

Module 7 v Activity 4 v ORGANIZATIONAL SKILLS

Activity: Handling Change

Materials Needed: Paper, pen

Directions: Recall two or three major changes in your life. These may have been either positive or negative. These changes might have been "leaving the nest" (leaving home to marry and begin your own life), changing your lifestyle to accommodate the changes required by a baby, going back to school after being away from the academic environment for a long time, or other occasions that may have been traumatic or joyful.

For each of these events, write down the positive and negative factors involved in the changes encountered. Then think about how you handled each of them. You will probably see with hindsight how you may have handled some of them differently and might have even found a different change to have resulted. This exercise is not meant to cause you to have guilty feelings but should let you think about how you tend to respond to change. Some of us naturally resist change; others grasp change with open arms. Whichever person you may be, you can handle it if you stay cool and avoid impulsive actions and decisions, accept change as inevitable, and consider options to which you may have to respond.