

*Please Stop the Rollercoaster!*  
**First meeting BLUEPRINT**

Logistical issues need to be covered by your group, and if you follow this BLUEPRINT it will be easy. You should discuss and agree upon the issues outlined below. You may want to have one person take on the role of “group coordinator” to simplify ongoing group communications, and to run this initial discussion.

<b>Schedule*</b>	How often will the group meet?*** Create a schedule together; identify dates
<b>Duration</b>	How long will the meetings last?
<b>Where</b>	Where will you meet?
<b>Food</b>	Will you serve snacks? How will you share this responsibility?
<b>Schedule conflicts</b>	How will you handle it if people have to cancel? Establish a commitment; identify conditions under which you’ll reschedule
<b>Session leaders</b>	Identify discussion leaders for each session
<b>Expectations, atmosphere***</b>	Discuss goals – what do you hope to get out of this experience? What kind of atmosphere do participants want to create? Is socializing important? If so, plan time for it.

- \*use “sign up” sheet attached
- \*\*We recommend meeting about every two weeks. If you meet monthly you are less likely to build up the kind of momentum that can be most effective.
- \*\*\*It is helpful to discuss your goals; articulating them out loud will identify areas of common interest. If socializing is important to group members you may want to build 15 – 30 minutes into the beginning or end of meetings for this. Some members may be more focused on the learning, or scholarly discussions; discussing the desired atmosphere will enable you to agree on your focus and expectations as a group.



## Schedule / Discussion Leader Sign up

Session	Topic	Date	Place	Discussion Leader
1	Adolescent Development			
2	Our Changing Roles			
3	Improving Communication			
4	Friends, Culture, Risk Behavior			
5	Personality Type Brain Devl'pent			
6	School and Parental Support			
7	The Myth of Perfection			
8	Reflections			

## Group Members:

Name	Phone	e-mail



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