



Orientation	Midyear
Session Overview	This session may be facilitated jointly with the students and host parents, or may be done separately.
Participants	<input checked="" type="checkbox"/> Students <input type="checkbox"/> Natural Parents <input checked="" type="checkbox"/> Host Parents <input type="checkbox"/> Host Siblings
Format	<input type="checkbox"/> Highly Active / Interactive <input checked="" type="checkbox"/> Some Activity / Interactivity <input checked="" type="checkbox"/> Discussion <input type="checkbox"/> Independent
Duration	20 minutes
Group Size	All host parents and students
Minimum Staffing	All volunteers
Materials Needed	Flipcharts with highs and lows feedback from student and host parent sessions
Preparation	Select spokespeople from student and host parent groups to share.

Facilitator Note: The facilitator asks the spokesperson from the host family group to share the “high and lows” flipcharts that were created during the session. This is followed by the exchange students' group report-out using the flipchart where they recorded their highs and lows in Session # 2 - Adjustment Process.

ACTIVITY: SHARING (10-15 MINUTES)

1. Welcome everyone. Explain that during the different sessions we had the opportunity to discuss both our joys (highs) and some of the difficulties (lows) that we have encountered so far in our exchange experience.
1. Tell the group that now, we will wrap up this orientation by hearing from both students and host parents so that we can all benefit from our discussions today.
2. Ask representatives from each group (host families, and then students) to share the flip charts they created during this orientation that looked at their “highs” and “lows.”
3. After reviewing these, ask the participants all together if they see any similarities. Ask addition follow up questions to have a meaningful discussion about the highs and lows:
 - What were some of the best “highs?” Why were these so meaningful?
 - Are there any similarities with the lows? Any thoughts on why we felt low at certain times?
 - How did we grow from the “lows”, did anyone learn anything from their challenges?

4. Close the discussion by thanking everyone and reviewing some of the “highs” of the orientation. Ask the participants, what were some of their “highs” that occurred during the orientation.

WRAP UP (0-3 minutes)

Wrap up the orientation using the bullet points below:

- ✓ Thank you so much for giving us some of your time today.
- ✓ The initial glamour of the experience has worn off. As life together has become more routine, many families are pleased that they have reached a level of familiarity they hoped for.
- ✓ Within other families, however, feelings of impatience, boredom or dissatisfaction may be brewing.

In conclusion—read the following poem to the entire group.

THE COOKIES

**At an airport one night
With several long hours
Before her flight
She hunted for a book
In an airport shop,
Bought a bag of cookies
And found a place to drop.**

**She was engrossed in her book
But happened to see,
That the man sitting beside her
As bold as could be,
Grabbed a cookie or two
From the bag in between,
Which she tried to ignore
To avoid a scene.**

**So she munched the cookies
And watched the clock,
As the gutsy cookie thief
Diminished her stock.
She was getting more irritated
As the minutes ticked by,
Thinking, "If I wasn't so nice,
I would blacken his eye."**

**With each cookie she took,
He took one too,
And when only one was left,
She wondered what he would do.
With a smile on his face,
And a nervous laugh,
He took the last cookie
And broke it in half.**

**He offered her half,
As he ate the other,
She snatched it from him
And thought....ooh, brother!
This guy had some nerve
And he's also rude,
Why he didn't even show
Any gratitude!**

**She had never known
When she been so galled,
And sighed with relief
When her flight was called.**

**She gathered her belongings
And headed to the gate,
Refusing to look back
At the thieving ingrate.**

**She boarded the plane,
And sank in her seat,
Then she sought her book,
Which was almost complete.**

**As she reached in her baggage,
She gasped with surprise,**

**There was her bag of cookies,
In front of her eyes**

**If mine are here,
She moaned in despair,
The others were his,
And he tried to share.**

**Too late to apologize,
She realized with grief,
That she was the rude one,
The ingrate, the thief!**

Then conclude the orientation by asking the question below:

Conclude by saying: How many times have we absolutely known that something was a certain way, only to discover later that what we believed to be true...was not?

Always keep an open mind and an open heart, because.....
you just never know... You might be eating someone else's cookies