

AGENDA

- Welcome and Updates (11 am - 11:10 am)
- Questions from Participants and Parents (11:12 am - 11:25 am)
- Participants, what do you want your EGGs name to be? We the EGGs facilitators call ourselves YOLKS, what would you like your names to be, as participants? (11:27 am - 11:35 am)
- How to Prepare Oneself to Start a New School Semester? (11:40 am - 11:50 am)
- **Activity for October meeting:** Reflect on how one would go about recognizing and naming our feelings. (11:52 am - 12:05 pm)

Memo for EGGs Facilitators: Will need to discuss the acceptance and rejection letters to applicants.

Meeting notes: 09/18/2021

September's Theme: Getting settles into a new routine.

How to prepare oneself to start a new school year?

Discussion Points.

1. Don't expect everything to change overnight. It will take time to reintegrate back into in-person school and the way of life that surrounds it. Set realistic expectations and anticipate that getting into a new and stable groove will take some time.
2. Stay flexible and adaptable. Try your best to stay mentally flexible and ready to adapt, recognizing that for some time, things will be in a dynamic state before they settle down into more consistency.
3. Channel a peaceful energy. Other peoples (students and teachers) reactions may seem different—perhaps snipper than usual or overreaching to seemingly small stressors—the best thing you can do is meet the reactions with compassion, warmth, and calm, instead of reacting in a snipping or overreaching energy yourself.