

Session 4: Overcoming Barriers

Objectives for session:

- Students can name the tools they find most useful to absorb study materials.
- Students can name avoidance issues and know how they best address them.
- Students identify imposterism as an obstacle, not a reality.

Useful resources:

- Group List (see <https://s2svolunteer.tcd.ie>)
- Room Number
- [Icebreaker suggestion list](#)
- [Effective Learning Strategies Interactive resource](#)
- [Reducing Procrastination infographic](#)
- [Imposter Phenomenon video](#)

Ideas for activities:

Welcome

- Help group feel connected to each other and have fun with an icebreaker.

Talk Around Topics:

Reflection on the Effective Learning Strategies interactive resource

If conversation is not forthcoming use the following questions.

- What study method(s) do you find most effective?
- Do you have any experience of retrieval practice?
- What might be the obstacles to distributed practice?
- What did you learn about active study versus passive study?
- Is there anything you will try to do more or less of now?

Reducing Procrastination

If conversation is not forthcoming use the following questions.

- Do you currently try any of the tactics in the [infographic](#)?
- How does active learning counteract procrastination?
- Is it easier to try these tactics alone, or in study pairs/groups?

Self-Doubt

If conversation is not forthcoming use the following questions.

- How does self-doubt affect your academic work?
- How does it feel hearing other people talk about their self-doubt?
- How would you respond to a friend expressing self-doubt?

Imposter Phenomenon

If conversation is not forthcoming use the following questions.

- How does imposter phenomenon manifest in your college life?
- How does it feel hearing other people talk about their sense of being an imposter?
- What would help to counteract this imposterism?

Wrap-up

- Summarise discussion, including positive moments and further action
- Ask group members to try a traffic light reflection based on the discussions you've had today
- Check-in around topics group would like to cover in next session

Please remember to fill out the [feedback form](#) after the session