

PRE-TEST Session 3

Promoting Health Literacy with Free Information and Cool Tools from Your National Library of Medicine

1. An effective way to enable a person to move from information into health promoting action is to _____.

2. Three basic questions to guide an empowering reflective conversation are:

What do you ____? What have you ____? What's _____?

3. *What do you want?* and *How will you know* _____ ? clarifies the person's _____.

4. *What have you got?* clarifies _____. Useful questions are *What is* _____? *What is* _____? *What is* _____?

5. *What's next?* clarifies _____. Useful questions are: What could you: _____ doing, _____ doing, _____ doing, or do _____?

6. A reflective conversation often starts with a _____. What the person cares about, and her motivation to change it, is behind the _____.

7. Asking questions, without giving advice and unsolicited information keeps _____ in charge of the learning.

Empowerment: ability to make a choice and transform that choice into desired actions and outcomes.

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