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 particpants. 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 2023	**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 25th-29th Sept 2023	**Email One: Campus Life & Contacts**	Practical information for new students	Mentors can recap on tour info, giving more detials or answering questions asked on tour they may have needed more info for	Students have more information about activities, cubs & societies and supports available to them
			Invites to society activities	
			Course Contacts / Library / IT Services / Admin Areas / Students Union / Tutors/ Student Learning Development Service	
			Links to Trinity in 12 Weeks programme	
			Getting onto Blackboard	Students are reassured that Mentors are helpful, and the emails are useful to read
			Link to **Theory of Good Enough Interactive Resource**	
2 2nd-6th Oct 2023	**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	
			Transition theory- the W curve	Students are reassured that transition normally involves lows as well as highs, and are encouraged to be open about these experiences
			Definition of belonging	Students start to differentiate between belonging and fitting-in, and to gain confidence in themselves

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3 9th-13th October 2023	**Email Two: Budgeting & Money**	Information on financial management, and introduction to time management	*Food* - recipes and restaurants where to go and what to eat with discounts, *Transport* - any advice on discounts or timetables *Cheap things to do* – what are some of the low cost or free activities *Money saving tips* – anything you did as a first year that saved money or spent it wisely. *Info on Funds & Grants* 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 Link to **Time Management Interactive Resource**	Students under financial stress are more aware of supports, and feel less alone with their issues All students are given resources for basic budgetary management Awareness that your time is a resource and needs to be well planned, time for everything, including fun
4 16th-20th Oct 2023	**Session Three: Basic study strategies**	Study planning and how to engage with course reading	How to manage your time - reflection on the resource Review active learning, note taking, participation in lectures etc Identifying and avoiding procrastination Traffic light reflections	Common issues around time management and lack of organisation are normalised Students are given tools to manage their academic expectations realistically and reduce stress Shared questions and concerns increase sense of belonging and reduce IP Students begin to practice self-reflection in the context of their learning
5 23rd-27th Oct 2023	**Email Three: Getting the best out of Reading Week**	Effective study and down time in equal measure!	Link to **Effective Learning Strategies Interactive Resource** Ideas for Spotify lists/Netflix watches/activities in Dublin/online to take a break Links to library HITS resources and plagiarism guidelines Referencing guide Recap with links to resources/workshops from **Student Learning Development**	Strategies for motivation increase student confidence and resilience

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6 30th Oct (BH) - 3rd Nov 2023	**Session Four: Overcoming barriers**	Tackling prcrastination, perfectionism and self-doubt	Effective learning - reflection on the resource Procrastination hacks Discussion about self-doubt and its impact on how and when we start writing/revising etc. Introduction to Imposter Phenomenan	Students can name tools that they find useful to absorb study materials Students can name avoidance issues and know how to address them Students start to identify imposterism as an obstacle, not a reality
7 6th - 10th Nov 2023	**Email Four: being your best champion**		Link to **Inner Critic Interactive Resource** Link to **Self-compassion Interactive Resource** Suggest another Traffic Light Reflection Reminder of how to address issues that can't be readily resolved: SLD and SCS	Learning from week 6 is reiterated Confidence in the students' ability to overcome typical barriers increases Students know how nad when to access more support
8 13th-17th Nov 2023	**Session Five: Stress Busters**	Identifying stress and practising self-compassion	The Inner Critic - reflection on the resource Discussion on what stress feels like, and strategies students have found helpful Self-compassion - reflection on the resource Discussion on self-compassion - is it harder than compassion for others? Why?	Issues around stress are normalised Students are given core skills in resilience and strategies to proactively build this up in advance of exams Shared conversation increases sense of belonging and reduces IP Students are encouraged towards self-compassion

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9 20th-24th Nov 2023	**Email Five: Preparing for exams/ assessments**	Assessment strategies	Links to **Goal-Setting Interactive Resource** Reminder of the discussions last session – top suggestions for making sure you are being kind to yourself. Reminder of Effective Learning Strategies resource	Learning from week 8 is reiterated Normalisation of stress and methods for dealing with it increases Students are given more resources to increase resilience and self-awareness
10 27th Nov - 1st Dec	**Session Six: Assessment Strategies**	Preparing for the end of term	Goal setting - reflection on the resource Discussion on upcoming assessments - Q&A Identifying favourite study strategies - what works for you?	Shared discussion increases sense of belonging and reduces IP Mentor perspective normalises assessment difficulties and encourages proactive mitigation Students are encouraged to view their assessment experience as a learning opportunity/practice for future years
11 4th-8th Dec 2023	**Email 6: Good Luck**	Wishing them well	Good luck for the end of year assessments Reminder of activities/plans for Semester 2	Students feell supported throught he first assessment, and encouraged to reconnect with Mentors in January