

Motivational Interviewing



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Special Thanks to Austin Water for
sponsoring this month's training!

Agenda-

- **What is motivational interviewing and how it can be used in mentoring.**
 - **O.A.R.S.**
 - **Change talk vs. Sustain talk**
 - **Righting reflexes**
- **Ideas for mentors during the testing season**



The Underlying Spirit of MI

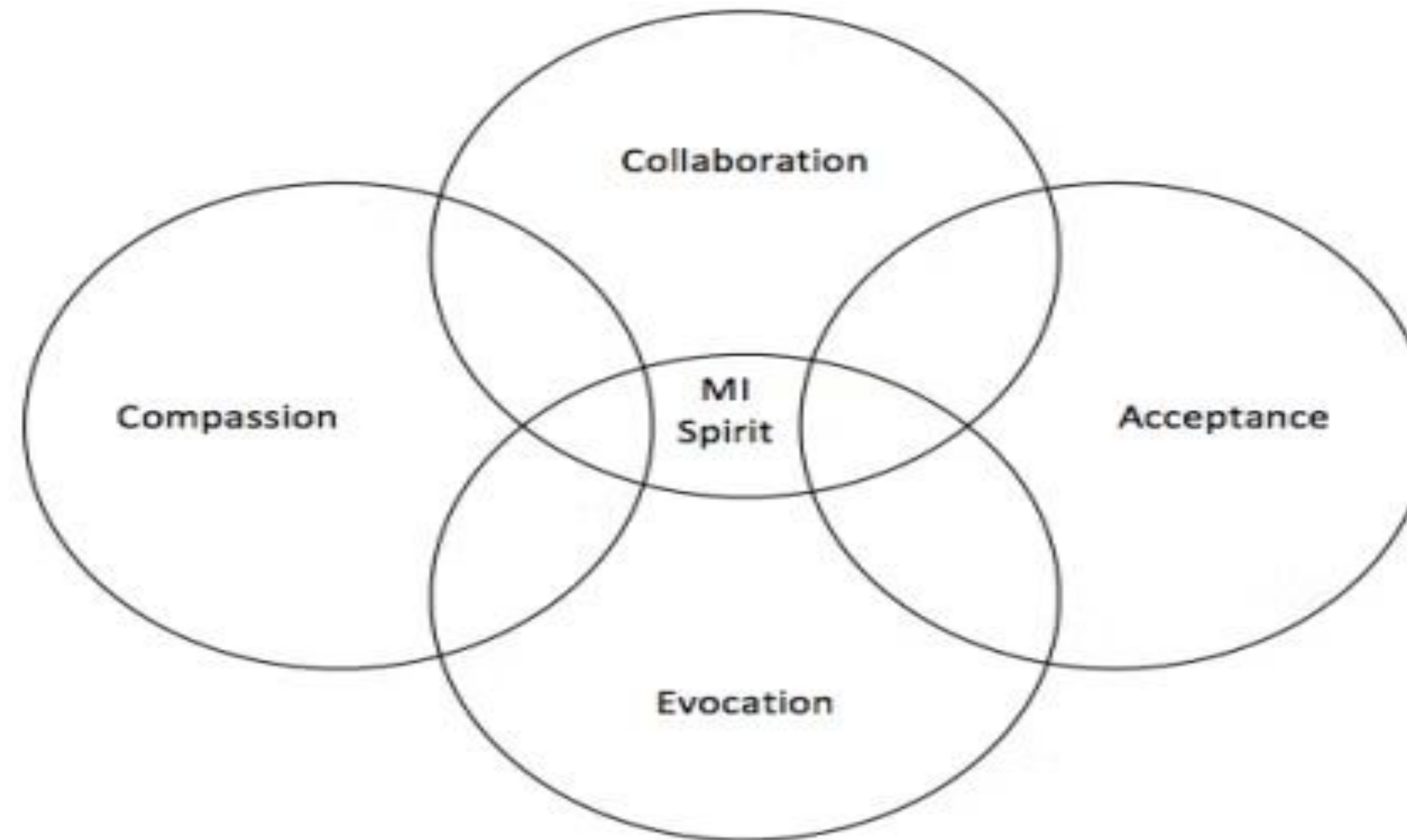
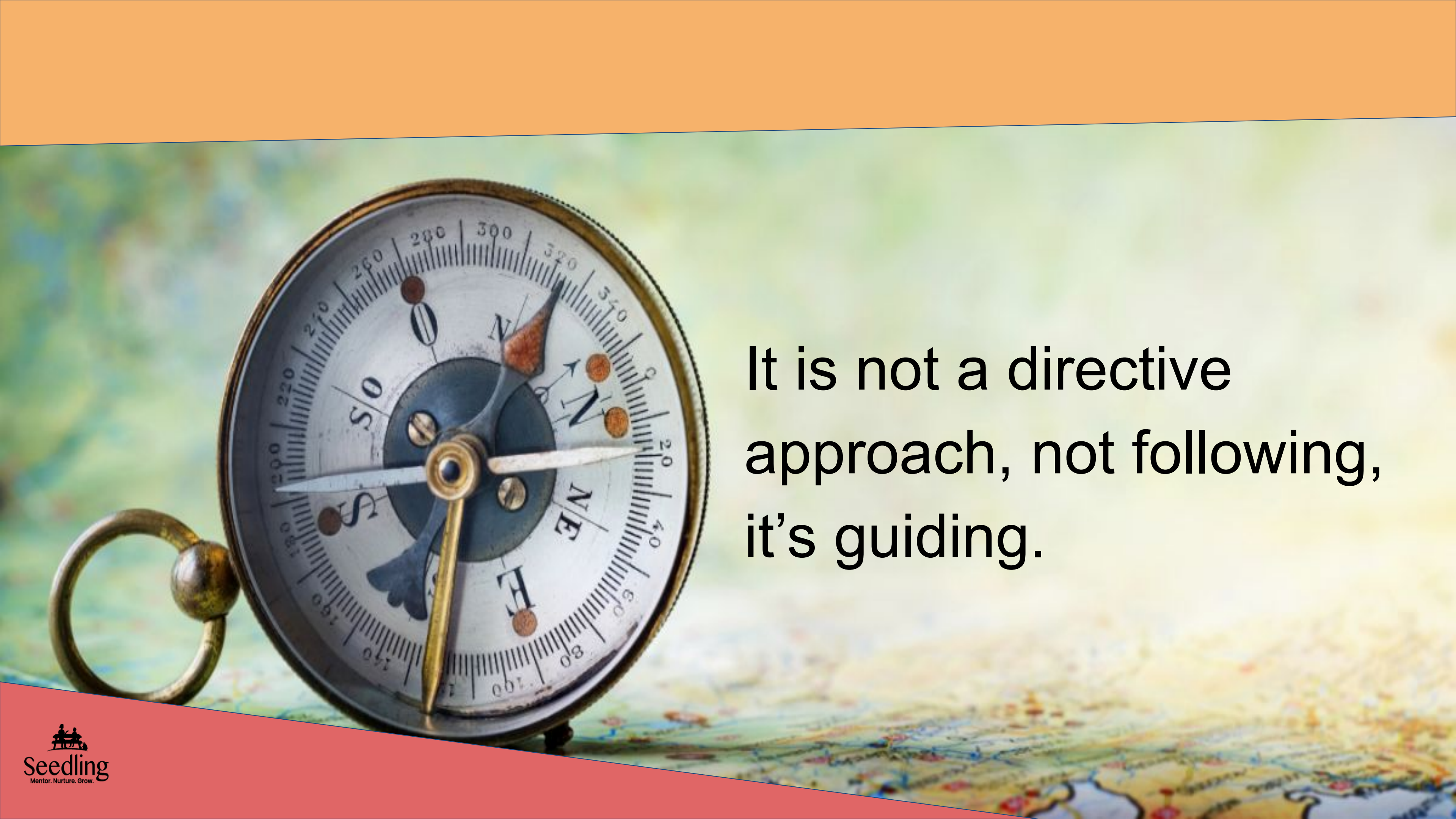


