

## FYE Weekly Schedule

October 5, 2020

FYE Schedules are to be used as a guide. Each group dynamic might necessitate a different topic or conversation from that which is scheduled. The guide should be used in conjunction with the FYE objectives.

	Week Starting	Time	Event	Topic
Week 3	8-Oct		Small Groups	Introductions. Who am I? What grounds me?
	10-Oct		World Mental Health Day	
Week 4	15-Oct	2pm	Open Session - Opening Ceremony	Winning with UWI
Week 5	22-Oct		Small Groups	Anxiety Can be Tamed/Mood Management
Week 6	29-Oct		Small Groups	Self Management - Time, Resources, Organization
Week 7	5-Nov		Small Groups	Goal Setting - What's my end goal? What plays do I take?
Week 8	12-Nov		Small Groups	UWI Support Resources
Week 9	19-Nov	2pm	Open Session	"I AM YOU" - Different Yet the Same
Week 10	26-Nov		Small Groups	Stillness & Movement for Relaxation
Week 11	27-Nov		TEACHING ENDS	
Week 11	29-Nov Mental Health Festival			Anxiety, Stress, Mood, Psychological Disorders, Fear
	January		Outreach Projects	
Week 1	14-Jan	2pm	Open Session (Large Group Session)	Living with Optimism, Aiming High
Week 1	21-Jan		Small Groups	Learning Styles & Study Skills
Week 2	28-Jan		Small Groups	Exploring Values & Self Love (Individual & Group Identity)
Week 3	4-Feb	2pm	Open Session	Increasing your Inter-relational strengths
Week 4	11-Feb		Small Groups	Self Care - Nurturing Your Spirit, Watering your soul
Week 5	18-Feb		Small Groups	The Pursuit of Perfection
Week 6	25-Feb		Small Groups	Am I pursuing the right studies?
Week 7	4-Mar	2pm	Open Session	Finding Your Voice
Week 8	11-Mar		Small Groups	Safety & Security in Online Spaces
Week 9	18-Mar		Small Groups	Stress Management
Week 10	25-Mar		Small Groups	Coping with changes & Transitions
Week 11	1-Apr			Closing Ceremony & Awards
	9-Apr		TEACHING ENDS	

### **Events to Be Added**

1. Intercampus interactions
2. Lymes
3. Game Nights

### **Other Topics Which Students Might Be Interested in**

1. How to remain productive
2. Getting along with family
3. Intimate relationships in COVID
4. Journalling

### **FYE Special Sessions**

There have been several requests for special sessions for first years. We are likely to host those on Sundays. Offices requesting special sessions are:

1. Counselling Unit – Journalling Workshop
2. The UWI Library
3. Placement & Career Services
4. Academic Support Unit
- 5.

### **NB:**

The schedule is a guide. Except for the Open Sessions (Large group sessions where all students meet), days and times and topics are flexible. Sessions should be fun with games and activities incorporated. During the week, and in between sessions, bonding should continue.