

## **Trainer Cheat Sheet**

### **Session 1b Practice Exercises**

Do introductions first.

### **Sessions 2-9**

1. WATCH FOR THE BASIC PROCESSING TECHNIQUE.
2. YOU LEAD the first round, demonstrating the step with one volunteer student.
3. After the first round, for the next 2-3 rounds, ask: *What did you observe? What are your questions? What did you learn?*
4. THEY LEAD. After a brief discussion, ask for a volunteer to be the next leader. Then ask for a volunteer to be the next student. Let the new leader know they are in charge.
5. When they are done, share with the volunteer leader something they did well and something to do differently or to remember.
6. Repeat until the session is over.

### **Role Play a Resistive Student in Sessions 4-8**

Somewhere during the session, ask for a volunteer to role play a resistive student. Or, you can be the resistive student and have someone volunteer to lead you.

## **Trainer Cheat Sheet**

### **Sessions 1b Practice Exercises**

Do introductions first.

### **Sessions 2-9**

1. WATCH FOR THE BASIC PROCESSING TECHNIQUE.
2. YOU LEAD the first round, demonstrating the step with one volunteer student.
3. After the first round, for the next 2-3 rounds, ask: *What did you observe? What are your questions? What did you learn?*
4. THEY LEAD. After a brief discussion, ask for a volunteer to be the next leader. Then ask for a volunteer to be the next student. Let the new leader know they are in charge.
5. When they are done, share with the volunteer leader something they did well and something to do differently or to remember.
6. Repeat until the session is over.

### **Role Play a Resistive Student in Sessions 4-8**

Somewhere during the session, ask for a volunteer to role play a resistive student. Or, you can be the resistive student and have someone volunteer to lead you.