

Communicating & icebreakers

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TUUTORIKOULUTUS





Communicating online

General tips, 1/2

- Discuss the basic rules and ideas of communication channels with your freshers: what kind of messages, how closely do you need to follow them, where can you find important messages and where's the place for silly memes and "thoughts at 3am" –level stuff.
- As a tutor, you need to set the tone of the discussion. Encourage freshers to be nice and polite to each other.

General tips, 2/2

- Make sure that everybody knows how the apps/channels work and have a demonstration session if necessary. If you're not the tech wizard, can a fresher help by being a "tech tutor" for other freshers?
- Consider having routines, like saying "good morning" to all in your messaging group, posting a Monday meme etc.

Some tips for text-based communication

- There is no non-verbal dimension, you can't see others' faces -> people are more likely to misinterpret messages. Even emojis.
- Assume the best of others' intentions and encourage others to do so as well. Most likely they didn't mean to insult or be rude.
- When in doubt, ask. "Did I understand correctly, that...", "What do you mean with this"

Some tips for video meetings/events

- When people join the meeting, greet them by their name.
- Use "meta-talk" and say even the obvious things aloud, like "I'm glad to see you all here" and "I know we all are a bit tired in the morning".
- Have breaks. Some people start having screen fatigue after 30 mins.
- Encourage freshers to talk to each other and think of ways to facilitate discussion among the freshers.

The top left corner of the slide features a decorative arrangement of bunting. It includes several strings of triangular flags in dark blue, light blue, and teal. Interspersed among the flags are small, stylized human figures in orange and blue, some appearing to be holding hands or connected by lines, suggesting a group activity or team-building exercise.

Icebreakers, remote and live

General tips

- Get to know your fresher group and how diverse it is. Do all have the same possibilities to eg. move, read, participate?
- Always justify why you're doing this kind of icebreaker. What do you do, how and why.
- Keep in mind that the point of icebreakers is to let people get to know each other – what they are like, what are their interests etc.
- Encourage participation, don't force. Let people opt out and just watch, and tell them that this is totally ok.

Ideas for live meetings' icebreakers

- **Sociometers** – draw an imaginary line in the space, make a statement and ask participants to place themselves on the line according to their opinion. Example: "I like coffee – I like tea" and then instruct participants to take their place on the line.
- **What we have in common** – ask participants to form pairs with someone they don't know yet and then discuss to find out three things they have in common. Then the pair seeks out another pair to form a group of four and again find out what they share or have in common. Then a group of eight and finally the whole group has to find one thing they all have in common.

Ideas for live meetings' icebreakers

- **On the map** - Imagine that the space you meet in is a map of the world (or Finland). Go through the south, north, west and east. Ask participants to move around on the map according to instructions.
- After each question, ask participants to tell their closest buddies why they moved to that point. If the group is small, you can also ask each one individually why this is the place on the map so that the whole group can hear the answer. Ask participants to always say their name before answering.
 - The questions can be eg.
 - Where do you live now
 - where you lived before moving to your current city
 - Where were you born, where did you go to first grade...

Icebreakers that work both live and remote

- Your name and an adjective beginning with the same letter as your name. The adjective is either very descriptive of you or total opposite to what you are. When people get to know you they'll find out which one it is.
- Your name and an important number to you. It can be any number connected with your life. You explain as much as you want: "My name is Late and my number is 6 because my dog is 6 years old."

Icebreakers that work both live and remote

- Unique - All the participants stand in the circle. First participant says their first name/ name they want to use and a unique thing about themselves. If there is anyone else who shares the same thing, they will raise their hand. The same person will come up with new unique things as long as the hands no longer rise. When a person has said something unique only applying themselves, the turns moves on to the next person (you may succeed with the first unique thing).

Icebreakers that work both live and remote

- News round: plusses and minuses -In turn everyone tells one negative and one positive thing about this week, or especially about getting started with studies. The positive thing is left last.
 - Everyone gets to tell something about themselves, people get to know others and as a tutor you learn more about the group.
 - A news round can be taken as a part of every group meeting; routines increase the feeling of safety in a group.
 - Works best with groups of 5-20 people.

