

Suggested small group meeting SEL activities

Week	Focus	Suggest Activity(ies)
1	Student-Student and Advisor-Advisee relationships	<p>“Life Story”</p> <ul style="list-style-type: none"> ● Fold paper into six squares and label: 1-favorite book, 2-musical group you want to spend a day with, 3-childhood memory, 4-adult you respect, 5- an activity you have never tried but want to, 6-an ideal job or career ● Give time for students to write/draw in each box. Then counselor shares #6 and then everyone shares #6. Choose (or roll dice) another box to share with the group. Collect and keep for another time. <p><i>Modified from Benson et. al (2018)</i></p>
2	Assertiveness/ Communication	<p>“Artful Communication”</p> <ul style="list-style-type: none"> ● Each student gets an Info Exchange Question Card. Give them time to think and then they will pair with a partner, take time reading and discussing each prompt. After a few minutes, students exchange cards, and find another partner. Repeat. ● Ask for volunteers to discuss their “take-aways”. You may want to make a record of their responses on a poster and/or document. <p>“Positive Assertiveness 101 & 102”</p> <ul style="list-style-type: none"> ● Have students complete the LSF Chart on “Positive Assertiveness”. ● Gallery Walk for all LSF charts ● Reflection: “Think about your daily interactions with your peers. What concrete actions can you do to ensure you’re really treating others???” <p><i>Modified from Benson et. al (2018)</i></p>
3	Time Management	<ul style="list-style-type: none"> ● Discussion: Do you feel like you were able to meet your needs these first two weeks? Are you feeling overwhelmed or stressed? Are you getting enough sleep? Enough time to eat? ● Build a YSP Schedule <ul style="list-style-type: none"> ○ Counselor goes over the two different schedule types <ul style="list-style-type: none"> ■ Hourly Schedule ■ Block Schedule ○ Counselors show examples and send scholars templates so they can make their own (digital or on paper). **Make sure to stress that these are

		<p>just a few ways of managing time and that scholars should find what works for them.**</p> <ul style="list-style-type: none"> ○ Scholars get time to work on this and to get feedback from peers and/or counselors. ○ Templates are only to help scholars get started. They may already be using other methods of time management. This activity is to make a YSP-specific time management process with these systems or systems they have been using.
4	Feedback and Reflection	<p>OpenSciEd Peer Feedback Reflection (maybe have research groups give feedback as well) Discuss “Next Steps”</p>
5	Stress	<p>Metaphorically Speaking: What is stress?</p> <ul style="list-style-type: none"> ● Counselor reads quote of the day: “Stress is the trash of modern life-we all generate all generate it but if you don’t dispose of it properly, it will pile up and overtake your life” - Danzae Pace, writer ● Ask students to make their own metaphor or simile for stress ● Display all metaphors (digitally or on a poster) and have students star or initial metaphors that they relate to. <p>Take a step back</p> <ul style="list-style-type: none"> ● Announce: There are many factors that can contribute to stress. Some may be external (such as a traumatic event) and some may be internal (such as anxiety). While you can’t control all factors that lead to stress, there are ways to manage them. Think of some external and internal factors that might cause someone stress. (individual or partner brainstorm) ● Post chart paper around the room with headings: Symptoms of stress, External Factors, Internal Factors, Positive Strategies. Scholars write down their ideas on each chart. ● After, scholars will meet in partners to review one of the charts. They will then “star” which factors people have control over (being disorganized) and circle which factors people don’t have control over (death of a loved one). Each group summarizes their findings to the whole group <p>Finding Support</p> <ul style="list-style-type: none"> ● Counselor reads out quote: “Ask for help, not because you are weak, but because you want to remain strong.” - Les Brown, Author, Motivational Speaker.

		<ul style="list-style-type: none"> ● Ask scholars what this quote means to them and give them time to discuss with partners. ● Scholars will then create a “Word splash” (example) of people at YSP and outside of YSP who could help them if they are experiencing stress. Scholars can present to the research group. (Can also be displayed in lounge or counselor office) <p><i>Modified from Benson et. al (2018)</i></p>
6	Reflect and Celebrate	<p>Each scholar gets a piece of cardstock and they will write their name in the middle of their paper (not too big). Scholars will sit in a circle and will pass their papers after a certain amount of time. Scholars will write a quick note onto the person whose name is on the cardstock. The scholars will end up with a note from every other scholar (and maybe counselors?)</p>