

Orientation	Mid-year
Session Overview	The purpose of this session is to help students think forward and create some goals for what they would like to accomplish by the end of their exchange year.
Participants	<input checked="" type="checkbox"/> Students <input type="checkbox"/> Host Parents <input type="checkbox"/> Natural Parents <input type="checkbox"/> Host Siblings
Format	<input type="checkbox"/> Highly Active / Interactive <input checked="" type="checkbox"/> Discussion <input type="checkbox"/> Some Activity / Interactivity <input checked="" type="checkbox"/> Independent
Duration	20 Minutes + 10-15 minutes more if optional activity is used
Group Size	Any size
Minimum Staffing	1 group leader, 1 assistant (depending on size of group)
Materials Needed	<ul style="list-style-type: none"> • Goal envelopes - if completed at Post Arrival • 3x5 card or a piece of paper, and pens • <i>Optional:</i> A few copies of the Goal Setting Chart
Preparation	<ul style="list-style-type: none"> • Make a plan for how to return student goal envelopes at the Re-Entry orientation.

Facilitator Background Info:

By this point during this orientation, students have already explored many ideas that will apply to the remainder of their exchange, including strategies for how to deal with a range of problems. This session will allow students the time to think about the upcoming months and imagine what they would like to accomplish by the end of their exchange year.

Try to get students to think beyond “fun” goals such as visiting New York City, or going skiing. Instead, they should consider the ways in which they can get the most long-term impact out of their experience; encourage them to consider how to take personal risks, challenge themselves, and learn new skills. As much as possible, try to get students to think of concrete steps they can take to promote continued personal and relationship growth, and sustained language improvement.

Students should leave this session feeling confident, positive and invigorated about the remaining months of exchange.

INTRODUCTION (0-3 MINUTES)

1. If you have goal cards that students filled out during the Post-Arrival wrap-up – please distribute these to students now.
2. Tell the students to read over what they wrote at the Post Arrival and think about whether they’ve accomplished their goals or if they still have the same concerns. Then share the points below:
 - We spent the morning looking back at the first part of your exchange experience.
 - First, we looked at how far you’ve come and how you have adapted.
 - Next, we talked about your struggles and did some problem solving.
 - Then, we took a deeper look at what you have learned about your home culture and American culture.
 - Next, we worked on communication and how it affects our relationships.
 - Now, it’s time to use the tools and strategies we learned today to look forward and plan the rest of your exchange experience.

ACTIVITY GOAL SETTING (10 MINUTES + 10 MORE IF OPTIONAL ACTIVITY IS USED)

1. Explain that now, they will do an activity to set their own personal goals for the remainder of their exchange. Emphasize that:
 - The exchange experience is already half over.
 - Students should try and experience as much as possible in the remaining months. Setting clear goals will help them do this.

OPTIONAL ACTIVITY TO PREPARE FOR MAIN ACTIVITY: *Share the Goal Setting Chart on a flipchart, slide or whiteboard, prior to handing out the notecards. Ask students to complete this to help them articulate their plan. We encourage students to work independently on this, however, if needed, they can partner up to talk about specific plans and complete this worksheet. Explain the chart is only a tool, students don’t have to have a goal in every category of the chart.*

Personal Goal	Step-by-Step Plan –How will I do this?	Obstacles- What will be difficult?	Support Needed- Who can help me?
School Goal:			
Language Goal:			
Friendship Goal:			
Host Family Goal:			
Personal Goal:			

GOAL SETTING ACTIVITY DIRECTIONS

1. Give each student a 3x5 card, a pen, and an envelope.
2. Encourage students to take time to think about what they personally want to accomplish during the remaining months of their exchange. Ask them to create three concrete goals.
3. Have students write a specific goal on one side of the 3x5 card and a concern they may have on the other side of the card.
4. Let students know what they write is personal and won't be shared with anyone else – it is for their eyes only.
5. Give students 5-10 minutes to write their goals.
6. Ask students to insert goal card into envelope, seal it and write their name on the outside of the envelope. Hand envelope to facilitator. The envelope will be returned to student at the Re-Entry for review and reflection.
7. Ask if any if any of the students want to share one of their goals. Tell them that they do not have to but, if they would like to share, their peers may have some good advice on how to accomplish the goal.
8. Allow for a few minutes of sharing. If students are excited to share their goals, and you are out of time, encourage the students to share these during the next session.

WRAP UP (0-3MINUTES)

This is the last session before the students come together with host families. Therefore, try to make sure the feeling in the room is positive, uplifting, and students seem eager to finish their year strong.

- ✓ Everyone has made such giant strides since arriving today and will continue to do so in the coming months.
- ✓ Sometimes it is hard to see one's own progress – but you will eventually.
- ✓ By setting goals today, hopefully students are ready to return to their host family motivated to make their dreams come to life.
- ✓ See you in the spring for the Re-entry. We look forward to hearing about all the experiences you have said “YES” to!

Just before the group is dismissed, read the quote below:

“Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the wind in your sails. Explore. Dream. Discover.” ~Mark Twain

GOAL SETTING CHART

THIS IS A TOOL TO HELP YOU SET YOUR GOALS.

Personal Goal	Step by Step Plan - How will I do this?	Obstacles- What will make this difficult?	Support Needed- Who can help me?
<i>School Goal:</i>			
<i>Language Goal:</i>			
<i>Friendship Goal:</i>			
<i>Host Family Goal:</i>			
<i>Personal Goal:</i>			

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