

**Work Sample Self Reflection Form**

In relation to your submitted work sample audio please provide a brief response to the following questions: *(Please click the grey area to respond)*

1. **What is Your Change Target?** This target behavior will be used to assess change talk in the session and evaluate the appropriateness of MI for this interaction**.**

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1. **After listening to your session, describe what you see as strengths in your MI practice that are demonstrated in this sample.** Give examples when possible. To help us find this, give us the approximate time when these MI strengths occur on the recording (no more than 150 words).

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1. **After listening to your session, either give an example of an area/s that you might like to see improvement from an MI perspective or a skill area that you would like to focus on building** (no more than 150 words).

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