

Agenda

Independent Living Group: Social Media Presence: 02/12/20

Objective: The objective is to educate group on wise choices related to social media.

Review Homework: Review activity where patients had to write down whether they believe the best option for them is renting or buying a house in the future and three reasons why.

Introduction: What social media are you on? Which one do you go on the most? What have you learned about others through social media?

Discussion: Have you ever googled yourself? What was your reaction to what you found? What do you think is important to consider when choosing what to post on social media?

Handout: Social Media Guidelines.

Discussion: What do you want potential employers to see? What changes do you need to make to your social media account?

Homework: Write down three changes that you are going to make to improve your social media presence.