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While I don't have these as separate documents, there are 2 exercises I've used in the past 2 years that seem to have worked well to give participants a chance to be reflective and to learn something about the other folks in the group.

Often an opening exercise:

Names & we ask:

Who named you? What is the origin/ethnicity of the name? What does it mean? Do you have a nickname/shortened version of the name? Does your family call you something other than you identified as you name to this group.

Everyone ends up knowing the names of the others in the group and something about them--and often their culture.

Poems

Often a closing exercise

I ask the group to take 15-20 minutes and come back to the group with a poem that we will title: Who I am.

I give examples: I share something brief about myself (I am a mother, I love the middle of the night, I believe that the truth can set you free, I sing along with music in the supermarket, I lost my mother when I was 15, etc.) and reassure them it doesn't have to rhyme or be perfect.

I try to give space so that folks can either read their poem or just share a part of the poem and we all talk about what it was like to write about themselves and if they were surprised by another person's poem. And we talk about how thinking about yourself enables you to understand others.

Hope these are helpful.