

## BENCHMARK TEACHING PRESENTATION #2 LESSON PLAN TEMPLATE

**Lesson Topic:** Change Techniques- pt 2 PPT WK 11 (44:29- 54:29)

**Learning Outcomes:** List at least 2-3 learning outcomes for the lesson.

- 1) Students will be able to identify and create Motivational and Solution Focused change questions (OARS, the miracle question, scaling questions, and embedded questions) in order to effect change in the client's perspective.
- 2) Students will be able to apply change techniques within the counseling session, in order to empower the client.

**Class Knowledge:** We will build upon what the students have been learning so far. The previous week was PPT 10 change techniques. I will link this lesson with the previous lesson by inquiring about their practice of the change techniques from the previous week and by asking them how their skills are progressing. I will then share about the importance of using these new skills in the counseling session and will explain about what change techniques they will learn about in today's session.

### Timeline, Strategies, Resources, and Rational Chart

Time allotted	Teaching Activity	Resources Needed	Rationale
3 minutes	Review and assess their feelings about the previous lesson's practice and skills. Respond (verbally or in the chat box) to any questions before new lesson.	Team chat box	Present a clear picture of the goals of this specific lesson.
2 minutes	Introduction of topic with learning outcomes	PowerPoint with select exercise activities and learning outcomes	Present a clear picture of the goals of this lesson.
3 minutes	Engaging Question: What do you know about motivational interviewing? Students will volunteer verbally or in the chat box in response to the question.	PPT slide; Teams chat box	Assess their prior knowledge about Motivational Interviewing. Give students a chance to respond verbally or in the chat box.
3 minutes	Discuss and explore the concepts of Motivational Interviewing (MI).	PPT slide; Teams chat box	Explore the concepts of Motivational Interviewing.
17 minutes	Explore OARS skills by watching a YouTube video about these skills.	PPT slide; Teams chat box; YouTube video	Learn about MI concepts, such as OARS skills.
3 minutes	Engaging Question: What	PPT slide;	Assess their prior

	do you know about the miracle question, scaling questions, and embedded questions? Students will volunteer verbally or in the chat box in response to the question.	Teams chat box;	knowledge about the miracle question, scaling questions, and embedded questions. Give students a chance to respond verbally or in the chat box.
3 minutes	Introduce and define the miracle question, scaling questions, and embedded questions (change questions).	PPT slide; Teams chat box	Define and discuss change questions such as the miracle question, scaling questions, and embedded questions.
3 minutes	Discuss and explore about the miracle question.	PPT slide; Teams chat box	Make sure that they understand the concept about the miracle question.
3 minutes	Engaging Question: Who can give an example of a miracle question? Students will volunteer verbally or in the chat box in response to the question.	PPT slide; Teams chat box	Allow students the chance to create an example of a miracle question. Give students a chance to respond verbally or in the chat box.
5 minutes	Discuss about Solution-Focused exception and coping questions.	PPT slide; Teams chat box	Make sure that they understand the importance about Solution-Focused exception and coping questions.
2 minutes	Volunteers will (verbally and in the chat box) give examples of exception and coping questions.	PPT slide; Teams chat box	Give students the opportunity to show their understanding of how to create exception and coping questions.
5 minutes	Discuss about embedded questions.	PPT slide; Teams chat box	Make sure that they understand the importance about embedded questions
2 minutes	Volunteers will (verbally and in the chat box) give examples of embedded questions	PPT slide; Teams chat box	Give students the opportunity to show their understanding of how to create embedded questions.

6 minutes	Closing Questions/ Answers; Reflections on today's presentation verbally and in the chat box; Explain expectations for triad work.	PPT slide; Teams chat box	Give them the opportunity to respond and reflect on today's presentation. Give instructions about skills to work on during triad practice.
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