Hopes and Fears:

Purpose: To identify initial apprehension about this course and the idea of using teams as a major component of the course.

Think about the course. Take out a piece of paper. On one-half of the sheet of paper, make a list of your "hopes" for the course: what you hope to learn and/or what you hope to achieved. The focus is optimistic, and participants should respond as if considering the ideal circumstances.

On the second half of the sheet you are asked to write down your "fears": concerns, apprehensions, misgivings, etc., about the anticipated group/class sessions.

After a few minutes, we will create a class list of hopes and fears. Each person will take a turn, introduce yourself, and cite one hope and fear. The next person can either repeat or offer an additional item from their list.