



# SESSION 8



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## CELEBRATING MY JOURNEY

### INTRODUCTION

The aim of this session is for students to share their stories with the group and record their learning. During this session the stories shared can be captured on video or arrangements made to do that afterwards.

### LEARNING OUTCOMES

By the end of this session students will have:

- Shared their story with the group
- Completed their learning passport
- Celebrated their achievement



## SUGGESTED LESSON PLAN

ACTIVITY	METHOD	MATERIALS
Welcome	Trainer led	
Connecting up	Group exercise: Three words	
Sharing our stories	Group exercise	
My learning passport	Individual exercise	Worksheet
My Living e-Motion journey	Individual exercise	Evaluation form
Reflections	Group exercise	

## INFORMATION

This session should feel celebratory as students will not only share their stories but also draft the Living e-Motions Learning Passport.

## SHARING STORIES

Students are likely to have to undertake some preparation for this session as they will be sharing their stories with the group. Some may feel apprehensive about this but hopefully their experience of the group and the work they have been doing will ensure that they feel some confidence in finalising and sharing their story.

It is recommended that stories should be no longer than 3 or 4 minutes in length.



This may seem short but will encourage the students to focus on the preparation in Session 7 where they reviewed their learning in the course so far and distilled:

- the key parts of and turning points in the journey to date
- their learning from this journey
- what they would like to share with others

Where a student has completed sessions 1 to 7 but still feels apprehensive about sharing their story remind them that they can choose what to share and it can be 30 seconds or 4 minutes.

While it is important not to lose momentum it may be that you scheduled individual time with each student over a short period and then deliver this final session two or three weeks after Session 7.

Another factor to consider is whether the stories are recorded on video before or after this session. Some students may prefer to record their story in advance and play it during Session 8 but others may want to deliver their story in person and then record it later. It may be that there is a combination of stories on video and in person delivery.

## RECORDING STORIES ON VIDEO

The Living e-Motions online learning resource will include the short videos that students share, where they consent to this. We also know that short videos where people share what's helps their recovery are very popular on social media as they not only inform and inspire but they can also positively challenge stigma and discrimination.

The project is based on the premise that the short videos will be captured on smartphones. Most smartphones can produce a decent quality short video which can be shared on websites and social media platforms. It is likely that there will be students already familiar with creating short videos. However, if neither you nor



the students are you can find lots of how to guides and hints and tips online. Key factors to keep in mind are:

- Film landscape to get a decent sized picture and avoid dark lines down the sides
- Make sure the person sharing their story is centre or just slightly off centre in the frame and that the background is suitable
- Get in as close as you need to rather than use the zoom function. This will not only help get the colour balance and crispness of the image you want but will help the sound
- If you are recording at night or in a dull room use a light source rather than relying on the flash. Also avoid backlit settings.
- Make sure that the room is quiet so that there is no interference in the sound.
- Sometimes a short video needs a little editing. Most smartphones have access to apps to help with this.

It is important that the students consent to their videos being shared. A template form for discussing and getting consent is included in the handouts for Session 3 It may be appropriate to share this with students at this early stage so that they can think about consent and not just be presented with it at the end of the course.

## LEARNING PASSPORT

The students will also be asked to complete a Living e-Motions Learning Passport during this session. Again this is something that could be shared in advance with the students with a reminder that some of their work during Session 7 provides a good start to create their own Learning Passport.

As a trainer you may decide to hold a short meeting with each student between the final two sessions to ensure they are ready to share their story and also to discuss their Learning Passport. This is an opportunity for you to provide strengths



based feedback on an individual basis which will assist students in drafting their Learning Passport. A template for the Learning Passport has been provided.

## ENDINGS ARE JUST NEW BEGINNINGS

We know that completing a course of this type can be a significant experience for many people. The relationships formed in the group as well as the personal learning can change people's sense of self and open up new opportunities. One way to emphasise this is to have a celebratory follow up meeting shortly after the last session. At this follow-up celebration session, students can come together to share what has been happening and receive their course completion certificate. In some cases students may be invited to bring a friend or family member with them to share in their achievement and some cake is usually well received.

