

The Pandemic Population Conversations

Cohort 5 ~ Mondays 2 p.m.

Session 3



The Pandemic Population Conversations engages Extension 4-H and military services staff and volunteers in discussions while reading *The Pandemic Population (2020)* by Dr. Tim Elmore. In sharing together, staff and volunteers discover strategies and supports for working with military-connected youth in the current circumstance of the pandemic and beyond.

Goals for Session 3

- Create community within the cohort
- Discuss chapters 5-8
- Share plans for next steps

Create Community with cohort through introductions, breakout sessions, asking for input, and calling on members. Focus on digging deeper in comments and asking questions to get a better understanding of current circumstances, concerns, challenges, hopes, and successes. Because this is the last discussion, community & **concepts** are more blended.

- Ask participants to both add name & location to chat and introduce themselves sharing what spoke to them in these final chapters. If someone shares a concept that is in the plan, make note to have that person take a lead in the discussion. For other concepts, allow time to discuss as appropriate.
- Identify other places in the book ideas like PTSD vs PTG are discussed.
- Breakout Room 1: Discuss ideas to support PTG for youth.
- Discuss strategies for helping youth to harness wind and keep the flame burning.
- Identify leadership examples of worry, fear, and panic and the results.
- Share how we model wisdom, facts, and principles.
- Share each person's goal because of the experience.
- Write & share three sentences of the experience.

Review certificates & upcoming surveys

- Visit 4hmilitarypartnership.org and select Pandemic Population and cohort 5 to make up work
- Complete post-survey (coming in email) and look for a follow up on 3-6 months