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Session 1: Transitions

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Session 1: Transitions

To Print/Prepare Before This Class Session

- Scrap paper (nothing fancy)
- Pens (since the students may not bring them the first day)

Top 3 Content Areas (*try to get to everything, but in case you can't*):

- Students will learn the names of others in the group.
- Students will understand the purpose and expectations of the Gateway Seminar.
- Students will identify habits they want to form in their first six weeks of college.

Persons responsible for developing this session: **Cristi Burrill and Jennifer Nissen**

- 1. Session Title: Transitions**
- 2. Session Date: Thursday, August 24, 2017 (Special time: 3pm - 4pm)**
- 3. Plenary or Small Group? Small Group**
- 4. Learning Outcomes**
 - a. Gateway Syllabus Learning Outcome:*
 - Demonstrate interpersonal skills consistent with student success
 - b. Other Learning Outcomes:*
 - Students will learn the names of others in the group.
 - Students will understand the purpose and expectations of the Gateway Seminar.
 - Students will identify habits they want to form in their first six weeks of college.
- 5. Other Goals**, if applicable (these are goals not directly connected to student learning – e.g. forming group cohesion or identifying which students may be struggling to transition.)
 - Get to know each other, become more comfortable in the group
- 6. Brief Narrative** describing the session (3 – 5 sentences offering the leaders a general sense of what will take place on this date.)

This session will introduce the program and allow students to get to know one another. Students will begin thinking about habits they would like to form at St. Norbert. Activities have been intentionally selected to allow students to work independently, get to know a small group of their peers and talk with a partner.

7. Lesson Outline

- a. Please indicate how much time – how many minutes – each component of the outline is expected to take.
- b. Please include instructions the leaders will need to carry out any aspects of the plan, particularly any experiential activities.
- c. Please include Google drive or other links to any videos, handouts, PPT slides, or other media that should be used for this lesson.

10 minutes **Introductions**

- Introduce yourself, the discussion leader, and the student mentor - explain your team and your different roles with Gateway.
 - *We're here to help you transition to St. Norbert. Please let us know if you need any accommodations for this seminar or if there are any questions you have about your St. Norbert experience.*
 - *Our plan for our time together today is to get to know each other, share the purpose and expectations of the seminar, and start talking about forming good habits.*
- Have each student introduce themselves and share a unique fact. (you can share unique facts as well)

5 minutes **“Hi, My Name Is...” Name Game**

Instructions: *Please stand and form a circle.*

When everyone is settled, share the instructions: *Each person will take their turn introducing him/herself along with an action of something they like to do- a hobby, an interest, how you spend your free time. For example, my colleague, Becky, might say "Hi, my name is Becky and I like to sew" while pretending to sew a button on a shirt.*

Then, in unison, the group will say, "hi, Becky, who likes to sew" and repeat her action. Then, we will go to the next person who will introduce him/herself along with their action and as a group, we will repeat their name and action. We will repeat this process until everyone has been introduced.

What questions do you have? Who would like to start?

5 minutes **Overview of purpose of Gateway**

- Help you transition to and succeed at St. Norbert
- Understand mission and history of St. Norbert, differences between high school and college
- Knowledge of campus resources, critical thinking skills, meeting others and making connections
- Explore personal values, vocation, and living in community

5 minutes Overview of the semester/expectations

- o Syllabus to be handed out on Tuesday!
- o Gateway will meet twice a week until just after Long Weekend, then once a week on Thursdays until Nov. 30th
- o No out-of-class homework, but three quizzes you need to pass
- o Attendance - must attend at least 80% of sessions to pass
- o Requirement for graduation, if you do not pass you will need to take again
- o Participation - being present, on-time, discuss in class, bring a notebook and something to write with, bring a laptop for Tuesday!!!
- o Be on time, no distractions (no cell phones, be present)
- o Attitude - this is intended to help you succeed, please come with a positive attitude, open to learning
- o One-on-one meetings with one of the two instructors (lead instructor & discussion leader) will take place part way through the semester
- o Ask if there are questions! Instructors are here to help!

