

Moving On Up: Life After College  
Group Co-Lead Session 3  
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REH 380  
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Dr. Jewel Jones

## **Moving on Up: Life After College**

**Names:** Kaitlyn Virgin, Rylee L'Italien

**Type of group:** Support Group

**Name of your group:** Moving On Up: Life After College (Uncertainties)

**Population serving:** Upper level college students in Human Services Profession.

**Characteristics of population:** Males and females, ages 20 and up.

**Overall Group Goals:**

- Develop skills in order to positively cope with next steps in life. Instill confidence to work towards next steps in life.
- Develop directions in order to move forward with life after UMF.
- Connect and become familiar with group members with similar issues
- Process emotional reactions concerning next steps with peers.

**Session goals:**

- Gain clarity on issues brought up during session. Coming to terms with this uncertainty.
- Master coping skills on how to handle future uncertainty.
- Meaningful participation from all group members in order to create connections amongst peers experiencing similar feelings of uncertainty.

**Leadership qualifications:** For the success of this group leaders should be educated on the topic at hand as well as the population they are working with. Leaders should be empathetic, active listeners, and committed to the success of the group. Leaders will have experience co-leading previous groups of similar ages and being a part of a group. In addition leaders will have a bachelor's degree in rehabilitation services.

**Optimal room configuration:** Group members will be seated in a horse-shoe facing the whiteboard. Co-leaders will be seated across from each other. The tables in the rooms will be pushed against the wall out of the way, but still close enough for group members to be able to use them to fill out their handout.

**Optimal number of people in the group:** 10-14 members

**Materials to bring:**

- 13 copies of the "It's In The Cards Handout"
- Coping Skills handout
- Different colored sticky notes
- Markers/Colored Pencils
- Expo Markers
- M&M'S

**Arrival time of leaders:** 12:50 pm, 30 min before session

**Length of group session:** 45min-1hr

**Other relevant information and/or special considerations:** Due to the population being considered, college students, there are special factors that may contribute to their uncertainty. It

should be noted that the future of these students are influenced by others not just themselves. It has been researched that college students feel the pressure of their parents, while still trying to gain independence from them (Kleinpeter, Potts & Bachmann). Group leaders should be conscious of the role parents and other relationships play in guiding the future of these students. Another physical consideration for this group in particular corresponds to the activity of going up to the board. If mobility is a factor for some group members, the leader may play the part for the member or another member may go up to the board for them as well.

### Session Outline

<b>Time</b>	<b>Start/End Time</b>	<b>Type of Activity</b>	<b>Purpose</b>	<b>Materials Needed</b>
5mins.	1:25-1:30	Welcome/Recap of previous session	Answer any questions from the last session.	Previous homework assignment
2 mins.	1:30-1:32	Intro to the session	Introduce the session	N/A
1 min.	1:32-1:33	Round	Rate feelings of uncertainty	N/A
5 min.	1:33-1:38	Sticky Note Exercise	Gather what things people are feeling most uncertain about.	Prep Board: Sticky notes.
10 min.	1:38-1:48	Discussion	Discuss the sticky note activity.	Prompts to guide discussion.
5-7 min.	1:48-1:53/1:55	It's In The Cards	Topics; relationships, employment, finances, education. -Realization of what steps need to take place to ensure these things happen.	It's In The Cards handout.
10min.	1:55-2:05	Discussion	Discuss It's in the Cards activity.	Prompts to guide discussion.
7 min.	2:05-2:12	Discussion	Identify coping skills	Handout for potential coping skills.
5 min-7min	2:12-2:17/2:19	Wrap-up	To debrief session and give homework	Homework assignment.

### Specific Group Activities

Activity	Specific Description	Prompts
Welcome/Recap of previous session	Group co-leaders will welcome members to the session by first giving a recap of the previous session. During this time members will be asked if anyone has anything they would like to discuss from the previous session that they might have forgotten to mention or thought of between the two sessions. The homework from the last session will also be discussed and members will be asked what feelings and thoughts came up while they were completing the assignment.	<p>-Before we start with this session does anyone have anything they would like to add to last weeks discussion?</p> <p>-we would like to discuss the homework assignment that you were asked to complete prior to this session.</p> <p>-What thoughts or emotions came up for you all when you were completing the assignment.</p> <p>-Did the assignment make you become more aware of anything about yourself?</p>
Introduction to the session	During this time group leaders will discuss the goals of session 3. The leaders will introduce the topic chosen for the session and connect it back to previous topics that have been mentioned throughout the group. (i.e. the cookie exercise)	<p>-For this session we would like to (state goals), through the topic of uncertainties.</p> <p>-Uncertainties come in different forms and though we have already touched about these feelings with the cookie baking exercise, as well as briefly with uncertainties of interviewing and employment as a whole, we would like to identify the uncertainties you are all having in your own lives and focus on ways to lessen the stress these uncertainties place on you.</p>
Round	Perform a round gaging members feelings of uncertainty. Group members	-We would like for everyone to go around and say a rating of how they are feeling about

