“Fears in a Hat” Activity

Instructions: Cut the following page of statements into strips.

When it I think of starting college, I am afraid or nervous about...

Give each student a slip, instructing them to complete the sentence, making note of any particular fear or concern they have about starting a college career. Allow the students a few minutes to write down their thoughts, then collect the folded strips in a hat (or a baseball cap). Use the strips as a wrap up activity for the Master Advising session. Read each written “fear” aloud and solicit classroom discussion.

Discussion points:
How are these fears similar? Note the commonality of the fears listed/
How have these fears been addressed during this MA session?

How are these fears similar to fears encountered in other life experiences?

What tools do you now have to help eliminate the fears?
End this discussion by sharing the unique definition of “fear” “False Evidence Appearing Real”.

How are many of these fears really false perceptions of self?
“Fears in a Hat” Slips

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