

Becoming YU

First Group Check-In Model

Group checkpoints allow students to practice their networking skills, collaborate with and help each other find meaningful ways to accomplish their goals, and receive feedback from their peers. Icebreakers are an excellent way to help mentees to get to know each other while having fun. These activities have been modified to suit an online environment.

Online Icebreaker Activity

Introduction Game

Purpose:

- For students to get to know each other and introduce themselves to the team.

Instructions:

- Have everyone set their Zoom into gallery view so they are able to see everyone all at once. The coach starts off by introducing themselves and sharing one fun fact. They will then choose the person who will go next.

Group Goal Jam

Resources:

- Some kind of brainstorming tool such as Google Jamboard, Idea Wall, Trello or Miro.

Purpose:

- For students to share their goals/objectives and get feedback on how to achieve their goals/improve their skills.

Instructions:

- Depending on the brainstorming tool that the coach has chosen, mentees are invited to share their goals/objectives on the chosen brainstorming tool. Each student reads their goal/objective one by one and explains how they plan on achieving their goal. After the student reads their goals, have the others add their suggestions on ways that student might work on that goal. At the end of the activity, students will have a stack of ideas on how to develop their goals/objectives. There will act as additional resources to help build their skills.

Some ideas on questions to ask to get the person talking:

- What are some challenges you expect to find?
- What skills would you like to work on, and what can you do to achieve them?
- How do you plan on using these skills during your experience?

Wrapping Up

Answer any questions your students may have. Make it clear to the students on how to get in touch with you if they require support or more feedback.

Introduce them to the Becoming YU website if they are unfamiliar as there are a lot of answers and resources there for them (becomingyu.yorku.ca).

End by giving them something to think about e.g. *"As you begin your experience (position/role) think about how the tasks you are completing relate to your goals; hopefully, you will have at least one thing that you are doing in each shift that is helping you to achieve one of your goals."*