	<p>will rate their feelings of uncertainty using a number between 1 and 10. 1 representing the group member feels good about where they are at and doesn't feel that stressed about their future. 10 representing the group member feels very stressed about their future and has many feelings of uncertainty.</p>	<p>the stress of the impending future.</p>
Sticky Note Activity	<p>Co-leaders prepare board ahead of group session with the following categories: relationships, employment, finances, and education. Group members will be given colored sticky notes that correlate with the severity of their uncertainties of the provided topic. For example there will be three different colored sticky notes that demonstrate; most uncertain, uncertain, least uncertain. Each member of the group will get up and place each sticky note to the corresponding category they deem most fit for that level of uncertainty. Group members will have approximately two minutes after the leaders explain the activity to think about the categories and complete the activity.</p>	<p>-Explain activity and give a clear explanation of what each of the different colors of sticky notes means.</p>
Sticky Note Activity Discussion	<p>Leaders will notice the trends they see in the different categories and initiate a discussion around those trends. Leaders will facilitate the discussion and continue to</p>	<p>-It seems as though a lot of you are feeling pretty uncertain about (most similarly shared category), would anyone like to discuss that further?</p>

	attempt to get the discussion go deeper asking probing questions as well as scanning the group to make connections between the members.	
It's In The Cards	Members will each receive an illustration of a deck of 4 cards labeled: relationships, employment, finances, and education. Under each topic members will write down specific steps they can take to ensure they will have success in these areas or how they will achieve their ideal situation. Members will be given 10 minutes to complete the activity before they come back to the larger group for discussion over thoughts. If members finish the activity within the ten minutes they are encouraged to discuss their steps with their neighbors and draw feedback about what they came up with.	While completing the exercise think about these questions and be prepared to discuss them when we come back as a larger group. -Are these steps realistic? -Did you have clear steps in mind or are you unsure how to reach your goals?
It's In The Cards Discussion	Co-leaders will initiate a discussion about the importance of knowing the steps you need to take in order to meet your goals and how these steps help you deal with different uncertainties.	-Do you think it is important to develop specific steps to reach your goals? -How do you think that creating these steps and being aware of exactly what you need to do to reach your goals lessens or worsens your feelings of uncertainty?
Coping Skills Discussion	Co-leaders will pass around a handout that explains different coping skills. Members will be asked what they use for coping skills and	-What kinds of coping skills do you think you all have? -Are the coping skills you possess adaptive or maladaptive?

	<p>whether or not they think the coping skills they use are beneficial. Co-leaders will then aim the discussion to how important coping skills are when dealing with uncertainties. Especially when things may not turn out the way you planned.</p>	<p>-Do any coping skills on this list appeal to you?</p> <p>- How will having good coping skills help you when it comes to the uncertainties of your future?</p> <p>- Ask the what if's: how do we deal with the what if's?</p> <p>-what if things don't go exactly how i planned? How do i deal with that?</p> <p>(encourage members to realize that there is always a plan B).</p>
Wrap Up	<p>Do an end of the session round asking whether or not group members feel better or worse about their uncertainties after the conclusion of this session. Conclude the session and summarize everything that was discussed. Allow some time for last minute comments and ask members how the session overall went. Ask group members the homework question and ask them to come prepared to the next session with thoughts and ideas.</p>	<p>Homework question: Think about what makes you uncomfortable and how you need to step out of your comfort zone to deal with your uncertainty.</p>



### References:

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Kleinpeter, C. B., Potts, M., & Bachmann, R. (2013). The Coping Skills and Satisfaction Levels of College Students Receiving Mental Health Services. *International Journal Of Health, Wellness & Society*, 3(1), 69-79.

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