



Freshman Academic Advising Services
SLS 1503
Learning Strategies and Human Development

Chapter Relationships Amount of time required: 30-50 minutes (depends)

Type of exercise: panel/group Discussion

Supplies needed: none

Contact person: Mikki Minney Email address: minney@fau.edu

Summary of exercise:

(see attached)

Activity: Helping students discuss relationships openly and honestly. Select 4-5 students (a diverse mixture). They serve as the "panel" of experts. The instructor reads a scenario and asks the panel to provide advice/counsel on how the situation could/should be handled. Once the panel has responded, the audience (rest of class) is given an opportunity to agree w/the panel's assessment or offer rebuttal arguments. This activity makes for very lively discussion.

Relationship Scenarios

1. Sarah is a **freshman** at New College U. She's somewhat shy and quiet and doesn't make **friends** easily. She's **from** a small town out west and has never been more than **50** miles away **from** home. Sarah misses her family and **friends** and is really struggling to get used to her new surroundings. As a matter of fact, she's seriously thinking of not returning after the Christmas break. (**Developing** New relationships) What would the panel recommend to help Sarah get acclimated? Invite audience feedback
2. Josh is a first year student at Cal Tech. He's a pretty outgoing, self-assured young man and by most accounts he's considered good looking. He's a likeable, easygoing kind of guy and he's having a great first semester experience. Josh has a girlfriend back home, Karen. They've been together since sophomore year in high school. They talk to each other almost everyday and she flew out for homecoming a few weeks ago. This past weekend Josh went to a **frat** party with his roommate. He met **Terri**, and they really hit it off. He's seen her twice since the party. (Long distance relationships)
3. **Melinda** makes the trip home for Thanksgiving, **after** being away at college since late August. As soon as she arrives, she notices things are different. Her mom is very subtle but let's her know she doesn't like the way she dresses. Her dad is constantly at her about being on the phone and frequently **remarks** on the lack of time she spends **w/the** family. Saturday evening she asks to borrow the car to go hang out with **friends**. Her mom says sure, but wants her home by 10 because they're going to church as a family tomorrow morning. (Parent relationships)
4. Loren requested a single dormitory room but **demands** for on-campus housing didn't allow for students to live by themselves. Loren's roommate Megan is not so bad. She's rarely in the room and when she is she's pretty quiet. Now her suite-mates are the suite-mates **from** hell. They are constantly at each others throats, usually about something missing or moved, **i.e.**, earrings (or other jewelry), clothing, **CDs**, food etc. They never seem to study or go to class even. They are just plain old nasty when it comes to keeping the bathroom clean, they come and go at all hours, and people are always in and out of their room, especially their **boyfriends**. Loren finds it almost impossible to study in her room and if she gets **4-5** hours of sleep a night she's lucky. (Roommate relationships)
5. Brian met Amanda at the Week of Welcome Dive-In Movie night at the start of the semester.

There was instant chemistry between the two. They even rearranged their class schedules to take some classes together. They've been dating each other exclusively but because of the newness of the **relationship**, it is not an intimate one. One of the sororities throws a huge party **after** the homecoming football game. Both Brian and Amanda get a little drunk. When Brian takes Amanda back to her apartment, she invites him in. Things get hot and heavy very quickly. Suddenly, Amanda **comes to her senses** and **puts the brakes** on. Naked, Amanda grabs a robe to **shield** herself, apologizes, and tells Brian he has to go. Brian, drunk, excited and a little disoriented, thinks Amanda is just a little nervous and proceeds to finish what they started. Is this "date rape" or is Brian justified in his expectation of sex? (Intimate relationships)