

MasterMind Group Meeting 9/20/18

We completed the Team Charter for this MMG.

MasterMind Group Meeting 9/25/18

Agenda

1. Get to know each other....
 - a. Emma - Major: Marketing, Eldest of 3 sisters, Fav food: Kraft Mac n cheese, Certified in scuba diving, going to Lux next semester
 - b. Adam - Major: Finance, older brother (Notre Dame) + two younger sisters, Fun fact: 6 time world champion in juggling (7 minute mile while juggling 3 balls), going to lux next semester
 - c. Leah - Major: Theatre + Arts Management major, from near Kings Island, senior (Grad in December), Transferred from Belmont (Nashville), Fun Fact: Scuba Diving (Mexico) + Stouffers Mac n cheese, Lived in London for 2 weeks
 - d. Michaela - Major: Computer Science, 4 sisters + 4 brothers, Fun fact: Esport / Twitch
2. What challenges are you having with your work/life for which you want to consider solutions?
What problems are you having in your classroom/department that you want to discuss?
 - a. Emma - Trying to figure out values; Understand personal brand (StrengthsFinder 2.0)
 - b. Michaela - Still trying to find my personal brand, balancing time between hobbies/work/class
 - c. Adam - Learn how to live without mom, forgetting important tasks; Working on organization
 - d. Leah - Elevator Image Crit

Ending The Meeting

1. Create the next steps
 - a. Create a vision of where you are in 3 years
2. Commitment to what will be completed next session
 - a. Michaela - Watch my vitamin C levels / Health
 - b. Emma - Printing out the syllabus / Find one of my main values by next week
 - c. Adam - Start using planner / Stop hiding problems from mom
 - d. Leah - Printing out the syllabus / Doing the readings / Being more on top of the work

Inspire a Shared Vision

INSPIRE A SHARED VISION:

Our MasterMind Group will be a place to collaborate, ask questions, inspire creativity, and share ideas. We will strive to hold each other accountable and to maximize each others' potential by reinforcing class concepts. We want to create a positive learning environment and a safe space by deferring our voices of judgment and encouraging the heart. Finally, our MasterMind Group meetings will be stress-free zones, and we will always try to have fun and support one another fully.

MasterMind Group Meeting 10/1/18

Agenda

1. What was your commitment from the end of last meeting and how did it go for you this week?
 - a. Emma - Hasn't printed out syllabus yet
 - b. Leah - More on top of assignments
 - c. Adam - Using planner more, and trying to not rely on mom as much
 - d. Michaela - No longer sick
2. What's working, and what's not?
 - a. Emma - Working on the C4 assignment. What else do I need, what's missing?
Wants to find best way to form deliverable
 - b. Leah - Working w/ elevator image
 - c. Adam - Good at writing stuff down in classes, but not reading what's been written down
 - d. Michaela - Struggling with ideation w/ C4 + Elevator image
 - i. Finding ways to convey adaptability
 1. Being somewhere that you wouldn't normally be
3. What superpowers do you have that can be applied to this challenge?
 - a. Emma - Value: Authenticity
 - b. Leah - Value: Positivity (other things, still exploring), Faith, Integrity, Relationship/Community, Service/Helping
 - c. Adam - Value: Fun
 - d. Michaela - Value: Adaptability

Ending The Meeting

3. Commitment to what will be completed next session
 - a. Michaela - C4 turned in, Readings completed
 - b. Emma - Be excited about C4 deliverable
 - c. Adam - Continue to use planner / laptop app, clean bedroom (try to keep it clean), Have fun w/ mom, Make a clean song
 - d. Leah - Caught up completely on work, have C4 experience done, have fun at startup weekend
 - e. Group Commitment: Better understand values
 - i. Personal manifesto

MasterMind Group Meeting 10/8/18

Agenda

1. What was your commitment from the end of last meeting and how did it go?
 - a. Leah - Finalizing C4
 - b. Adam - C4'd a roast
 - c. Emma - Turned in C4 with enthusiasm
 - d. Michaela - I turned in my C4
2. What's working and what's not?
 - a. Leah - Need to balance time
 - b. Adam - Not writing stuff down, Planner, Comeback week
 - c. Emma - Low motivation, putting too much time into things that aren't necessary, comeback week
 - d. Michaela - I'm not planning properly

