



THE ONE WHERE THEY BUILD RELATIONSHIPS



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01.

TOPIC

A multitude of relationships



◆ ◆ WHAT ABOUT RELATIONSHIPS?



Beginning a new chapter is always difficult, especially the shift in relationships that come along with it. There are many different relations that need to be maintained, formed, and terminated. Knowing that this is in fact a normal part of growing up comforts those during a difficult transition.

A Few Types of Relationships Discussed



Platonic

'JUST FRIENDS'



Romantic

MORE THAN FRIENDS



Professional

FOR YOUR EDUCATION
AND CAREER



Casual

FOR LEISURE



LONG

DISTANCE

SOMEONE YOU CARE
ABOUT BEING FAR
AWAY



ROOMMATES

COEXISTING

02.

PURPOSE

Why did I chose to facilitate this lesson?






Purpose of the Lesson



I thought about some of the things I wish I knew as a first-year college student, and the complexity of relationships was one of them. I decided to cover this topic to allow the students to understand hardship in relationship is natural in a transitory period. It is important to remind them that regardless if they believe it or not, their social life is not their top priority anymore. The students also provided honest, vulnerable feedback, assuring me of the success.



First Year Students Should Know This Because....

- Part of growing up
- Can provide reassurance knowing that losing relationships is possible
- Learn to focus on the relationship with themselves first
- Prepare them for potential disappointing realities of not receiving the same effort
- Comfort them knowing they aren't alone



03.

PREPARATION

How did I make this presentation come to life?



Lesson Preparation



Consulting

- Spoke to a variety of peers between the ages of 17-21 to gather as much relatable advice and suggestions to create this presentation



Reflecting

- I thought about what I wish I knew when I was a first-year student, most of all knowing that losing people was okay and meant to happen for personal growth





6

I inserted 6 pictures of myself in total throughout the powerpoint to make it more relatable, along with a backstory for each picture.



04.

THE LESSON

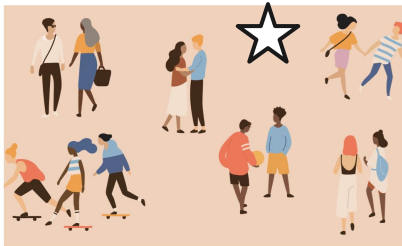
What did the lesson look like?



Different Types

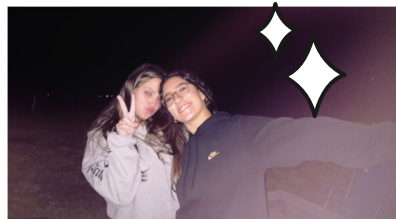
- Platonic v. Romantic
- Professional v. Casual

- New friends in college
- Old friends from home
- Professors
- Roommates
- Long distance



Hometown Friends

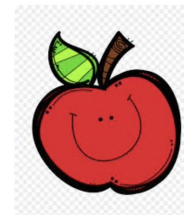
- "Don't forget about the people in the pictures hanging on your walls"
- You WILL lose some friends
- Make a point to reach out on the occasion to ask them how THEY are doing, don't make it about yourself



A FEW SLIDES FROM THE PRESENTATION

Professors

- Introduce yourself
- Attend office hours
- Ask questions (content/future)
- Networking starts now
- Knowing the professors and faculty in your major will only benefit you in the long run





SNOWBALL FIGHT

◆ This is the activity I implemented to allow the students to provide me with feedback to inform me of the effectiveness of this lesson ◆



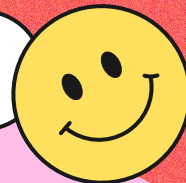
1. On a piece of paper write your answer to the following prompt: Which of the relationships discussed in class today do you have the hardest time maintaining?
2. Don't write your name
3. Crumple the paper up
4. When i say go, SNOWBALL FIGHT!
5. After enough tossing around, each person must grab a snowball
6. Each person will read the anonymous answer and we can discuss as a class and offer suggestions!



05.

STUDENT RESPONSE

What did the students have to say?



Learning Objectives and Lesson Goal



Learning Objectives

- To learn about the variety of different relationships
- To educate on the benefits and warning signs alike
- To be aware of the possibilities



Lesson Goal

- Growing up means growing out of certain relationships, and that's okay! It happens to everyone, and it allows space for new relationships to form.



Examples of Student Responses



Student 1

I find it hard to make friends in college. Any suggestions?



Student 2

How do I know if I'm being a good roommate or not? I feel like I'm always annoying her and I want to do better?



Student 3

I really miss my girlfriend from home. It's hard having a relationship over the phone.



Student 4

How do i build rapport with my professor? Do they even care if I introduce myself?



06.

Reflection

What did I take away from this?





What did I get out of this as the Student Facilitator?



- As an education major, this helped me improve my time management and pacing through a lesson, as well as improved my ability to speak publicly.
- I was impressed and moved at how honest and raw the feedback from the student was. I think anonymity allows students to speak their mind in a way they may have not before.
- Although it isn't the top priority, relationships hold a lot of weight in our lives.



THANKS!

Do you have any questions?

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