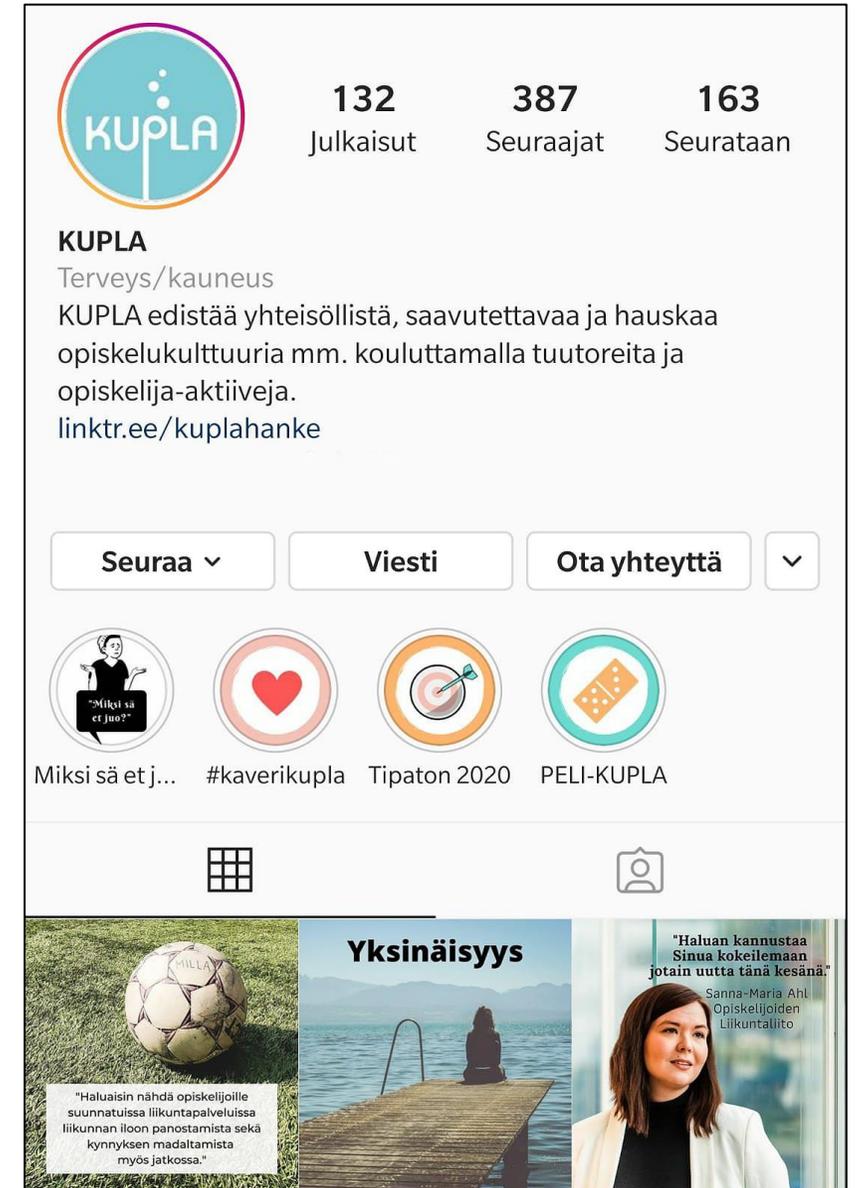
Ideas for remote meetings' icebreakers

- Two truths and a lie – participants tell three things of themselves. Two things are true and one is a lie, and the others have to guess which one is the lie.
- Whose <thing> is this – participants send the game's runner pictures of a set theme like "your favorite mug", "the first thing you saw this morning", "what reminds you of home" etc. Then the pictures are posted on a group or other platform and participants have to guess whose picture is which.
- Sharing skills – each participant introduces themselves by telling their name and a thing they are good at/could teach others.

Thank you!

Follow us on Facebook and Instagram for news and stories about well-being and student life.

- **Instagram:** @kuplahanke
- **Facebook:** kuplahanke
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The image shows the Instagram profile for KUPLA. At the top left is the KUPLA logo, a blue circle with a white dot and the word 'KUPLA' in white. To the right of the logo are statistics: 132 Julkaisut (Posts), 387 Seuraajat (Followers), and 163 Seurataan (Following). Below the logo is the name 'KUPLA' and the bio 'Terveys/kauneus'. The bio text reads: 'KUPLA edistää yhteisöllistä, saavutettavaa ja hauskaa opiskelukulttuuria mm. kouluttamalla tuutoreita ja opiskelija-aktiiveja.' and includes the link 'linktr.ee/kuplahanke'. Below the bio are three buttons: 'Seuraa' (Follow), 'Viesti' (Message), and 'Ota yhteyttä' (Contact). Underneath these are four icons representing different content series: 'Miksi sä et juo?' (Why don't you drink?), '#kaverikupla' (Friend cup), 'Tipaton 2020' (Tipaton 2020), and 'PELI-KUPLA' (Game cup). At the bottom, there are three featured posts. The first shows a soccer ball with the text: 'Haluaisin nähdä opiskelijoille suunnatuissa liikuntapalveluissa liikunnan iloon panostamista sekä kynnyksen madaltamista myös jatkossa.' The second is titled 'Yksinäisyys' (Loneliness) and shows a person sitting on a pier. The third features a woman and the text: 'Haluan kannustaa Sinua kokeilemaan jotain uutta tänä kesänä.' and 'Sanna-Maria Ahl, Opiskelijoiden Liikuntaliito'.

KUPLA – Students reforming substance use culture



- This training is produced by EHYT ry's and Nyyti ry's joint project KUPLA – Students reforming substance use culture. The project ran in 2018-2020
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