

## Chapter 5

Aiming for Excellence activities for readers

Visit [motivationalinterview.org](http://motivationalinterview.org) to explore resources related to Motivational Interviewing.

Host a watch party to watch Dr. William Miller on Youtube discuss *Motivational Interviewing: Facilitating Change across boundaries*

Organize a meeting among college student personnel professionals on your campus to brainstorm how MI could be used with different types of students.

Host an MI training session on campus to provide information about MI and strategies for implementing MI with students.

Develop a reading group around the Miller and Rollnick book *Motivational Interviewing: Helping People Change*.

Develop a workshop on the Transtheoretical Model of Prochaska and DiClemente that shows practical applications of the stages of change.

Access and review Motivational Interviewing presentations and articles from the *NACADA Advising Resources* page.

Develop a training session on reflective listening that demonstrates the different types of reflections and facilitative listening.

Develop a series of open-ended questions that could be used by an advising professional to explore the disadvantages of the status quo, the advantages of change, the optimism about change, and the intention to change in a variety of advising scenarios.