

Oaks Group 3

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Group Facilitations

Members:

- 6 members and 3 Co-Facilitators
- 2 boys and 4 girls, 12-13 years old, 7th grade, and Caucasian

Building Rapport:

- Icebreaker games
- Highs and lows of their past week

SMART Goal:

- The goal of the group was to help them understand and to adhere to the lessons that were taught the first 3 sessions.

Session Topics

- Week 1: Introductions and icebreakers
- Week 2: Lift the Weights (Following the rules)
- Week 3: Defense Mechanisms
- Week 4: Getting Plugged In (Support Groups)
- Week 5: Termination

Group Facilitations Cont.

Engagement:

- Ice breakers
- Crafts
- Games
- Asking them their opinions on our topics.

What worked?

- Leaders being spread out in the circle.

What didn't?

- Having a low tone of voice.
- When addressed nicely, disruptive behavior continued.

Challenges:

- Class practice compared to group facilitations.

What we learned:

We learned that the students read your expressions even when you are not watching. An example would be the first session I was shocked by an action that occurred during the session and a student called me out on it in front of everyone and it took me by surprise.

Termination Activities:

- Scavenger hunt
- Heart shapes given out to each member to sign to remember one another by as well as the experience.
- Shoe activity-This involved taking the shoe of someone else and say something they learned about them.
- We had the members compare how they felt before vs now
- Donut party!

Termination Responses:

Their response:

- They seemed ok about the termination process yet a little bummed since they looked forward seeing us vs. their class period each week

Group facilitators response:

- It was a bittersweet process as we were beginning to feel more connected with them.

What we learned with group termination:

- Proper closure is vital within group termination
- The group meetings were more special to them than what we had originally thought
- It is important to have them engage in termination activities for a healthy ending

Development of psychoeducational group:

- Norming Stage 3-members seemed willing to change their preconceived ideas or opinions of thoughts from other members as well as actively asking questions. They shared information and feelings openly with one another.
- Healthy termination led to Tuckman's final stage of adjourning.

Evaluation: Process/Outcome

- Method: Anonymous Survey
- Process Format: 2 “Yes and No” and 1 Open ended Question
- Outcome Format: 3 “Yes and No” and 1 Open ended Question

We Chose to to do it this way because we thought it would

- Be the most honest way to collect feedback,
- Simple for 7th graders to fill out,
- Easy to analyse afterwards

Survey Example

Directions: Please do not write your name and answer as honestly as possible
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Process Questions:

Were the facilitators warm and did they create a safe place for you to share?

Yes or No

Comments:

Were the activities presented help you gain a better understanding on the topics we presented on? (Rules, defense mechanisms, support groups)

Yes or No

What is something the facilitators can improve on for future groups?

Outcome Questions:

Are you able to identify one benefit to following rules that you were not able to before the sessions?

Yes or No

Do you now have a better understanding of defense mechanisms?

Yes or No

Can you think of a new way to get support from the people/resources around you?

Yes or No

Optional- Is there anything else you'd like us to know? If so please use the space below to write your thoughts on your group experience.

Results

- 100% of Group Members found facilitators to be warm and to have created an environment where they felt safe to share
- 50% Agreed that the activities presented in class helped them gain a better understanding on the topics presented (rules, defense mechanisms, and support groups)
- 4/7 responded that they wanted more hands on/interactive activities
- 1/7 mentioned we need to enforce group rules more than we did
- 1/7 responded they wanted more questions to be asked to them

Open Ended Question Results

- “The time was very short. Extending it a couple of weeks could be a good idea”
- “You guys did a good job. I think I have a better understanding of rules”
- “Need more movement. Don’t just sit in one spot, more activities”

Strengths/Areas of Growth

Strengths

- We were well liked
- As facilitators we were warm and made the group feel more comfortable
- Half of the group learned something new
- We learned how to handle disruptive behavior better

Areas of Growth

- Become more competent with what this age group finds fun.
- Incorporate more movement
- Create more opportunities for group members to connect to each other

What we learned from the surveys

- We thought that the group members were gaining more skills than what was reported from the surveys
- We learned that the group members really enjoyed us more than they thought they would, especially after how much we had to deal with disruptive behaviors
- We were most surprised to know that several of the students mentioned wanting more weeks in group.

Questions

How can we better maximize our time so that we can build rapport in such a short period of time?

How can we incorporate more activities without making group session feel like recess?