Session: Overcoming Barriers

Objectives for session:

- Students can name the tools they find most useful to absorb study materials,
- Students can name avoidance issues and know how they best address them,
- Students identify imposterism as an obstacle, not a reality.

Useful resources:

- Group List (see https://s2svolunteer.tcd.ie)
- Room Number
- Icebreaker suggestion list
- Effective Learning Strategies Interactive resource
- Reducing Procrastination infographic
- Imposter phenomenon video

Ideas for activities:

Welcome

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

Talk Around Topics:

Reflection on the Effective Learning Strategies interactive resource

If conversation is not forthcoming use the following questions.

- What study method(s) do you find most effective?

- Do you have any experience of retrieval practice?

- What might be the obstacles to distributed practice?

- What did you learn about active study versus passive study?

- Is there anything you will try to do more or less of now?

Reducing procrastination

If conversation is not forthcoming use the following questions.

- Do you currently try any of the tactics in the infographic?

- How does active learning counteract procrastination?

- Is it easier to try these tactics alone, or in study pairs/groups?

Self-doubt

If conversation is not forthcoming use the following questions.

- How does self-doubt affect your academic work?

- How does it feel hearing other people talk about their self-doubt?

- How would you respond to a friend expressing self-doubt?

Imposter phenomenon

If conversation is not forthcoming use the following questions.

- How does imposter phenomenon manifest in your college life?

- How does it feel hearing other people talk about their sense of being an imposter?

- What would help to counteract this imposterism?

Wrap-up

- Summarise discussion, including positive moments and further action

- Ask group members to try a traffic light reflection based on the discussions you've had today

- Check-in around topics group would like to cover in next session

Please remember to fill out the feedback form after the session!