

Session 2: Settling-In

Objectives for session:

- Students can openly explore their expectations of university/college.
- Students gain some familiarity with key concepts of Theory of Good Enough and Belonging.
- Students feel more connected to others in the group, and less alone with their apprehension about settling-in to college life.

Useful resources:

- Group List (see <https://s2svolunteer.tcd.ie>)
- Room Number
- [Icebreaker suggestion list](#)
- [Theory of Good Enough: Interactive Resource](#)
- [W-Curve graphic](#)
- [Brené Brown clip: Belonging vs Fitting-in](#)

Ideas for activities:

Welcome

- Help group feel connected to each other and have fun with an icebreaker.

Talk Around Topics:

How does the Theory of Good Enough apply to starting at university?

If conversation is not forthcoming use the following questions.

- What were your expectations before you started here?
- Is anything very different from what you expected?
- Do you feel any pressure to be a certain way or be able to do anything in particular?
- Is there anything you think other people know, that you're worried you don't know or aren't sure of?

Transition - what does this mean and how do you do it?

If conversation is not forthcoming use the following questions.

- Looking at the W-Curve, does anyone have a real-life example they're willing to share?
- How might you recognise when you're heading down towards point 2 or 3?
- What will help you to move on to point 4 or 5?

Belonging - what does this mean and how do you do it?

If conversation is not forthcoming use the following questions.

- Why do you think we worry about what makes us different from other people?
- What helps or encourages you to be yourself?

Wrap-up

- Summarise discussion, including positive moments and further action
- Check-in around topics group would like to cover in next session

Please remember to fill out the feedback form after the session