

Date: \_\_\_\_\_

Name: (Print) \_\_\_\_\_

Agency \_\_\_\_\_

## Posttest

This is an open book exercise. You may use your module to find the answers.

Write your answer to the following questions.

1. What are two ways that participant centered groups influence health behaviors?
  
  
  
  
  
  
  
  
  
  
2. List three key elements of participant centered groups.
  
  
  
  
  
  
  
  
  
  
3. List the six domains of the participant centered group model.
  
  
  
  
  
  
  
  
  
  
4. List the five levels of staff involvement in providing participant centered groups.
  
  
  
  
  
  
  
  
  
  
5. **True or False:** All staff will be required to develop new session guides.

6. Describe one difference in the nutrition education approach of a teacher compared to a facilitator.
7. What are three responsibilities of the facilitator?
8. Describe two things a facilitator can do to have effective non-verbal communication skills.
9. List one benefit and one limitation of the following types of group education:
  - ◆ Facilitated Group Discussion:
  - ◆ Health Fairs/Activity Stations:
  - ◆ Child-Centered Approach:
  - ◆ Family-Centered Approach:
  - ◆ Guest Speakers:
10. **True or False:** Facilitators are expected to be subject matter experts.

11. What does the acronym RISE stand for?

**R**

**I**

**S**

**E**

12. Describe what the Stages of Change theory tells us about behavior change.

13. What are the four learning styles?

14. Describe how the spirit of participant centered services can impact group facilitation.

15. List three common group challenges and one strategy to address each challenge listed.

16. What are the four necessary components of the session focus for a group session design?
17. Define target audience.
18. List the three types of objectives, and write an example for each type – be sure to include the **CAB**!
19. **True or False:** Well written objectives will enable the facilitator to observe achievement.
20. Describe two ways to create a positive learning environment for participants?
21. What are three learning activities you can use to engage participants?
22. What is the purpose of a visual aid?
23. What is the advantage of beginning a group with a warm up activity?

24. List two components of a closing statement.
25. When evaluating a session guide for participant centered criteria, you'll see it in which of the following? (Check all that apply.)
- ☐ the environment
  - ☐ the kind of information given
  - ☐ the way the information is offered
  - ☐ the sequence of the learning
  - ☐ the staff facilitation skills
  - ☐ the way the questions are asked
  - ☐ the voices of the participants
  - ☐ the way the conversation flows
  - ☐ the spirit of the room
26. Why is it important to evaluate the group education you provide?
27. Describe how information from each of the following types of evaluation could be used to support quality participant centered groups.
- Needs Assessment:**
- Process:**
28. **True or False:** Close ended questions provide a way to get more feelings and thoughts from participants.

29. What are the four steps involved in the continuous quality improvement process?