

7. GROUP PLAN FORMAT

Co-leaders Kerry and Jenson Date: 3/6/97 Time: 1 - 2 pm

Objectives:

1. Trust Building
2. Develop group and personal goals
3. Practice norm of personal sharing

Procedures:

| Time: | Who: | What: |
|--------|--------|--|
| 5 min | Kerry | Breathing and Centering |
| 5 min | Jenson | Check In |
| 20 min | Jenson | Encourage open discussion - start with question "How have you solved problems in your life? - How does your family usually solve problems? How is that changing for you now that your in college?" |
| 20 min | Kerry | What do you want from this group Specifically ask members to 1) Is there a problem they have they would like help with? 2) Is there something they want to change about themselves? 3) Is there something they would like to give to other members of the group? |
| 10 min | Jenson | Closure - toss ribbon to each person as they check out to show our connectedness • Assignment for next week - write a letter to yourself answering the questions above. |

Materials:

envelopes to seal letters to self assignment in

GROUP PLAN FORMAT

Co-leaders: Tiffany & Mary Date: 3/12 Time: 9:00-10:30

Objectives:

- list objectives*
1. develop and work on establishing group cultural and a safe and trusting environment
 2. Use assessment tool that will allow individuals to start practicing the norm of self-revealing
 3. To have members listen to other group members and start feeling comfortable w/ one another and the sharing process.

PROCEDURE:

TIME:

9:00-9:15

WHO:

Tiffany

9:15-10:30

Mary &
Tiffany

10:20-10:30

Mary

WHAT:

① check-ins, see how members are doing

② True Colors assessment. Talk about each persons color and preferred way of interacting and do the reframing exercise
(what we like and do not like about people w/ other colors)

③ check-out

Closure of group

MATERIALS:

True color assessments
and interpretation materials
pens, pencils