

Orientation Leader Retreat/Training

August 21, 2013

McIntosh Center - Wishing Well

- Breakfast (7-8:30am)
- Welcome (8:30am-9:30am)
 - Icebreaker
 - **Animal Name Game**-Everyone stands in a circle and each person will say their name and an animal that starts with the first letter of their name and a movement and noise that that animal makes. For example, somebody whose name is Katelyn could say Katelyn Kangaroo and jump up and down. After this person says this, everyone in the group will repeat it. Then moving on to the second person, the group repeats that person as well as the first person again
 - Overview of training
 - Group Talk
- OL Work Time!(9:30-11:15am)
 - Door Decorations and Delivery
 - Photo Challenge
 - Move-in and ACE Day Signs
- Lunch (11:15am-12:00pm)
- Icebreaker(12:00-12:20pm)
 - **Pulse**-usually requires a big larger of a group of at least 12. Have the participants stand in two lines facing each other. If there is an odd number, that person can stand at one end holding “the object” which is usually something not destructible (eraser, bandana, etc). At the other end, the leader of the game tells everybody to close their eyes and hold hands. After the leader flips the coin, he will call out what landed face up. If it was heads, the first person has to squeeze the hand of the next person and so on down the line (this is the pulse). The last person has to grab the object. The line that got the object first gets a point. Both lines then move down one person and the first person rotates to the back. If a team accidentally sends down a pulse, they automatically lose. The first team to ten is the winner.
- TED Talk and Impact Board (12:20-1:00pm)
 - TED Video (12:20-12:25)
 - Impact Board (12:25-1:00)-Chances are that an experience with an extraordinary individual(s) had something to do with the reason your staff members chose to become OLs. Perhaps it was their freshman year OL who welcomed them with open arms in a non-judgmental, kind manner. Or maybe an interaction with a new student who decided to attend college, despite the death of her mother two months earlier, inspired them. The purpose of this “The Difference People Make” activity is to help OLs understand the awesome opportunity they have to “pay it forward.”
 - Whatever the case may be, the stories of our lives have a profound impact. That’s why sharing them with one another in a safe, supportive group setting can be an excellent way for staffers to learn more about their fellow OLs.What makes them tick? What’s important to them? And where do they derive their inspiration? Best done in a retreat setting or after a group has had several days together, you can help them to share their stories...
 - Two Boards “Why you choose to be an OL”, “Impact you want to make as an OL”
 - Ask people to share their stories and their impact.

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- **Conclusion** -As a concluding activity, encourage OLs to jot down some ways they believe they can make a difference in a new student's or families' life. Every OL has specific strengths and talents they bring to the table. Help them understand that they, too, have exactly what it takes to have an impact on someone else's life. Every small gesture matters...we just never knows how far reaching our efforts will be.
- Schedule and Expectations (1:00-2:00pm)
- Knowing Your OLs (2:00-2:10pm)
- OL Role Play (2:10- 2:45pm)
- Icebreaker TIME! (2:45-3:00pm)
 - **Giants, Wizards, and Elves**-Teach everyone how to become three characters: the giant, the wizard, and the elf. Each character features hand motions and a noise.
 - For the giant, each person stands on their tippy toes, lifts up their arms, and makes an angry growling noise: "Rooooar!"
 - For the wizard, each person crouches a little bit, flutters their fingers as though they are casting a spell, and they make a magical noise: "Woooo!"
 - For the elf, each person gets down very low on their knees, cups their hands around their ears, and makes a high pitched elf noise: "Eeeeeee!"
 - Practice each motion together a few times. Divide everyone into two teams and have them separate into opposite sides of the room. The game involves several rounds. For each round, the following takes place:
 1. Each team forms a huddle and decides to become a giant, wizard, or elf.
 2. Both teams then line up and face each other, about 5 feet apart.
 3. The facilitator says "3..2..1..Go!"
 4. Each team acts out the giant, wizard, or elf (whatever they decided to become).
 5. As soon as they act out their character, the winner tries to grab the loser and pulls as many people over to their side as they can. The loser tries to run away, back to their side, in order to be safe. The winner of each round is determined by the following. The giant defeats the elf because giants "squash" elves. Elves defeat wizards by outsmarting them, chewing at their legs. The wizard defeats the giant by "zapping" them with a magic spell.
 - Identical characters are a draw (no one wins).This process keeps repeating for multiple rounds until one team is entirely consumed (or when time runs out.)
- Teambuilders! (3:00-4:30pm)
 - Balloon Tower (3:00-3:30pm)-Have teams (generally 4-6 people) build the tallest free-standing (only touching the floor) balloon tower with the supplies they are given. Supplies needed: masking tape and 20-30 various sized balloons.
 - Mingle Mingle (3:30-3:45pm)-Everyone gets sticky note and pen. Each person thinks of a question and writes it on their sticky note. Everyone gathers in a group and the facilitator asks the students to walk around and mingle with each other. You then pair up and ask each other your questions, once you have answered the question you swap sticky notes and start to mingle again.
 - Lava Pit (3:45-4:30pm)-Make up a scenario that the participants are being chased and need to cross a field of hot lava in order to escape. Divide the participants into two even teams. Give each team the paper plates explaining that when they step on

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these plates they will not sink into the lava. The group must figure out how to get from one side of the lava pit to the other (Point A to Point B, marked on the floor with tape). Only one person can be on a plate at a time, and the plates may be picked up and moved. Key to the game is that only one person will need to work their way back across the field to help the rest across.

- Wrap-up (4:30-5:00pm)