STAGE OF CHANGE – Precontemplation e-mail:

To Change or Not to Change….That is the Question! This month’s Tip of the Month is all about pro-social change! There are several stages of change according to James O. Prochaska and Carlo Di Clemente (Transtheoretical Model). The first stage is Precontemplation. For a better understanding about this stage, please take a look at the attached Tip of the Month and then read the scenario’s below.

1) Mike is a college student who is struggling with the stress of his coursework. He has been obtaining and nasally ingesting Ritalin (without a prescription) to keep himself awake at night to study. Mike believes Ritalin is not a problem and it is helping him to succeed in school.

Why is Mike’s behavior problematic?

What would you say to Mike regarding his use of Ritalin?

What tools would you use to help Mike become aware of his problem and the possibility of change?

True or False: Giving Mike unsolicited Advice is a good strategy to help him change?

A. True B. False