

Getting Started

Learning Outcomes - On completion of this activity the student will be able to:

- State their main reason for coming to college/university.
- Reflect on what is worrying them most.
- Get to know other students.
- Be better prepared to choose how to be successful.

Estimated Time – The time estimated for this activity is 25 minutes

Introduction – It might be interesting to consider your transition into College/University as the next stage of your development, another part of your journey through life. How successful you are on this part of your journey will have a lot to do with how well you cope with the challenges and changes that this transition presents. During our induction activities we want to help you to embrace the change and integrate as smoothly as possible. This activity is designed to provide you with information and challenge you to reflect on your current skills. By presenting and discussing the main aspects in the teaching and learning approach, we hope to ensure that you get off to the best possible start.

Instructions to Students

Reflecting (10 minutes)

Let's get started by getting you to think about a few important questions. Using the post it notes provided, complete the following statements.

My main reason for coming to college/university is.....

The thing that is worrying me most about coming is.....

Now stick your completed post it notes onto the posters at the front of the room and we will discuss these later.

Getting to know other students (15 minutes)

Now it's time to get to know other people in the room. Write the name you want to be called on the sticky label provided and stick it onto yourself so everyone can see. Move the chairs in the room so you form groups of 5 or 6 people. Taking turns, everyone in the group should say who they are, where they live and why they chose the course they are studying.

