



Brought to you by:



By:

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What is Change?

Change is a process, act and transition that experienced by an individual due to internal or external factors. Change is something personal and the experience that went through by an individual in their life shapes them and their anticipation towards change. Individuals react differently towards change and require different timeline in approaching change in their respective life.

Understanding the Science of behaviour Change

i) Fuel

- Increase motivation to adopt to new change.
- The 'Why' reason to make change.

ii) Friction

- Anything that makes hard for people adopt to change.

The Elements of Change

1.) Readiness to change:

Do you have the resources and knowledge to make a lasting change successfully?

2.) Barriers to change:

Is there anything preventing you from changing?

3.) Likelihood of relapse

What might trigger a return to a former behavior?

Six Stages of Change



1. Precontemplation

- Not intend to change behaviour.
- In denial and ignorance towards problem.
- Lack of confidence in ability to change due to past experiences in changes.

What to do?

- Analyse your behaviour and actions.
- Assess your current behaviour, risk and consequences.

Six Stages of Change

2. Contemplation

- Intend to change behaviour.
- Able to analyse the benefits of change with challenges and disadvantages which makes them to resist/stuck in this stage.

What to do?

- Identify challenges and barriers towards change.
- Focus on the pros and cons of change.
- Recognise resources that can help you to make change.



Six Stages of Change



3. Preparation

- Planning to change their behaviour.
- Starts with small towards the larger change.
- Taken steps in practising change.

What to do?

- Write down your goals.
- Prepare an action plan.
- Focus on making list of encouraging words and group of supportive people.

Six Stages of Change



4. Action

- Taking actions to accomplish goals.
- Made significant change in behaviour within the last six months which led to different outcome in well-being.

What to do?

- Reward your achievement and accomplishment.
- Appreciate your efforts in making changes.
- Focus on social support and reinforcement in maintaining positive steps towards change.

Six Stages of Change



5. Maintenance

- Taking actions to accomplish goals.
- Continues to change behaviour to prevent relapse.
- Replacing old behaviours with new behaviour.



**CONTINUOUS
IMPROVEMENT**

What to do?

- Reward your achievement and accomplishment.
- Develop coping strategies for temptation.

Six Stages of Change



6. Relapse

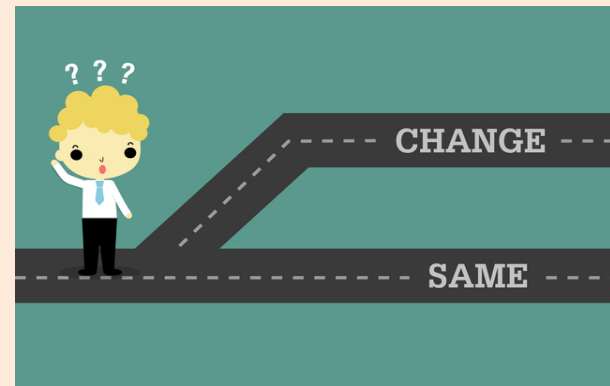
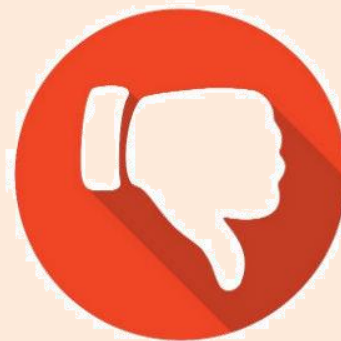
- Feel confident in ability to maintain change but facing challenges by many to reach this state.
- Experience failure, disappointment and frustration.

What to do?

- Identify triggers that lead to success.
- Recognise barriers and reaffirm your commitments to change.

Is Change Good or Bad?

- Teach us **to adapt and build resilience** in facing challenges.
- **Increase self-understanding** by knowing about capability which help us to turn challenging situation into our own advantage. Hence, it's leads to self- growth.
- Lead you towards **out of your comfort zone**. Change leads you to work out of your comfort zone in finding resources and coping strategies in dealing with challenges when your opinions, beliefs, and practice were challenged.
- Provide and **create new opportunity, perspective, approach and practice** to embrace new experience.





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