

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

Transitioning Home and Finals

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 reflectively think about the realities of returning home after a first complete term of college.
- To prepare for the first round of finals.
- Self-reflect on challenges, opportunities, and goals for next trimester

Activity Option 1: Masks (Medium Trust)

- CORE Leaders will distribute at least two mask templates to each group member
- Group members should use at least one mask template to depict their "Lawrence self" or a layer of their "Lawrence self", and at least one other mask template to depict their "Home self" or a layer of their "Home self."
- Once group members have completed their artistic expressions, ask for volunteers to share what they drew.

Activity Option 2: Reflection: Write a letter to future self (winter term) (Low Trust)

- Reflect on what you've learned about yourself during this first trimester of college
- Think about things that have gone well and things you would like to change
- Write a letter to your future self in winter term, anything you would like to remind yourself (advice, words or wisdom, etc.). Write the letter and seal in envelope with name and SPC.
- CORE Leaders will gather the letters, keep them safe, and then campus mail during Mid-Term reading period winter term (or spring term if preferred)

Discussion: Transitioning Home

- How does it feel to be almost done with the first term of college?
- What about six weeks away from this place is exciting for you?
- What about six weeks away from this place is hard to wrap your head around?

- How do you feel different now than you did at the start of the year?
- How do you think the natural changes of a first term of college will feel when you return to your homebase?
- What are some ways you can stay connected to Lawrence while you're on break?

Campus Resources:

- **Wellness Center**
 - General overview of Wellness Center: <http://www.lawrence.edu/students/wellness/wellness>
 - Activities and Services: <http://www.lawrence.edu/students/wellness/wellness/activities>
 - Intramurals: <http://www.lawrence.edu/students/wellness/intramurals>
- **Counselling Services:** can assist with depression, anxiety, transitions, and support in general
- **RLA/RHD** can assist with hall and roommate issues

Additional Referrals and Resources:

- 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.