 2.
24. Provide an example of an eligibility statement that includes a health outcome statement for one category of participants.

Turn this document into your Name
Training Supervisor for scoring. Date