

The Transtheoretical Model (Stages of Change)

Crucial for understanding and assessing an individual's readiness to act and integrate new behaviour. It is a cyclical pattern of human behaviour that a student may have difficulty remembering when learning...

- **The Mnemonic Acronym:** Please Can People Act Mature?
- **What it triggers:** Precontemplation, Contemplation, Preparation, Action, Maintenance.

The student can draw a staircase (or a cycle) using just the first letters:

[M]

[A]

[P]

[C]

[P]

A graphic representation of a model with single-letter triggers prompts the sequence without defining what happens during "Contemplation" vs. "Preparation."

The Generalist Intervention Model (GIM)

A 7 step planned change process that is used by social workers across micro, mezzo and macro levels.

- **The Mnemonic Sentence:** Every Appropriate Plan Involves Empowering The Family.
- **What it triggers:** Engagement, Assessment, Planning, Implementation, Evaluation, Termination, Follow-up.

How it could look on the Approved Memory Aid:

GIM Sequence: E → A → P → I → E → T → F

If an exam question asks, "During which phase do you contract with the client?", the letter **P** triggers "Planning," but the student has to have studied the material to know that contracting happens in that phase.