



APPENDIX:

Group Process Sessions



Every serious educational experience requires group processing work that is attuned to the group dynamic and the emotional needs of the participants. Though the Project TEN educators will be busy guiding their group through this rough terrain, we have provided several group dynamic sessions and tools that we see as healthy complements to the educational material. We encourage educators to make use of, but not limit their group processing work, to these sessions.

1. **Reflection Session:** Expectations: from ourselves, from one another, and from Project TEN
2. **Reflection Session:** "Reflections": taking a look at where you are and how far you've come
3. **Reflection Session:** Reflecting on Myself as a Giver
4. **Concluding Reflections**

Expectations

This Reflection Session is a way of fostering conversation among the participants at the beginning of Project TEN on a profound personal level.

Goals:

Participants will

- ★ reflect on, and articulate, their expectations and feelings for Project TEN
- ★ begin to engage in personal, emotional conversations with each other
- ★ be open and forthcoming about their expectations and emotions
- ★ establish an open, honest, sincere tone for ongoing dialogue

Give each participant a pen and the questionnaire below, and divide them into pairs. The pairs will interview each other and fill in the questionnaire according to the partner's responses. Allocate 15–20 minutes for this. Be sure to walk around the room, and if conversation is flagging, help out. Reconvene the group. Ideally, the discussion should take place with no more than 20 people. If there are more participants than that, we recommend dividing them into 2 even groups.

Discussion: Ask specific participants to share what they have learned about their partners. Try not to be confrontational, so that participants feel comfortable, but push them to answer if they are reluctant. Make sure that at least one participant from each pair speaks.

Closing discussion of the questions:

- How can we help each other meet our personal goals?
- How can we make a group environment conducive to our personal goals?

[Consider following this Reflection Session with another one, where a Group Contract is written collectively and signed by all participants. The Group Contract should outline participants' expectations of each other and of the Project TEN staff, as well as Project TEN's expectation of the group as a whole. Illustrating the Group Contract and hanging it prominently is recommended.]



Peer Interviews: Expectations

Name: _____ Hometown and Country: _____

Age: _____ Birthday: _____ Career plans: _____

Facebook status I would write at this point of Project TEN:

When I left my house, I was expecting [fill in the blank] from the Project TEN experience:

Now that I've been here for a little while, I am expecting:

My greatest **fear** going into Project TEN:

I am most **excited** about, going into Project TEN:

One way that my peers can help me **overcome my fears** is:

The greatest **strengths and assets** that I bring to Project TEN (in my opinion):

The greatest **weaknesses and pitfalls** I bring Project TEN (in my opinion):

One way that my peers can help me **overcome my weaknesses** is:

I get really **upset** when...

Please **don't put me in a situation** in which...

ראיון: ציפיות



שם: _____ עיר לידה ומדינה: _____

גיל: _____ תאריך לידה: _____ עניין מקצועי לעתיד: _____

הסטטוס בפייסבוק שהייתי רוצה לכתוב אחרי פרויקט TEN:

שנייה לפני שיצאתי מהבית לשדה התעופה, מה ציפיתי מפרויקט TEN:

אחרי שבוע בפרויקט TEN, אני מצפה ש:

החשש המרכזי שלי בפרויקט TEN הוא:

בימים האחרונים אני מתרגש/ת בעיקר מ:

אחת הדרכים שבה עמיתי לקבוצה יכולים לעזור לי להתגבר על הפחדים היא:

לדעתי, התכונות החזקות והמיומנויות הטובות ביותר שאני מביא/ה לפרויקט TEN הן:

לדעתי, החסרונות והחולשות שלי בפרויקט TEN הם:

אחת הדרכים שבה עמיתי לקבוצה יכולים לעזור לי להתגבר על חולשותיי היא:

אני כועס/ת במיוחד במקרים הבאים:

אני מעדיף/ה לא למצוא את עצמי במצבים הבאים:
