

BAYLOR

U N I V E R S I T Y

POINT OF CHANGE (Reflection Paper)

You previously had a violation of University policy and have now had a second violation. The purpose of this paper is to help identify what resulted in you getting to this point and what you believe must occur in order to avoid having another violation which could result in your suspension or expulsion from Baylor. **Please answer the questions below on a separate sheet of paper. The journal should include your name, the type of incident you were involved in, the date, and must be typed.**

1. What do you believe influenced you the most to make the choices that led to this second violation?
2. What do you believe would motivate you to make different choices in the future as they relate to the behavior that resulted in your violation?
3. How confident are you in your ability to succeed at making changes that would keep you from having another violation?

Listed below is a chart that represents the *Stages-Of-Change* model.* Please review the stages of change and the characteristics of each stage, and then answer these questions:

4. Which stage do you believe you were in when you were involved in your second violation?
5. Do you believe you are in a different stage at this time? If so, why?

STAGE	CHARACTERISTICS
Precontemplation	The person is not even considering changing. Or they may have tried unsuccessfully to change so many times that they have given up.
Contemplation	The person is ambivalent about changing. During this stage, the person weighs benefits versus costs or barriers (e.g., time, expense, bother, fear).
Preparation	The person is prepared to experiment with small changes.
Action	The person takes definitive action to change behavior.
Maintenance	The person strives to maintain the new behavior over the long term.

*Source: adultmeducation.com; Zimmerman et al., 2000; Tabor and Lopez, 2004

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