

## Tutor Notes

### Hopes, Fears & Expectations Exercise

#### Aims:

- To enable learners to express their hopes, fears & expectations about the course & to acknowledge & affirm peers & tutor as a source of support.

#### Learning outcomes:

By the end of this task, learners will have:

- Identified their expectations of the course
- Expressed their hopes & fears about the course

**Resources:** 3 sets different coloured 'post it' sticky notes-yellow, orange, green.

#### Activity:

##### Part 1: Individual task

Distribute 3 post-its to each learner:

Instruct learners to identify key hopes on 1<sup>st</sup> (yellow), key fears on 2<sup>nd</sup> (orange), and key expectations on 3<sup>rd</sup> (Green). No names attached.

##### Part 2: Viewing

3 Boards or flipchart sheet placed around room – each learner places post-it in appropriate place.

Learners circulate around room to view others' postings.

##### Part 3: Discussion

Ask whole group what they consider the main (1) hope (2) fear (3) expectation

Tutor to discuss course expectations with regard to previous input on structure & content of course.

Tutor to point out that most fears/concerns/anxieties are shared & that group can be a source of support.

#### Afterwards:

Tutor to gain agreement of learners to type up (anonymous) responses to be posted on VLE. At the end of the course, Tutor can return to the hopes & expectations for learners to see how far these were met, & to fears to see if these were realistic.