

Breaking Borders Session 1—March

Session Information Sheet

Group	Breaking Borders 2019
Meeting Number	1
Program Information	<p>The Goals of this 6hr meeting are as follows:</p> <ul style="list-style-type: none">• Orient participants to Breaking Borders (goals of program, expectations, sessions, requirements and outcomes)• Start to get to know each other through ice breakers• Tell stories, share experiences• Gather baseline evaluation information via questionnaires or other qualitative methods• Learn about trip options and gather participant suggestions• Create a group contract• Introduce communication tool and social media accounts

Program Schedule – Session 1

Time	Program Element	Materials
10:00am	<p>Welcome and Orientation</p> <p>Participants will hear more about the program including the goals and expected outcomes of the program. We will go over a general weekly program schedule and a breakdown of the sessions for the program. We will also let the group know what is expected of them. Past Breaking Borders participants will come to speak to the new group and there will be a Q and A period.</p>	
11:00am	<p>Ice Breakers part I (Learn names and a bit about each other)</p> <p>We will play some games to help the group start to get to know each other, break the tension of the new group and have participants warm up to each other.</p> <p><i>Possible activities: Two truths and a lie, Table topics,</i></p>	
11:45am	Snack Break	
11:55am	<p>Questionnaires</p> <p>We want to see if and how this program has an effect on the participants. In order to do this, we need to take baseline measurements of Quality of Life, psychological wellbeing, and grit, among other measurements. At the end of the program, these questionnaires will be repeated to evaluate if and how participants have changed.</p>	
12:25pm	Lunch	
1:00pm	<p>Group Norms and Expectations/Group Contract</p> <p>As a group, we will come up with norms for how we will act as a group and how we will act towards each other. We will create a contract iterating how we will communicate with each other; how we will resolve disagreements; how we will support each other; how we will act as a team, and etc.</p>	Chart paper, markers
1:45pm	<p>Core Stories</p> <p>We will continue to help the group get to know each other and start to share the stories that they have in common. In groups of 2-3, participants will share stories and what brought them to the group. This activity will help us discover what participants are looking to get out of the program and how we can help them achieve this.</p>	Post it notes, pens/markers, Sample core stories
2:15	Snack Break	
2:25	<p>Trip Options!</p> <p>Breaking Border trip options will be introduced with their varying fundraising levels. We will explain that they are each allotted \$1500; and depending on the level of trip that they choose, they have to fundraise to meet the goal. They will be fundraising for one goal so that they're working as a team and not competing against each other. As was mentioned in the introduction to the</p>	Chart or PowerPoint of trip options, blank chart and markers

	program, there will be a session to coach participants on fundraising. Funds raised over the goal will be used for the following group or for continuing programs once the cohort's program is over.	
3:00	Communication Tool Introduce communication tool for everyone to stay connected between sessions. Explain how we will be using it to follow up with them on homework.	Computer and projector, phones
3:20	Debrief Review the activities and see what the participants learned, liked and disliked. Give a preview of the next session and reminder of date and time.	