

Lab 15: Termination

**Go around the circle and do a brief check-in to assess how students are feeling. One way to do this is to go around the room and have each person share a “high” and a “low” from the past week (since the last lab session). Be sure to limit each student to about 30 seconds so that you have time for the rest of the lab exercises.*

Goals: To practice the three stages of termination: looking back, looking forward, and saying goodbye. To provide the group with a meaningful closure to their lab experience.

Exercise 1:

Engage the group in a discussion by prompting them using some of the following questions:

Looking Back

- How have you changed or grown?
- How were you as a helper?
- What did you think of helping?
- What is lab group like now compared to when we first started?
- How have relationships among lab group members changed?
- How did the lab group fit or not fit with your expectations?
- What was helpful and not helpful?
- What did you like the most and the least?
- What would you have liked to do that we didn't do?
- What is a lesson or experience that had the most impact on you?

Looking Forward

- What's next for you?
- What will you take away from this?
- How will you use what you learn?
- How has your lab/class experience influenced your future plans—in either direction (i.e., do you want to have some kind of helping career or not)?
- What's one thing you learned from lab/class that you'll remember a year from now?
- What are your plans after the semester?

Saying Goodbye

- Process feelings about ending the lab (leave time for this!). How do you feel about ending?
- What will it be like to no longer meet as a lab group?
- Who would you like to say goodbye to?
- How would you like to say goodbye?
- Ask if there any specific things lab group members want to say to each other as a goodbye.
- Ask if there specific wishes lab group members have for each other?

Exercise 2:

Depending on the group, it is sometimes nice to do some sort of ritual to say goodbye. Here are three possible options:

- 2a) You can have each person write down a goodbye message, crumple it up, and throw it in the middle of the room. Students can pick up a crumpled paper and read each other's goodbye messages out loud.
- 2b) You can have each student write down what they contributed to the group on a strip of paper and have them read it to the class. Connect all the strips together in a chain.
- 2c) You can have each student say a goodbye message independently and have other students respond with their hopes for that student.