

Mid Semester Check In

Description

This lesson is designed to help students process the semester and provide a space for feelings to be discussed about the college experience. This lesson provide the students the chance to create an action plan on things to keep doing, things stop doing and things to try differently.

Learning Outcomes

- Students will be able to reflect on their semester.
- Students will be able to identify things they want to stop, start, and continue.
- Students will create goals and action plans for the remaining weeks of the semester.

Connection to Intended Course Outcomes/Class Objectives

- Self-efficacy – Your belief in your ability to achieve your goals
- Self-awareness – Your understanding of your personal strengths, learning styles, learning habits, and thinking patterns
- Sense of purpose – Development or strengthening of long-term goals and understanding of how to get there; ability to make connections between what you're learning and your future goals.
- Actively engaged – active involvement of time and energy invested in your college experience—both inside and outside the classroom.

Preparation, Materials & Facilitators

- Instructor should print the Mid Semester Worksheets (1 set per student).
- Students will need pens for this class.

Overview of Time (Total time: 50 minutes)

- Reflection -10 minutes
- Stop – Start – Continue – 18 minutes
- Action Planning – 18 minutes
- Wrap Up – 4 minutes

Facilitator Instructions

- Text in regular front are talking points and should be read out loud to students.
- Text in *italics* are notes for the instructor and should NOT be read out loud to students.
- Text in **bold** are questions for debrief or reflection and should be read out loud to students to encourage group discussion or sharing of ideas.

Peer Mentor Role

- Peer mentor should create their own start, stop, continue plans and provide an example of their action plans for the class to review.

Reflection	
<p>Talking Points 2 minutes</p>	<ul style="list-style-type: none"> ● This week we are going to spend our time reflecting on the first 6 weeks of college. ● Some of you may be rolling your eyes at the mention of reflection, so I wanted to provide a little background on why we will spend the next 50 minutes looking back at the last 6 weeks. ● Research shows: <ul style="list-style-type: none"> ○ Reflection makes all of us self-aware. It challenges us to think deeply about how we learn and why and why not. ○ Reflection deepens ownership. When we reflect, we become sensitive to the personal connection that exists between ourselves, our learning, and our work. The more we consider these connections, the deeper they seem to become. Reflection makes things matter more. ○ Reflection helps us know ourselves better. It helps us sharpen our vision, so we can align our actions to it. Reflection also helps us notice when we're getting off track. ○ Perhaps most importantly, reflection helps us advocate for ourselves and support others. Taking the time to reflect enables us to identify what we want, what we need, and what we must do to help ourselves. It also helps us realize how our gifts and strengths might be used in service to others. ● So now that you know a little more about why reflection is important, let's jump right in to reflecting on your experience at Texas A&M.
<p>Activity 4 minutes</p> <p>Materials: Self-Reflection WS</p>	<ul style="list-style-type: none"> ● <i>Pass out the self-reflection worksheet.</i> ● <i>Provide 3 minutes of silent reflection time for the students to answer the questions listed on page 1.</i> ● <i>**Note that not all students will receive midterm grades so if a student doesn't have posted midterm grades, encourage them to use the grades they have received so far in classes to estimate their overall midterm GPR.**</i>

Debrief 3 minutes	<ul style="list-style-type: none">• What surprised you from this reflection time?• Did you see a disconnect between your intended outcome and your actual outcome? Why or why not?• What actions/things do you want to start doing now that you have reflected on the first 6 weeks of college?
Transition 1 minute	<ul style="list-style-type: none">• Now that we have spent time self-reflecting on your semester so far, it is time to develop an action plan.• To create lasting change and help you finish the semester with a bang, we are going to create a stop – start – continue action plan.

Stop - Start - Continue

Talking Points
2 minutes

- Self-reflection has many benefits and helping to spur change is a major benefit of consistent self-reflection.
- You may not be doing well in some areas, but you may be succeeding in other ways.
- So we always want to acknowledge what is going well, what we should begin and what we should stop doing.
- A sense of balance between all three is important for a positive and resilient mindset.
- Action plans are a great way to start moving towards a more balanced approach to your life.
- We are going to spend time now identifying those things that you want to start doing, stop doing and continue doing.

Activity
10 minutes

Materials:
Stop-Start-Continue WS

- *Instruct students to fill out the stop, start, continue grid on the worksheet.*
- *Students should identify 4 things for each category. Example:*
 - *Stop: playing video games for 3 hours, instead only 2 hours*
 - *start: study more for POLS 208*
 - *continue: going to my Hullabaloo U class*
- *Once students have written down their 12 things, instruct students to quickly cross out one from each category.*
- *30 seconds*
- *Now instruct students to cross out one more.*
- *30 seconds*
- *And finally decide between the two which is the most important to focus on.*
- *30 seconds*
- *Provide an opportunity for students to share with the group or in pairs what their final things left are.*

Debrief
5 minutes

- **How are you feeling?**
- **What made this activity hard?**
- **What played into your decision each round?**

**Transition
1 minute**

- This activity is meant to challenge you to find the most important things you need to stop, start and continue doing.
- Now that you have identified those things, we will create an action plan to help you begin accomplishing your goals.

Action Planning	
Talking Points 2 minutes	<ul style="list-style-type: none"> • We have spent time identifying the things you want to stop, start and continue doing, so our next step is to create an action plan. • Action plans ensure that you have a solid plan to accomplish your goals when you leave today that will help set you up for success for the rest of the semester. • Let's start the action plans!
Activity 10 minutes Materials: Goal WS	<ul style="list-style-type: none"> • <i>Instruct students to fill out the last page (Action Plan).</i> <ul style="list-style-type: none"> ○ <i>First column: create a goal around the things they identified in the last activity.</i> ○ <i>Second column: identify actions the student wants to take to accomplish goal.</i> ○ <i>Last column: reflect on the intended outcomes that the action could have in their lives.</i> • <i>Once students have had time to fill out their grids, have them turn to the person next to them and share their goal and ask for feedback on how to accomplish the goal.</i>
Debrief 5 minutes	<ul style="list-style-type: none"> • Why is this action plan different from others you have done in the past? • What do you think will change now that you have created this action plan? • How do you expect to hold yourself accountable to accomplishing these goals?
Transition 1 minute	<ul style="list-style-type: none"> • Goals are an important part of ensuring that you are successful at Texas A&M. • I hope that you were able to gain insight into your current reality, 7 weeks into school, and will use this information and action planning to make any necessary changes you need to make to continue being successful.

Wrap up	
Talking Points 1 minute	<ul style="list-style-type: none"> • Thank you all for you engagement in today's activity. • Refer back to these goals and to your action steps in the coming weeks to ensure you stay on track and achieve your intended outcomes for this semester.
Activity 1 minute	<ul style="list-style-type: none"> • <i>Review any class specific information or TAMU specific announcements you may have.</i>
Debrief 1 minute	<ul style="list-style-type: none"> • Are there any questions for the good of the group?
Transition 1 minute	<ul style="list-style-type: none"> • Thank you! See you next class.