

## PCS Skill Observation Form

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### **Skills:**

1. \_\_\_\_\_

Observations:

2. \_\_\_\_\_

Observations:

3. \_\_\_\_\_

Observations:

### *Some Skills to Listen and Watch for:*

- ◇ Opens the Appointment/  
Sets agenda
- ◇ Asks Permission
- ◇ Affirms participant
- ◇ Asks Some Open-Ended  
Questions
- ◇ Completes most of assessment  
before educating
- ◇ Allows time for participant to  
talk
- ◇ Summarizes what participant  
has said
- ◇ Offers nutrition education on  
appropriate, client-directed  
topics using PCS skills and  
emotion-based language
- ◇ Works with the participant for  
next steps/plan
- ◇ “Spirit” of PCS: shows genuine  
warmth; respectful; accept-  
ing and non-judgmental;  
avoids “should”, “need to”
- ◇ Other?