Image recreated from: Miller & Rollnick, 2013



It is not a directive approach, not following, it's guiding.



O- Open ended
A- Affirmations
R- Reflections
S- Summaries



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A mentor and a 5th grade mentee are discussing how the mentee feels about STAAR. The mentee has expressed wanting to get high scores but feels anxious about actually taking the test...

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S- Summaries

Change Talk vs Sustain Talk



Righting Reflexes

Refers to an attempt to “correct” a problem for someone else.
A common thing with righting reflex is that the motivation for change is yours.



Common Types of Righting Reflexes

- Ordering/commanding
- Warning
- Making suggestions/providing solutions
- Persuading with logic/lecturing
- Moralizing
- Shaming
- Distracting/changing subject

Motivation stem matters



**The easiest way to evoke change talk
with our mentees, is to ask for it.**



Testing Season is here!





State of Texas Assessments of Academic Readiness



Texas English Language Proficiency Assessment System



Mentors Can Help

- Give written notes of encouragement to your mentee at the last meeting prior to the test
- Teach your mentee some strategies for de-stressing, breathing exercises
- Be consistent in your visits leading up to testing and as consistent as campus openness allows during testing
- Acknowledge the stress, check in about their feelings
- Give a meaningful pep talk to your mentee ahead of testing
- Check in with your School Contact and know what dates you will miss, communicate this to your mentee, assure them you will return

Be silly, be whimsical, have fun!







Resources

Motivational Interviewing Video