

Weeks 0-11 (condensed teaching year) - Weeks in red are face to face meetups. Weeks in White are emails

PLEASE NOTE: This framework is designed to be flexible and adaptable to the needs of each student group, as identified by Mentors and/or by participants. Training will include how to encourage group members to guide session content to make it most useful and relevant to their needs.

Week	Theme	Description	Activities / Tools	Target outcomes for incoming students
0 18th-22nd Sept 2024	Session One: Orientation Meetup	Regular Orientation	Intro to what Peer-Led Transition is and how it helps	Students know other people on their course, social connections are founded
			Campus & library tours	Students have a basic understanding of campus layout, are confident to explore and know where to go for more information
			Icebreakers	Students feel less alone in their uncertainty, feel more comfortable asking questions and naming fears
			Q & Hey / FAQ session	Mentors act as proof of change to new students
1 23rd-27th Sept 2024	Email One: Campus Life & Contacts	Practical information for new students	Mentors can recap on tour info, giving more details or answering questions asked on tour they may have needed more info for	Students have more information about activities, clubs & societies and supports available to them
			Invites to society activities	
			Course Contacts / Library / IT Services / Admin Areas / Students Union / Tutors/ Student Learning Service / Library	Students are reassured that Mentors are helpful, and the emails are useful to read
			Links to trinity in 12 Weeks programme	
		Getting onto Blackboard		
			Link to Theory of Good Enough Interactive Resource	
2 30th Sept-4th Oct 2024	Session Two: Settling In	Transition and belonging	Theory of Good Enough - reflection on resource	Safe space is established for students to talk honestly about their expectations on themselves
			Discussion of the expectations of college life - referencing questions from the Orientation Q & Hey exercise	
			Stereotypes vs reality	Students are reassured that transition normally involves lows as well as highs, and are encouraged to be open about these experiences
			Transition theory- the W curve	
		Definition of belonging	Students start to differentiate between belonging and fitting-in, and to gain confidence in themselves	

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3 7th-11th October 2024	Email Two: Budgeting & Money	Information on financial management, and introduction to time management	<p><i>Food</i> - recipes and restaurants where to go and what to eat with discounts, <i>Transport</i> - any advice on discounts or timetables <i>Cheap things to do</i> – what are some of the low cost or free activities <i>Money saving tips</i> – anything you did as a first year that saved money or spent it wisely.</p> <p><i>Info on Funds & Grants</i> available in college Techniques for managing your money - Revolut pockets/ Budget spreadsheet /Envelope tracker / 1 min budget tool Ideas for part-time work - where to find trustworthy job adverts</p> <p>Link to Time Management Interactive Resource</p>	<p>Students under financial stress are more aware of supports, and feel less alone with their issues</p> <p>All students are given resources for basic budgetary management</p> <p>Awareness that your time is a resource and needs to be well planned, time for everything, including fun</p>
4 14th-18th Oct 2024	Session Three: Basic study strategies	Study planning and how to engage with course reading	<p>How to manage your time - reflection on the resource</p> <p>Review active learning, note taking, participation in lectures etc</p> <p>Identifying and avoiding procrastination</p> <p>Traffic light reflections</p> <p>Link to Effective Learning Strategies Interactive Resource</p>	<p>Common issues around time management and lack of organisation are normalised</p> <p>Students are given tools to manage their academic expectations realistically and reduce stress</p> <p>Shared questions and concerns increase sense of belonging and reduce IP</p> <p>Students begin to practice self-reflection in the context of their learning</p>
5 21st-25th Oct 2024	Email Three: Getting the best out of Reading Week	Effective study and down time in equal measure!	<p>Ideas for spotify lists/netflix watches/activities in Dublin/online to take a break</p> <p>Links to library HITS resources and plagiarism guidelines</p> <p>Recap with links to resources/workshops from learning and counselling services</p>	<p>Strategies for motivation increase student confidence and resilience</p>

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6 28th Oct (BH) - 1st Nov 2024	Session Four: Overcoming barriers	Tackling procrastination, perfectionism and self-doubt	Effective learning - reflection on the resource	Students can name tools that they find useful to absorb study materials
			Procrastination hacks	Students can name avoidance issues and know how to address them
			Discussion about self-doubt and its impact on how and when we start writing/revising etc.	Students start to identify imposterism as an obstacle, not a reality
7 4th - 8th Nov 2024	Email Four: being your best champion		Link to Inner Critic Interactive Resource	Learning from week 6 is reiterated
			Link to Self-compassion Interactive Resource	Confidence in the students' ability to overcome typical barriers increases
			Suggests another Traffic Light Reflection	Students know how and when to access more support
8 11th- 15th Nov 2024	Session Five: Stress Busters	Identifying stress and practising self-compassion	Reminde rof how to address issues that can't be readily resolved: SLD and SCS	Issues around stress are normalised
			The Inner Critic - reflection on the resource	Students are given core skills in resilience and strategies to proactively build this up in advance of exams
			Discussion on what stress feels like, and strategies students have found helpful	Shared conversation increases sense of belonging and reduces IP
			Self-compassion - reflection on the resource	Students are encouraged towards self-compassion
			Discussion on self-compassion - is it harder than compassion for others? Why?	

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9 18th- 22nd Nov 2024	Email Five: Preparing for exams/ assessments	Assessment strategies	<p>Links to Goal-Setting Interactive Resource</p> <p>Reminder of the discussions last session – top suggestions for making sure you are being kind to yourself.</p> <p>Reminder of Effective Learning Strategies resource</p>	<p>Learning from week 8 is reiterated</p> <p>Normalisation of stress and methods for dealing with it increases</p> <p>Students are given more resources to increase resilience and self-awareness</p>
10 25th - 29th Nov 2024	Session Six: Assessment Strategies	Preparing for the end of term	<p>Goal setting - reflection on the resource</p> <p>Discussion on upcoming assessments - Q&A</p> <p>Identifying favourite study strategies - what works for you?</p>	<p>Shared discussion increases sense of belonging and reduces IP</p> <p>Mentor perspective normalises assessment difficulties and encourages proactive mitigation</p> <p>Students are encouraged to view their assessment experience as a learning opportunity/practice for future years</p>
11 2nd-6th Dec 2024	Email 6: Good Luck	Wishing them well	<p>Good luck for the end of year assessments</p> <p>Reminder of activities/plabns for Semester 2</p>	<p>Students feell supported through he first assessment, and encouraged to reconnect with Mentors in January</p>