

Reflection

Independent Living Group: Preparing for College: 03/04/20

Objective: I believe that the objective, which was to provide information about preparing to apply for college was achieved.

Review Homework: Three group members had completed the homework from previous weeks.

Handout: Education & Salary Handout.

Introduction: The subject was introduced through completing a ripple effect activity together to show the impact of obtaining education. Insightful answers were given, which led to the conclusion that education can benefit one through increasing skills, financial gain, and opportunities to benefit others.

Handout: College Preparation Timeline from Khan Academy.

Activity: Each group participant took a section of the handout that can be done in preparation for college and reordered them from most important to least important. Each person shared the order and why they chose to order it in that way. This was engaging and thought provoking.

Homework: The homework given was for the patients to write down three steps that can be taken now to prepare for college or success.