



# SESSION 8



# EXERCISES

## Connecting up: Three words

Ask the students to think of three words that sum up their experience of being on the Living e-Motions course. It can be any three words - three single words or a three worded comment. They will then share these three words with the other students.



### **TUTOR NOTES**

**This is a quick and fun exercise to get the students in reflective mode and will also contribute to feedback on the course. You could provide each student with 3 post-it notes and ask them to come up one at a time and put them on flipchart. An alternative would be to either record the words as they are shared or ask the students if they would write them on the flipchart as they share.**



### Sharing our stories

During this exercise each student will be asked to share the story they have developed during the course. The story can be delivered in person or pre-recorded on smartphone and shown to the group.



### TUTOR NOTES

Information on this exercise is provided in the information section. It is recommended that students are given time and support to prepare their short story and it may be helpful to have the option of delivering in person or recording it beforehand to be shown to the group. The stories should be no longer than 3 or 4 minutes long.

It is recommended that there is no discussion or questions at the end of each story to ensure that each person's story is listened to with respect. Each student should be applauded for sharing but not placed in a position of having their story discussed or questioned at that point.



### **My learning passport**

Ask each student to use the Living e-Motions Learning Passport template to produce their own Learning Passport. There are two forms of the template - a blank one and one with some hints to aid completion.



### **TUTOR NOTES**

Encourage students to refer back to the exercises in Session 7 and use that as a basis for their learning passport. You could also provide the template with some guidance on how to complete the template. Some students may need some individual support to complete their learning passport.



### My Living e-Motions journey

Ask the students to complete the evaluation form provided.



### **TUTOR NOTES**

It is important that the student complete the evaluation forms. If any students are struggling to do this, it may be appropriate to help them to complete it. Remind the students that this is a pilot course and that we really need to know what they thought of it - what worked for them and what needs changed or improved - so that the final course is as good as it can be.



# HANDOUTS OVER PAGE



# My Learning Passport

Name:

I am...

My qualities

My new learning and skills



### How I want to use my new learning and skills

### Commendation

#### **Name:**

This space is for your name and any contact details you want to include or maybe a photograph

#### **I am...**

This space is for a short statement about you – something like ‘I am a passionate and enthusiastic person who likes to work with others to achieve change’

#### **My qualities**

This space is for a list of your key qualities – skills, aptitudes, things you are good at. Lots of CVs have this as it is good for there to be a summary of you. It should be concise and include statements such as:

- Good communication skills in writing and in person
- Able to inspire and motivate people
- Good attention to detail



### **My new learning and skills**

This is a space for you to list the key things you have learned and the skills you have gained during the Living e-Motions course. Look back at your thoughts during Session 7 as a basis.

### **How I want to use my new learning and skills**

This space is for a short statement about how you want to use your new learning and skills. Examples could include:

- Use my lived experience to support others in their recovery journey
- Move into a job where I can support others to reach their goals
- Look for opportunities to continue my education by going to College to study...

### **Commendation**

This space is for a short comment from a fellow student or trainer about you focusing in on your qualities, learning and skills. An example would be...  
‘[name] is a motivated and enthusiastic learner who can also support others in their learning.’



# COURSE EVALUATION

## 1. Your experience of the course

The following questions use a scale to 1 to 5 where 1 is agree very much and 5 is do not agree. Circle the number which most fits with your experience

**The Living e-Motions course was enjoyable**

1 2 3 4 5

**I learnt a lot on the Living e-Motions course**

1 2 3 4 5

**The content of the sessions and the exercises were interesting**

1 2 3 4 5

**I feel more confident about my lived experience and future learning**

1 2 3 4 5

## 2. What did you enjoy most about the course?



**3. What do you think should be changed or improved?**

Include any ideas you have for changes and improvements

**4. How has completed the Living e-Motions course benefited you?**

Tell us about anything about the course (contents, exercises, group) that has been of benefit to you

**5. What do you plan to do next?**

Tell us a little about your future plans and how you will use the earning from the course

**THANK YOU FOR COMPLETING THIS EVALUATION FORM**

