

draft

Joey Goes to College

INTRODUCTION

The purpose of this video is to help students:

- identify some of the major challenges of attending college
- utilize effective coping strategies
- locate resources that are available for assistance

Emphasis has been placed on directing students to the NTID Counseling Services department for support.

After reviewing the video, students will discuss the various scenarios as well as the issues that affect them and their peers.

SUGGESTIONS FOR FRESHMAN SEMINAR

It is recommended that you allow ample time for the students to view the film and engage in group activities. After showing the video (17 minutes), select one or more activity from the list below, as time allows. For Activities #3 and #4 show the Epilogue (3 minutes) for a surprise ending.

If you have questions regarding the video or facilitating your session, please contact one of the following members of NTID Counseling & Academic Advising Services:



ACTIVITY #1 - Identify the Challenges of First Quarter/Semester Students

{optional icon/graphic: checklist; clipboard; college}

In this exercise, students will identify the challenges that students face during their adjustment to college life.

1. Divide the students into smaller groups.
2. Re-play the video
3. Tell the groups that their job is to identify as many challenges that the students in the film faced during their first quarter/semester.

4. See how many challenges students can identify from the following list. Make it a competition for some added fun): [*]

- Nervous/anxiousness about being in a new/unfamiliar pace
 - Homesickness
- Uncertainty about major
- Time management issues:
 - Feeling overwhelmed with competing priorities
 - Staying up too late
 - Missing assignments
 - Not reading syllabus
 - Procrastination
- Skipping class
- Distractions:
 - Gaming/computer addiction
 - Gossip/drama
 - Sports, extracurricular activities
- Managing stress
- Freshman 15
- Not exercising
- Poor hygiene (not showering or taking care of oneself)
- Motivation
- Early Alerts, bad grades, suspension

ACTIVITY #2 - Group Discussion

{optional graphic: group silhouette}

In this exercise, students will discuss how they relate to the characters in the film.

1. Ask students who they are MOST like/LEAST like from the movie and explain why.

ACTIVITY #3 - You Be the Judge Game

{optional graphic: justice scale}

In this exercise, students will list strategies for coping with various issues encountered in college, identify resources that can be of assistance in resolving issues (specifically the Counseling Services department at NTID), and envision the consequences of the choices they make.

1. Divide the students into five groups, by character:
 - Joey (main character; unsure about major, overwhelmed)
 - Mark (roommate; played video games, thought he could catch up)
 - Amanda (homesick, emotional, forgot about quiz, gained weight)

o Lee (behind on writing a paper, involved in gossip, forgot quiz, gained weight)
Question from Hope: Did both Amanda and Lee forget the quiz and gain weight?

o Ali (behind in work and then saw counselor, now has better time management skills)

2. Ask students to answer these questions about each character:

- o What are some of the strengths of this character?
- o What are some of the issues this character is struggling with?
- o What suggestions do you have for this character?
- o What do you think will happen to this character in the future?

3. Show Epilogue for a surprise ending.

ACTIVITY #4 - Epilogue Brainstorming Game

{optional graphic: thought bubble}

In this exercise, students will envision the fate of the characters, discuss the behaviors that led to their respective outcomes, and suggest strategies for avoiding undesirable outcomes.

1. Give students a list of all the characters[*]
2. Ask students to guess what the characters will be doing one year from today
3. Ask students to discuss what the characters will be doing in the future
4. Ask students to discuss how their characters ended up doing what they decided
5. Ask students to discuss how the characters could have changed their destiny
6. Show Epilogue for a surprise ending

[*] Question from Hope: supply list to facilitators and let them make copies??????????????