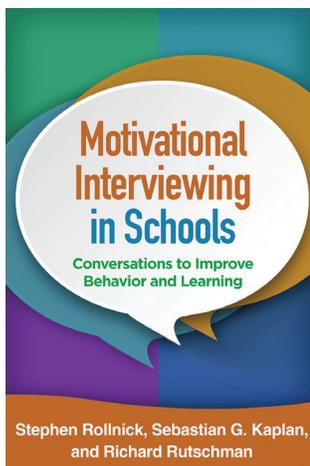


Motivational Interviewing in Schools

Conversations to Improve Behavior and Learning

Stephen Rollnick, Sebastian Kaplan & Richard Rutschman (2016). Guilford Press.



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Opportunities for students to become intrinsically motivated to change

This book was written as a resource for K-12 teachers and education professionals as a guide for how everyday interactions with students can provide opportunities for students to become intrinsically motivated to change. This book was written to be an introduction to motivational interviewing (MI) for educators, to facilitate how to lead brief conversations about any kind of behavioral, academic subject, or peer-related challenges toward a positive outcome. Throughout the book are sample dialogues that bring to life how to talk to students (and their parents) and what not to do in ways that promote self-determined problem solving. It provides educators with a refreshing way to: nurture the growth mindset (Dweck), enhance intrinsic motivation to be engaged in school, integrate it as a tool for non-punitive restorative discipline practice, help build a caring-trusting school community and help students think about their future. It includes learning exercises and reflection questions.

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