

The weekly check-in template

Version 1

1. How are you doing?	2. What are the challenges you are facing? Do you need help?	3. How did last week go?	4. What is your plan for next week?	5. Make a pledge for next week

Version 2

1. How are you doing?	2. How do you stay motivated in these times?	3. How did last week go? What went well? What was challenging?	4. What is your plan for next week?	5. Make a pledge for next week

Extra questions

- What are you most afraid of with regard to your graduation project? And why?
- How is your motivation this morning?
- What was your reason to do this project?
- These are just some examples, feel free to come up with check-ins questions yourself

Instructions

What: A weekly check-in template. This template can help you with organising check-ins with your (self formed) community of graduating students.

The goal: to share how you are doing, how you are experiencing graduation and reach out to your teammates if you need help. Sharing what you plan to do this, might actually help you to really do it.

How: Start by pasting the template onto an online whiteboard (e.g. Miro or Mural) or print it out (A3 or bigger). Then you can start by answering all the questions for yourself and then share with each other. You can also go question per question.

