The Group Support Program: Member's list
Overall Checklist (what to do to graduate!)

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This list is what needs to be completed in order for you to graduate fromthe Group Support Program. This is for your records only. Please save this document and refer back to it throughout the program.

Note: All texts in blue are hyperlinked and clickable

In order to graduate, by the end of the 6 weeks, you need to complete and ensure you have the following:

- 6 Weeks of the course completed
- Completed all 6 courses threads
    - Introduction to Group Support
    - Building a Group
    - Group Development & Therapeutic Factors
    - Group Leadership
    - Ethical, Cultural, and Group Management Issues
    - Diversity Among Members in the Group
- Completed "Compassion Course"
- Earned following badges in the span of 6 weeks-
    - Bundled,
    - Group Friend,
    - Group Chimer,
    - Group Chatter/ Group Supporter.
    - (They are the badges which you will receive as a result of your participation in the group support chat rooms and allow you to know you are progressing in your training. You can check the badge section on your profile to see if you have them or not)

Program Duration: 6

Few things to consider:

- If a group leader trainee is eligible for any role like **Room Supporter**, then we highly encourage them to APPLY for them and learn and experience group dynamics under a specific role. However, we don't require it.

Trial Period - First Two Weeks.

Participate in the member group rooms a total of 3 hours per week/ 6 group member chats.

- **Please note:** One chat is equivalent to 25 text messages sent in the chatrooms.

- You can get started by **"Introducing yourself here!** You will submit the badge request only after/near your two week trial ending even if you meet the requirements beforehand.
- As well as going through course threads and participating in the group support chat rooms.

Weekly Tasks - Group

- Participate in member group rooms for at least 3 hours each week (measured by at least 6 group support chats each week). 2 group chats equal 1 hour in our program.
- Participate and support in at least 1 hours long session per week (this can be a Sharing Circle or Support Session, or Guided Group Discussion in any member chat rooms). This session can be a part of your weekly hours.

To host sessions every week, you have the following choices' :

- At least 4x hosting the 15 minutes support check-in in the Support Room 24/7 in a week.
- Sharing Circle Sessions. To lead an SC, you can reach out to**@Lou73 (ADULTS)** and @ASilentObserve **(TEENS)** for more information and guidance.
- Become a discussion leader and host discussions on a topic that interests you.
- Host an open chat session in your focused room.
- Host a pop-up session

If you have any other discussion ideas that you want to host, please let ASilentObserver know about it

Weekly Tasks - Forum

- Introduce yourself here!
- Complete all course work (six forum discussions). You must engage in all 6 discussions and give thoughtful responses to the forum posts. Find the discussion threads here!
- Comment on 2 posts in each of the forum discussions. You must post at least 2 comments on different members of the forum, totaling 12 additional posts.

Optional: Submit a short project on group dynamics

This part of the course is optional but if you do it, that is awesome. We would love to hear what you learned from your participation in the group chat rooms and what problems or challenges you think we could address by taking some steps as per you. There is no right or wrong solution. Your thoughts and efforts are what count!

Submissions need to be done latest by the second last week of the program completion. Under this short project, trainee has to

- Identify a challenge in the group chat rooms.
- How is it impacting the group?
- What are the potential solutions to address the concern? (Include all technical and non-technical solutions)

To create this short project, a trainee could use Problem Solving Template

- Problem (try to write it as simple and clear as possible):
    - Example: Chat room is not inclusive.
- Solution (the opposite of the problem):
    - All members in the chat room feel inclusive.

- Group Members will:
    - Greet and acknowledge all entering the room and encourage them to share their thoughts.
- Group Leaders will:
    - Run daily check-in at X times in X room.
- 1-10 rating of the problem (1 is really not good and 10 is great):
    - Current rating: X
    - After the implementation of the solution, the rating will be: Y
    - Due date check-in (rate problem again on 1-10 scale): Z

To submit your project, please use this form!

Weekly Progress Reports

All enrollees are required to submit weekly progress reports on Monday each week. These reports should have a true account of your progress with the project. If you fail to submit these reports, you may be dropped from the program. Post here once a week!

Recommended Completion Dates

- If you choose to pursue a group leadership role. Apply for the group roles (Room supporter and Group Mod) as soon as you meet the requirements. This allows you ample time for application processing and training.
- Start thinking about what kind of discussions/sessions you will host post-trial period to ensure everything is in place and you can get started once the trial is completed.

Deadlines

- All requirements must be completed before your program ends. This end date can be anywhere between 6-12 weeks depending on the weeks you applied for. You may ask for an extension 1 week before your program end date.

Honors

All enrollees who complete additional 3 hours per week in rooms (at least 6 chats per week) will graduate with Honors. You are welcome to spread the additional hours as you wish, you will graduate with Honors as long as you have the extra hours in addition to the required hours at the end of the program. Enrollees who violate our community guidelines during the program will not be entitled to Honors.

Contact a mentor if you have any questions related to the program.

Please reach out to our mentors here.

Information you may need

- Badges Required to Unlock Group Support Chatrooms
- 5 Tips to Become a Great Chat Room Leader
- 5 Ways to Make a Difference in the Listener Chat Rooms
- How to Embrace the Constructive Feedback to Better Yourself & Grow

- Guide to host Group support discussion
- Guide to host Pop-ups
- Detailed Member Chatroom Guidelines
- Apply to become a Room supporter

Last update on November 28, 2022. Please contact Hope if any of the information is outdated.