

## Observer Sheet: OARS

Listen for examples of the interviewer's use of each of the OARS responses. As you hear them, place a hash mark (#) in the appropriate row. Make notes of examples of each type of OARS responses that you heard.

Interviewer Response		Count (hash marks)	Good Example(s)
<b>Q</b> uestions	Open		
	Closed		
<b>A</b> ffirmations			
<b>R</b> EFLECTIONS			
<b>S</b> ummarizations			
<b>R</b> oadblocks/Traps			

**Goals:**

**Goal met?**

1. At least twice as many Reflections as total Questions ( <i>combined</i> Open & Closed).	
2. At least twice as many Open Questions as Closed Questions.	
3. Few Affirmations.	
4. One or two Summaries.	
5. Avoid Advice, Teaching, Confrontation.	