**Switch to Change WORKSHEET**

Answer each question to script the critical moves for your change behavior. Focus your responses in CONCRETE actions that you can complete within the defined timeline. Remember, uncertainty leads to the resistance! **Contact us at** **HSS.StudentSuccess@unco.edu** **or Call 970-351-3140 with questions, resources, and support.**

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| ***The Change*** | Write the behavior, process, or outcome you want to change. |
| **GOAL** |  I want to study more the next 2 exams than I did for the first one. |
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| **1****Direct the Rider****Set Clear Outcomes** | How will you know when your change is complete? Define the GOAL.  |
|  I will create study schedule for both exams and mark on my calendar if I follow it or not. In the study schedule I will plan on looking at my flash cards and reading my short answer questions for 30 minutes, two-three times per day. |
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| What has worked in the past that you can do more of in the future?  |
|  Last semester I did the best when I created flash cards and practiced with my roommate. This time, I will ask my friend in the class to create flash cards and practice answering the short answer prompts at least twice. |
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| **2****Motivate the Elephant****Building Momentum and Reasons** | How do you currently feel about your goals? How will you feel once the change happens?  |
|  I don’t like studying—and this class is hard. I felt frustrated on the first exam. But I know I didn’t study enough because I crammed the day before. If I spread out the time to study, like I did last semester, I will feel more confident on test day. |
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| How will you break your change into smaller pieces?  |
|   First I need to make the flash cards. Then I need to write down my study schedule. And then set an alarm on my calendar to help keep me on track. |
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| **3****Shape the Path****Set Up Your Space for Success!** | Soon is not a time. When will you start the change? Where does the path lead?  |
|   The next exam is on April 9, so I need to create the flash cards one week before. And the final exam is on May 6, so I need to start reviewing for that 1 week before too. |
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| What are the steps and tools you need to change?  |
|  I need to mark on my calendar when I want to start studying. I can visit my Success Coach to write down my study schedule and help me stay focused. |

 Read the Book: **Switch** (2010) by Chip Heath and Dan Heath, Currency: New York, NY