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Motivational Interviewing in Schools: Conversations to Improve Behavior and Learning

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Online Book Study | June 4-29, 2018

This interactive, guided online book study provides a forum for school leaders to explore, in theory and practice, motivational interviewing (MI) as a practice to improve behavior and learning. Over a four-week period from June 4 to 29, participants will become familiar with the skills of MI and application to K-12 student conversations about behavior change.

What is MI? It is a style with a set of skills used to have conversation in which the student voices the case for change. MI comprises skills and strategies that can make brief conversations about any kind of behavioral, academic, or peer-related challenge more effective. Extensive sample dialogues bring to life the “do’s and don’ts” of talking to K-12 students (and their parents) in ways that promote self-directed problem solving and personal growth.

Each week participants will be expected to complete the assigned reading, respond to one or more prompts posted by the facilitator on the group’s Moodle, and engage with co-participants in discussing the application of motivational interviewing in the school setting.

Participants in the online book study will:

- Week/Part 1: Define motivational interviewing; discover the 4 processes, practice evoking, and utilize the E-P-E framework for providing information.
- Week/Part 2: Show how the skills of MI can improve conversation outcomes with students and parents. Discuss traps to avoid including the righting reflex.
- Week/Part 3: Take a closer look at the application of MI to four situations, bullying, working with at-risk students, dropout prevention, and post-secondary transitions.
- Week/Part 4: Plan how to practice and develop your MI skills; and how you might integrate MI in your schools.