Ending the Meeting

1. Commitment to what will be completed next session
 - a. Emma - Plan portfolio
 - b. Michaela - Strengths test, Portfolio, Get caught up
 - c. Adam - Continue prepping for roast, Get a planner, Get a caught up, Start on portfolio, Finalize C4
 - d. Leah - Get caught up

C4

1. Birthday
 - a. Jason + Dad visit
2. Halloween costume

MasterMind Group Meeting 10/15/18

Agenda

1. What was your commitment from last meeting and how did it go?
 - a. Leah - Still catching up on assignments
 - b. Adam - Got the planner, getting organized, still getting caught up in class, start thinking about portfolio, had a roast (went extremely well) -> practiced empathy by checking with friend before hurting feelings
 - c. Emma - Comeback week is starting up. Need to prioritize values more
 - d. Michaela - Caught up with all assignments. Still working on ways to present deliverables
2. What's working and what's not?
 - a. Leah - School finally feels right -> Very validated in life choices
 - b. Adam - Emotion journal is really helping to visualize feelings, need to start raising self esteem
 - c. Emma - Prioritizing school assignments
 - d. Michaela - Need to find more time for fun

Ending the Meeting

2. Commitment to what will be completed next session
 - a. Leah - Get homework done -> put aside social interaction
 - b. Adam -
 - i. Stop drinking -> until halloween weekend
 - ii. Wasting too much time by drinking away anxiety problems
 1. Using it to remove pressure
 - iii. Worries more about making others happy rather than himself
 1. Find inner peace
 - iv. Putting things into perspective
 - v. Prioritize school work
 - vi. Trust people
 - vii. Love yourself
 - c. Emma - Get a journal, spend more time outside, hang with dad

- d. Michaela - Empathy map on dad during lunch

MasterMind Group Meeting 10/23/18

Agenda

- 3. What was your weekend?
 - a. Leah - Relaxing weekend, worship night. Prayer retreat. Caught up on two classes. Appreciated nature via hammocking
 - b. Adam - Not too great -> super sober.
 - c. Emma - Dad came for Dad Weekend. Started journaling. Being more relaxed about attitude towards grades
 - d. Michaela - Got proposed to <3
- 4. What's Working and What's Not?
 - a. Adam - The class is making a large impact on daily life
 - b. Emma -
 - c. Leah -
 - d. Michaela -

Ending the Meeting

- 3. Commitment to what will be completed next session
 - a. Michaela - C4 telling family about proposal
 - b. Adam - Running for PR chair for frat
 - c. Leah - Be fully present at B-day and halloween celebrations
 - d. Emma - Journaling more
 - e. All - List 3 things you're grateful for

MasterMind Group Meeting 10/29/18

Agenda

- 5. How'd your commitment go?
 - a. Leah - Great birthday week. Didn't stress about responsibilities. Family visited campus.
 - b. Adam - Speech was funny, and overall went well. Didn't get PR because of DQ. Working on personal brand and discovering values. Values don't align with what they used to be in high school -> Aren't true to him as a person (need to regain happiness). Reprioritizing actions.
 - c. Emma - Journaled. Working towards portfolio. Starting on elevator image

- d. Michaela - Told BF about proposal, waiting to tell fam
- 6. What's Working and What's Not?
 - a. Adam - The class is making a large impact on daily life; Finding room to be more self reflective
 - b. Emma - Working on personal branding, getting closer to end goal
 - c. Leah - Wrote thank you notes to work on value: Being grateful
 - d. Michaela - Need to catch up on work again

Ending the Meeting

- 4. Commitment to what will be completed next session
 - a. Michaela - Need to complete LPs, do yoga, more gratitude stuff
 - b. Adam - Continue journaling, be present at social events, speak to people more, being more open
 - c. Leah - Take time to work on portfolio -> Want to get a grasp of what tools need to be better understood -> Create portfolio
 - d. Emma - Work on elevator image and journal. Clear mind -> yoga + meditation
 - e. All - Go to see sunrise (10/30)