

CORE Group Leader Agenda
November 16th, 2015
9:00pm
Week 10

Bonding & Reflection

CORE Group Leaders should remember that this document is intended to be an outline and not a script to be read to your group. Your role is to facilitate a discussion on the topic and provide a forum for discussion and questions. The questions below are meant to serve as conversation starters and can be used in whatever order feels most natural to an individual group's conversation.

Establish ground rules for the conversation: be respectful, don't share other people's stories, no one is forced to share or participate, be an active listener, be supportive support, don't pass judgment, etc. Like with all of the CORE discussions, remember that there is no forced participation. CORE leaders and members are able to determine what level of sharing is right for them. All levels of participation are appreciated.

Be sure to talk about appropriate campus resources as they are relevant to the conversation, and do try to save room for Highs and Lows (or something similar).

Learning Outcomes (aka the message you are trying to get across to your CORE group members)

After tonight's discussion, CORE group members will:

- To acknowledge and appreciation the connections made in the CORE groups over the course of the term.
- To reflect on the ways the CORE program has been a positive influence in their first term of college.

Activity: Pick your Favorite! (Full activity outlines attached)

- Touch Someone Who
 - Group sits in a circle, facing outward. A small portion of the group stands inside the circle and touches applicable group members as the facilitator reads off from the statements list.
- What You Don't Know
 - Each group member has a piece of heavy paper taped to her/his back. The group roams around the space, writing positive reinforcements/observations about the other group members on their backs. Once everyone has had a chance to write comments on all the papers, individuals can read what others wrote about them.
- Web
 - Group sits in a circle, and the facilitator starts with a large ball of yarn. The facilitator tosses the yarn ball to a group member who is not seated directly adjacent while maintaining grip on the end of the yarn string and says a positive reinforcement/observation about the person who receives the yarn ball. The process repeats until everyone in the circle is holding the yarn string twice, creating a web of positive connections between the group members.
- Others?

Discussion: Reflection

- Utilize the reflection questions at the end of the selected bonding activity.
- How has involvement in CORE been positive for you this term?
- How are you feeling about your second term of freshman year?
- How can we bring the good vibes of this term into the CORE experience next term?
- How can we be sure to stay connected next term?
- How can we stay connected over winter break?

Additional Referrals and Resources:

- Counselling Services can assist with depression, anxiety, transitions, and support in general
- RLA/RHD can assist with hall and roommate issues
- Office of Multicultural Affairs can assist with providing the resources necessary for all students to express and explore culture and identity.
- RHD on Duty 920-419-6596 or Security 920-832-6999 to report something that seems unsafe
- Counselling Services can assist with depression, anxiety, transitions, and support in general
- Office of Multicultural Affairs can assist with providing the resources necessary for all students to express and explore culture and identity.
- International Student Services can assist with cultural transitions and adjustments
- Student Academic Services, located on the 1st floor of Briggs, can help with academic accommodations, working with faculty and /or advisors, honor council, etc.
- Center for Teaching and Learning (CTL) can assist with making faculty connections, tutoring, time management, test taking and study skills, etc.
- Volunteer and Community Service Center (VCSC) can help with making connections and establishing relationships beyond the campus borders. Service projects can be a one-time project or on-going.
- Dean of Students Office or Campus Life office can help with general policy questions, or questions that don't tend to fit into other areas

If through your conversations you learn that someone is really struggling with something or they seem to not be connecting to anyone here on campus let your CORE coordinator or me know that so that we can do some follow-up.