15 minutes Get to know you activity

“Four Corners” Activity

For every grouping of four statements below, identify a corner of the room for each statement within the grouping. Instruct students to go to the corner with which they identify. For example, you might have the following four corners:

	Corner 1	Corner 2	Corner 3	Corner 4
Where would you most like to vacation?	Beach	Mountains	City	Other

If I like beach vacations best, I should go to corner 1. If I like to visit cities best, I should go to corner 3. **Each time you have them move, instruct them to introduce themselves to everyone else in their corner and talk about the question asked, (e.g. in the dog corner - what kind of dog(s) do you have? What are their names? In the vacation corner - why? What has been your favorite vacation destination?)** Have a couple of students from each corner share with the large group. Try to identify interesting facts, like: Who is from the farthest away? Who is the closest? Etc. Rotate to the next grouping.

	Corner 1	Corner 2	Corner 3	Corner 4
Pets	Dogs	Cats	Other Pets	No Pets
How many	Only Child	One Sibling	Two Siblings	Three or

siblings do you have?				more siblings
What was your high school graduating class size?	Under 25	26 - 100	101 - 300	Over 300
Where is your hometown?	Fox Valley	Wisconsin, outside Fox Valley	Adjacent state	Other
Where are you living on-campus?	Mad/Lor	Sensenbrenner	Burke	3M/commuter/other
What is your intended major?	Science	Education	Humanities	Other/Undecided

15 minutes

Forming Habits Activity

- *Transition is a perfect time to form new habits. We know that habits are formed in about six weeks -- which is one reason why we recommend college students try to stay on campus and avoid going home within the first six weeks. If you start going home on the weekends, that may become a habit and you may find yourself going home every weekend.*
- *Do you want to be the person who works out three times a week? If so, start this week! Do you want to be the person who gets up right when your alarm clock goes off? Start tomorrow!*
- *Let's make a list of possible habits and write them on the board. Think about who you want to be in college. What good habits do you want to develop?*
 - Here are some examples if the group needs ideas:
 - Going to see your professors during their office hours
 - Sitting in the front of the classroom
 - Going to the library in between classes
 - Healthy eating habits
 - Limiting social media and media
 - Exercising/working out
- *What kind of college student do you want to be? Take a couple of minutes to write down a few habits you'd like to form. We will collect these at the end of the session, so please put your name on the top of your sheet.*
 - *Think about how can you reward yourself for good habits*
 - *What will help hold you accountable? (telling your roommate, finding someone to go with you, rewarding yourself for good habits, etc.)*

- Collect their habit sheets and to be reviewed during your one-on-one conversations (encourage them to take a photo of their habit sheet before submitting so they have it as a reminder)

5 minutes

Conclude & prepare for next session

- **Remind students to bring laptops to Tuesday's session**
 - **Joining the Google classroom**
 - **Activities during class**
 - **Also, ask them to bring one syllabus from another class on Tuesday.**
- *These next three days will be intense, but these activities and sessions are designed to set you up for success at St. Norbert! You will meet lots of other students and likely form your first college friendships. It's critical that you participate and make the most of the next few days.*
- *You received a Week of Welcome schedule when you checked into your residence hall. If you are a commuter, you will receive the schedule tonight at the commuter student meeting at 6:30 pm in the Campus Center Fireplace Lounge.*
- *There are Orientation group (O-group) meetings tonight at 7:30 p.m. Locations are posted in each residence hall lounge and in the Campus Center. If you aren't sure where you're going, you can check [this list](#). Your O-group will be run by an upperclass student who will help you learn about being a college student and information that is specific to St. Norbert College. They will be an excellent resource for you over these next few days.*
- *Events marked with an asterisk on the Week of Welcome schedule are required.*

8. **Materials Needed** (handouts, markers, any materials needed for experiential elements, etc.)
 - a. Scrap paper (nothing fancy)
 - b. Pens (since the students may not bring them the first day)
9. **Background Information** for facilitators, if applicable (short readings, links to relevant websites, videos, etc.)
 - a. Video: The Power of Habit- <https://www.youtube.com/watch?v=wQLHwSphu-M>
 - b. Video: The Power of Forming Habits- <https://www.youtube.com/watch?v=iUKwFuV6FaA>
 - c. [Cheat sheets to take care of yourself like an adult](#)