

# CROSSING THRESHOLDS

## Suggested agenda for self-directed days

This agenda is offered as a guide for how to plan and structure your time on the self-directed days of modules 2-5. You are welcome to follow this guide as you see fit for the needs of your peer group.

### Before the day:

- Who will chair/facilitate to ensure you stay on track? (It's nice to rotate this job)
- How will you meet? In person, virtually? If virtual what platform will you use and who is responsible for scheduling?
- Check out the resources to see what you will be working on
- What will you bring from the module facilitated day to further work on?

### Example timetable

#### **9.30 – 10.30: Informal catch up with your peer group.**

- Any updates from your last meet up?
- How are you getting on with your career plans?
- How are you getting on with your mentors?
- Do you need any input on anything specific?
- If you haven't made a plan, you could do that now

#### **10.30-11.00: Short activity chosen from the Module's resource page**

- E.g. watch a short Ted Talk together and have a discussion

#### **11.00 – 12.00: Hot Topic**

- This will be curated by the assigned peer group for the module e.g., Peer Group 1 for Module 2. It will be an hour of facilitated time which could include a speaker, games or discussions. It may be virtual or in person.

#### **12.00-13.00: Lunch with your peer group**

#### **13.00-13.30: Something fun!**

- Plan something that is light-hearted and fun. This will help to build relationships and bring some balance to the day. You could arrange an online quiz, game or speaker or meet somewhere inspiring such as a gallery or a park!

#### **14.00- 14.30: A longer activity chosen from the Module's resource page**

- E.g., Working on each other's career plans or doing practice interviews

#### **14.30-14.45: Reflections on the time together as a peer group**

- What worked well? What do you want to improve for next time? Any logistics for your next meet up?

#### **14.45-16.30: Working individually**

- This time might be spent finishing any activities from your module yesterday, choosing an activity from the resource page to do independently, setting up shadowing or spot mentoring opportunities etc.