

SEQUENCING THE COMMUNITY BUILDING PROCESS

Getting Acquainted	Learning to Trust & Support Each Other	Setting Goals	Using Communication Skills	Problem Solving & Conflict Resolution	Extensions
<ul style="list-style-type: none"> • Learn Names • Get to know each other • Exploring differences and similarities • Introduce idea of community and interdependence • Break down developing barriers • Inclusion • Laughing with (and not at) each other • Put ups vs. put downs 	<ul style="list-style-type: none"> • Making Mistakes • Integrity • Risk Taking • Making choices about what is right • Being responsible for safety of self and others • Physical and emotional safety/trust • Trustworthiness 	<ul style="list-style-type: none"> • Individual and group goals • Setting realistic goals • Obstacles to reaching goals • Frustration • Focusing on what one can control • Empowerment • Supporting each other in attaining goals • Short term and long term goals 	<ul style="list-style-type: none"> • Active listening • Taking turns in conversation • Using “I” messages • Communicating feelings (feelings literacy) • Including everyone in conversation • Stating needs 	<ul style="list-style-type: none"> • Decision making/problem solving • Win-win solutions • Brainstorming • Identifying common interests • Perspective taking • Giving and receiving help • Needs vs. wants • Proactive vs. reactive approaches to problem solving • Internal vs. external locus of control 	<ul style="list-style-type: none"> • Leadership • Group decision making • Modeling • Service Learning