Preparing and Brainstorming for the Experiential Lab Group Activity

# Purpose:

The purpose of this activity is to engage in preparing and planning for the class lab group activity. You will be in an 8-10 week group lab, which is an experiential group, where you will take the role of a member and also co-lead two sessions. Planning for the lab group involves you considering what "presenting problem" you will decide to take on in the role of group member. As a group whose purpose is to support graduate students managing stress, it’s focus is on build coping skills and strengthen interpersonal interaction behaviors. Ideally, brainstorming about what kind of problem/role to take in the experiential group arises from reflecting on types of stress you experience, how you cope, and what their major challenges you confront. Identifying a presenting problem and taking "ownership" of it in a way that focuses your behavior the experiential lab group will assist in building focus and cohesion in the group.

# Group Instructions:

Students will randomly be assigned to breakout rooms of 3 students for the purpose of discussing: 1) "why is it important for group members to have clarity about group purpose and about what they want to work on in the group"? 2) "what kind of presenting problems would graduate students bring to a treatment group whose purpose is to support coping with stress and strengthening interpersonal skills"?

These discussions in a breakout room will promote brainstorming on possible presenting problems for each of you to choose from.

A Jamboard will be provided for your brainstorming group to post your feedback on what kind of problems one would expect graduate students to bring to such a group (e.g., isolation from family, difficulty with the academic workload, managing work, school, and relationships, and if they are married or a parent, their unavailability to their children).

Once feedback is collected on the Jamboard and reviewed by all students, you will return to your brainstorming group to reflect on the feedback and discuss the “presenting problem" that you would like to choose. You will have the opportunity to discuss considerations you have in taking on that role in the lab group.

The breakout room format will encourage depth in reflection, and hopefully generate many ideas.