

Module 3 Activities

Name - _____

Activity 1: Food for Thought

Think about your most recent New Year's Resolution. What was your reasoning for choosing it? Did you follow through with it? Did you meet your goal? Why or why not?

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Activity 2: Engaging in Charitable Acts

Scenario: Let's say you want to make charitable acts more often since you hardly ever make any now as a college student. You have decided to engage in behavioral change to do so. Come up with a few pros and cons of making the change (being charitable). Then analyze these pros and cons as the book has instructed you to do so.

Target Behavior – Increasing Charitable Acts (Step 1)

1. What are the pros and cons for not changing and changing the behavior? (Step 2)

Pro's for Not Changing Behavior	Con's for Not Changing Behavior
1.	1.
2.	2.
3.	3.
Short -Term Pro's for Changing Behavior	Short -Term Con's for Changing Behavior
1.	1.
2.	2.
3.	3.

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Long -Term Pro's for Changing Behavior	Long -Term Con's for Changing Behavior
1.	1.
2.	2.
3.	3.

2. **Analysis 1** - Why are the cons for not changing the behavior stronger than the pros for not changing the behavior? If you were weighing your reasons on a scale, the ones for cons would be heavier than the ones for pros. Be thoughtful in your answer (don't just say, because the behavior is bad, for example).

3. **Analysis 2** - Why are the pros for changing the behavior (short and long term) stronger than the pros for not changing the behavior? If you were weighing your reasons on a scale, the pros for changing would be heavier than the pros for not changing. Be thoughtful in your answer (don't just say, because they are good, for example).

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4. **Analysis 3** - Why are the pros for changing the behavior (short and long term) stronger than the cons (short and long term) for changing the behavior? If you were weighing your reasons on a scale, the ones for pros would be heavier than the ones for cons. Be thoughtful in your answer (don't just say, because they are good, for example).

5. **Total Analysis** - Now look at the results of your three analyses. Which outcome from Section 3.2 is likely to occur? Use the table below to help. **5 points**

Analysis #	Which side won? Put an X on the appropriate line.	
1	_____ Pros of Not Changing	_____ Cons of Not Changing
2	_____ Pros of Not Changing	_____ Pros of Changing
3	_____ Pros of Changing	_____ Cons of Changing

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6. **Process of Change** – Based on your listing of pros and cons for engaging in charitable acts, or just maintaining the behavior of not doing so, consider where you are in the process of change according to DiClemente (i.e. precontemplative, contemplative, action, etc....). If you are at a lower level in this process, what factors would help you move to the action stage?

7. Assuming your **self-efficacy** for engaging in charitable acts is low (say 4 or lower on a scale of 1-10), what can you do to improve it? How does this relate to the levels of learning discussion from Day 1 and to the process of change from Question 6?

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8. How do the pros and cons of changing/not changing the behavior relate to **values**? Which values are most important for engaging in charitable acts?

9. Finally, how would having a fixed **mindset** affect your success at increasing your charitable acts (a behavioral deficit)? How might you change to a growth mindset?

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Activity 3: Self-Reflection

How did what you learned affect your understanding of a desire to make change and having the motivation and knowledge to do so? How did the discussion of values and mindset on Tuesday aid your understanding of the challenges of making a behavioral change?

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