**Motivational Interviewing**

The trainers, Katie Olson and Miriam Itzkowitz, characterized Motivational Interviewing as a treasure hunt that we are guided through by the person we are helping to change. The following activities are designed for you to continue this conversation at your workplace and enhance your learning.

**Activity #1**

Think of several young people you are working with. Use the Cycle of Change Handout to identify what stage they are each currently in.

**Activity #2**

In the webinar presentation, slide 9 introduced the OARS technique (open-ended questions, affirmations, reflective listening, summarizing). Try using it with a young person and describe how it seemed to work in writing.

**Activity #3**

Use the Evoking Change Talk series of types of questions (webinar slides 17 and 18) with a young person and describe in writing how it seemed to work.