

Reflection

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

Objective: The objective seemed to be somewhat met as the group discussed wise choices related to social media.

Review Homework: No participants had the homework written down, but several were able to verbally explain whether they would rent or buy in the future and three reasons why.

Introduction: The group engaged in sharing about their social media usage and what they can learn about others through social media.

Discussion: The group discussed who might be looking at social media and why it is important to be intentional in what is put on social media.

Handout: Social Media Guidelines.

Discussion: The group discussed each item on the Social Media Guidelines and why it is important.

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