

Activity: Are We Progressing?

INTRODUCTION

Students often get caught in patterns of interaction. For example, the most talkative student is always sharing and the quiet student rarely shares. Students also feel frustration with group dynamics but have no way to express it. This activity helps students express frustrations in a positive way. It also helps them see that they can impact the way the class feels and interacts. If this activity is used at all, it must be used consistently, and the results tabulated, tracked, and discussed. The students need to believe that change can happen and that progress can be made, so this activity requires a commitment from the instructor.

DIRECTIONS

1. Use this activity after each class discussion, one time a week, or at regular intervals. It must be used at least one time a month to be effective.
2. Explain that most groups of people that work together for any length of time fall into regular patterns of relating. These patterns often go unquestioned even when they cause stress for certain team members. Each person is responsible for how a team relates and for their own behaviors. This activity helps us identify areas for personal growth and identify areas for team growth.
3. Pass out one copy of the handout to each student. Students do not place their names on the handout. Each student will place an X on one of the numbers on each continuum. Direct students to place their X directly on top of the number to avoid confusion.
4. When the students have completed the handout, ask each student to share with the group the item that the group does right and the item that the group could improve.
5. Process the team progress with these questions:
 - How is our group progressing?
 - What is improving?
 - What is stagnant?
 - What is declining?
6. **Ask each student:**
 - What can our team do to make one of your scores increase?
 - What can you do on a personal level to make one of your scores increase?
7. Collect the handouts and calculate the averages on each continuum.
8. Enter the averages into a chart that is posted in the classroom. Each time the class conducts the activity, add the new averages to the chart so that the class can see if they are improving, stagnant, or declining, and which areas need work.

Handout: Are We Progressing?

DIRECTIONS: Place an X on each continuum to represent your opinion. One represents the lowest score and ten represents the highest score.

I feel heard:

1	2	3	4	5	6	7	8	9	10
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I feel valued:

1	2	3	4	5	6	7	8	9	10
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My opinions count:

1	2	3	4	5	6	7	8	9	10
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My contributions are appreciated:

1	2	3	4	5	6	7	8	9	10
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I feel safe sharing my ideas:

1	2	3	4	5	6	7	8	9	10
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I feel like I belong on the team:

1	2	3	4	5	6	7	8	9	10
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Describe one thing the team does right:

Describe on thing the team could improve: