**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.

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|  | **Week Starting** | **Time** | **Event** | **Topic** | **Speakers/Presenters/Guests** |
| 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 | Senator Gabriela Morris |
| Week 5 | 22-Oct |  | Small Groups | Anxiety Can be Tamed/Mood Management | Group Dependent |
| Week 6 | 29-Oct |  | Small Groups | Self Management - Time, Resources, Organization | Group Dependent |
| Week 7 | 5-Nov |  | Small Groups | Goal Setting - What's my end goal? What plays do I take? | Group Dependent |
| Week 8 | 12-Nov |  | Small Groups | UWI Support Resources | Group Dependent |
| Week 9 | 19-Nov | 2pm | Open Session | "I AM YOU" - Different Yet the Same | Jodi-Ann Quarry |
| Week 10 | 26-Nov |  | Small Groups | Stillness & Movement for Relaxation | Group Dependent |
| Week 11 | **27-Nov** |  | **TEACHING ENDS** |  |  |
| Week 11 | 29-Nov Mental Health Festival |  |  | Anxiety, Stress, Mood, Psychological Disorders, Fear | JamHan, JASL, Counseling Unit, Kai Morgan, etc |
|  |  |  |  |  |  |
|  | **January** |  | **Outreach Projects** |  |  |
| Week 1 | 14-Jan | 2pm | Open Session (Large Group Session) | Living with Optimism, Aiming High | Dr. Shalette Ashman |
| Week 1 | 21-Jan |  | Small Groups | Learning Styles & Study Skills | Group Dependent |
| Week 2 | 28-Jan |  | Small Groups | Exploring Values & Self Love (Individual & Group Identity) | Group Dependent |
| Week 3 | 4-Feb | 2pm | Open Session | Increasing your Inter-relational strengths | Mr. Gordon Swaby |
| Week 4 | 11-Feb |  | Small Groups | Self Care - Nurturing Your Spirit, Watering your soul | Group Dependent |
| Week 5 | 18-Feb |  | Small Groups | The Pursuit of Perfection | Group Dependent |
| Week 6 | 25-Feb |  | Small Groups | Am I pursuing the right studies? | Group Dependent |
| Week 7 | 4-Mar | 2pm | Open Session | Finding Your Voice | Dionne Jackson Miller & Clyde Williams |
| Week 8 | 11-Mar |  | Small Groups | Safety & Security in Online Spaces | Group Dependent |
| Week 9 | 18-Mar |  | Small Groups | Stress Management | Group Dependent |
| Week 10 | 25-Mar |  | Small Groups | Coping with changes & Transitions | Group Dependent |
| Week 11 | 1-Apr |  |  | **Closing Ceremony & Awards** |  |
|  | **9-Apr** |  | **TEACHING ENDS** |  |  |
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**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

**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.