

## Final Group Check-In Model

Ice-breaker activity:

### One Word

**Items required:** None, can be done via Zoom if required (best done in groups of 8 or less)

**Purpose:** To help students “loosen up” and stimulate creativity.

**Instructions:** Provide the group with a topic, some ideas include:

Working from home  
The end of term  
Feeling successful  
Virtual meetings

If the group is larger than 8, split the group up into groups about 5 each. The group decides on an order to speak in (the group leader can simply assign numbers to each person, or they can go by birth month order). The first person says one word (the first word in a sentence about the given topic). The next person continues with another word. If the sentence is incomplete when the last person says their word, the first person can say another word and it continues until it's complete. Eventually the group creates a whole sentence. i.e. Working from home: I/really/find/it/difficult/working/ from/ home.

Depending on time, you can provide a few different topics and see what they come up with. You can also reverse the order of speaking or mix it up in other ways.

Activity:

### Map Your Journey!

**Items Required:** 8.5" x 11" Paper, coloured makers and tape or sticky tac

If this is being done online, you can use the handout on the last page of this document and they can do the activity in a word doc instead of on paper.

**Instructions:** This activity is to get students reflecting on their progress throughout the term and to help them to visualize how far they've come in terms of their progress towards achieving their goals.

Students draw a map or diagram to tell a story about their overall progress. Ask them to focus on 2 – 3 of the goals they set for themselves and to “map them out”.

Some ideas on how to represent things in their drawings:

- **Journey:** A staircase or a ladder, zig-zag path, trail up a mountain, a treasure map
- **People:** Stick people or emojis
- **Skills:** teamwork: holding hands, positive motivation: “+”, written communication: a mouth, verbal communication: a pen or a keyboard etc.
- **Challenges:** could be written in words or shown as a brick wall or a ditch or other obstacle

Encourage the students to be creative.

Once completed, they stick it on the wall and then take turns sharing them with the whole group.

## Purpose:

- ✓ Students have the opportunity to share their experiences with their peers.
- ✓ Students see the journey that others have taken and will be able to see similarities in their experiences.
- ✓ Students will reflect on their skills and be able to better visualize how far they've come.
- ✓ Students will begin thinking about what their future plans might be, based on their achievements.

**Online Modification:** Use the handout on the last page of this document as instructions for students to complete the exercise. They can then open a word doc to create their drawings instead of on a piece of paper. Students can take turns sharing their screens and explaining their journey to the rest of the group.

## Guest Speaker:

You may want to have a guest speaker if time allows – here are some thoughts on departments you may want to reach out to:

- Learning skills
- Career Centre
- Talent and Acquisition

## Wrap-up:

- Ask the students what they thought and felt about the session and their experiences this term.
- Ask them to provide you with feedback (create a form) on their experience working in your department. What things they enjoyed and also what things might have made it easier for them to achieve their goals.
- Ask them to think about their future plans and if their experience this term has changed their path.
- Leave them with an inspirational quote.

Ideas:

"Do not wait; the time will never be 'just right.' Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along." —*George Herbert*

"Press forward. Do not stop, do not linger in your journey, but strive for the mark set before you." —*George Whitefield*

"The future belongs to those who believe in the beauty of their dreams." —*Eleanor Roosevelt*

"There will be obstacles. There will be doubters. There will be mistakes. But with hard work, there are no limits." —*Michael Phelps*

## Map your Journey!

*Visualize your progress:*

Choose two or three of the goals that you set out to achieve at the beginning of this term. Draw a map or diagram, (by inserting images or using the drawing tools) of the “journey” you have taken this term to progress towards achieving these goals. Don’t worry if it’s rough or not perfect – this exercise is to help you note how far you’ve come, not to prove your artistic skills!

Some ideas on how to represent things in your drawing:

- **Journey:** A staircase or a ladder, zig-zag path, trail up a mountain, a treasure map
- **People:** Stick people or emojis
- **Skills:** teamwork: holding hands, positive motivation: “+”, written communication: a mouth, verbal communication: a pen or a keyboard etc.
- **Challenges:** could be written in words or shown as a brick wall or a ditch or other obstacle