

Learning Track 1: The Inner Workings of Our Minds

Peer-to-Peer Conversation Guide



Before You Begin

Find a Spot – Find a quiet place to talk where you’re not worried about distractions or eavesdroppers. If possible, the group should sit so everyone can see each other.

Introductions – Start by introducing yourselves to each other. Take turns sharing your name, where you’re from, and your major or a class you’re excited about taking.

Introduction

Welcome to your Peer-to-Peer conversation!

Please designate one person to read the following instructions out loud so the group is on the same page about what peer-to-peers are all about.

What are Peer-to-Peers?

Peer-to-peers are guided conversations designed to accompany *Perspectives: The Inner Workings of Our Minds*. This conversation is designed to take 30-40 minutes to complete.

Peer-to-Peer Logistics



Keeping Time – Please establish a timekeeper. The clock icon will indicate when they need to keep time to ensure the group stays on task.



Go-Rounds – The group takes turns responding to a prompt for the exact same amount of time. When it's your turn to share, you are the only one allowed to speak – everyone else just listens.



Read-Alouds – This icon indicates when the designated person should read text out loud to the group.

Connect Before Content



Each person can **choose from one** of the prompts listed below, and has 30 seconds to think about their answer. Then begin an untimed go-round to share.



- What is one thing that is going well for you this week, and one thing that has been challenging or difficult in some way?
- Share about a place in the world that has special meaning to you, and why.
- What is something you look forward to every week or every month?

Group Norms



Now it's time to set group norms. For these types of personal conversations, it's important to create a space where everyone can share openly and honestly. **To do that, the group should agree on two simple norms:**

1. We will respect others' perspectives and beliefs, even if we don't agree with them.
2. We will commit to confidentiality – what is shared in peer-to-peer stays in peer-to-peer.

If a group member feels they *can't* agree to one or all of the norms, they should feel free to bring up their concerns and suggestions for norms that would work better for them.

Once the group has agreed to the revised norms, they can give a thumbs up or say out loud "I agree."

Warm Up: Talking About Talking



Think about your response to the following prompt, and respond in a go-round.



Keep your responses to just a few sentences.



What do you worry about most when you're sharing your views with someone who might disagree with you?

Don't forget: it's perfectly okay to disagree with each other. If that happens, try responding as follows:



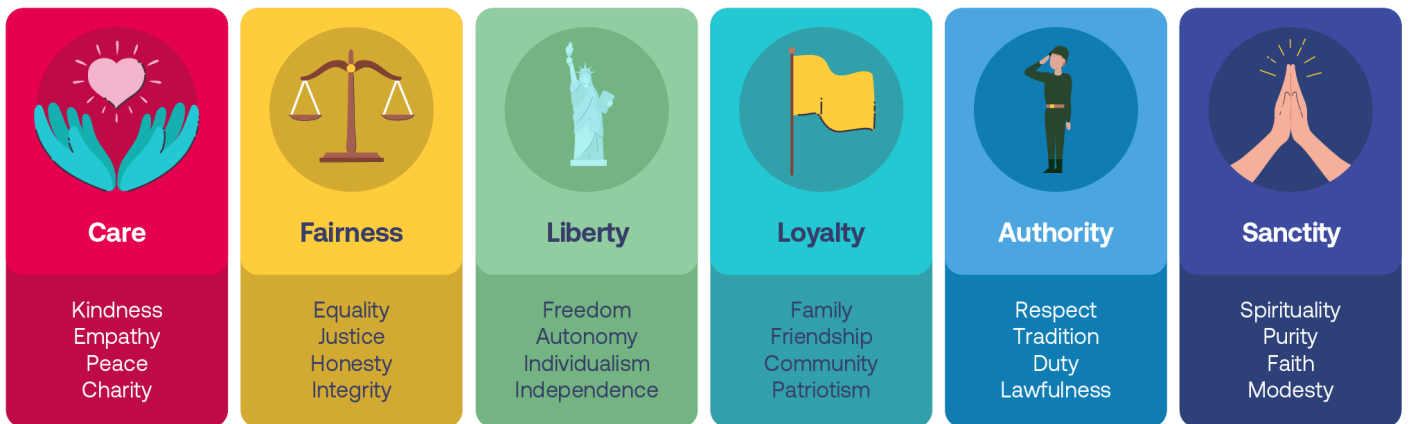
- Acknowledge what the other person shared (e.g., "Thank you for sharing. I hear what you're saying.")
- Share your opinion (e.g., "Here's what I think...")
- Ask an open-ended question (e.g., "Can you tell me more about what leads you to feel this way? Was there a specific experience you had where someone behaved the way you described?")

Main Activity: The Values We Bring

Let's take a moment to review what happened in *Perspectives: The Inner Workings of Our Minds*.



In *Perspectives: The Inner Workings of Our Minds*, you learned about Moral Foundations Theory. Take a minute to recall the moral foundations that you gravitate toward the most. Which ones were you taught growing up? Which ones show up in the values you hold the most? You can refer to the graphic below to refresh your memory.



Your Values: A Person



Today, we're going to practice talking about our own values and listening to others speak about their values.



Think silently for 1 minute about the prompt below.



Who is a person from your life who has shaped your worldview? What values have they instilled in you?



Everyone has 2 minutes to share.



Remember: during each person's 2 minutes, they have the floor. Please hold on responding or asking each other questions for now.

Your Values: Your Favorites









Now it's time to dig more into the values that are most important to you.



Think silently for 1 minute about the prompt below.



Share with the group about one or more values from the Moral Foundations Theory grid that you feel most strongly about. Share a story about how one or more of these foundations show up in how you lead your life.

 Care Kindness Empathy Peace Charity	 Fairness Equality Justice Honesty Integrity	 Liberty Freedom Autonomy Individualism Independence	 Loyalty Family Friendship Community Patriotism	 Authority Respect Tradition Duty Lawfulness	 Sanctity Spirituality Purity Faith Modesty
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Everyone has 2 minutes to share.



Remember: during each person's 2 minutes, they have the floor. Please hold on responding or asking each other questions for now.

Your Values: A One-Eighty









Think silently for 1 minute about the prompt below.



Look at the Moral Foundations Theory grid again. Is there a value from this list that you've changed your mind about, or adopted more recently? What made you change your mind, or become more interested in this value?

If you haven't shifted your views on a moral foundation, share about an issue you've changed your mind about, and why.

 <p>Care</p> <p>Kindness Empathy Peace Charity</p>	 <p>Fairness</p> <p>Equality Justice Honesty Integrity</p>	 <p>Liberty</p> <p>Freedom Autonomy Individualism Independence</p>	 <p>Loyalty</p> <p>Family Friendship Community Patriotism</p>	 <p>Authority</p> <p>Respect Tradition Duty Lawfulness</p>	 <p>Sanctity</p> <p>Spirituality Purity Faith Modesty</p>
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Everyone has 2 minutes to share.



Remember: during each person's 2 minutes, they have the floor. Please hold on responding or asking each other questions for now.

Responding

Take 2 minutes to reflect on what you heard others share. Try to avoid comparing your own life to what you heard others share; instead, just share a few things that stuck out to you about what others shared.



Consider comments like:

“I noticed you really care about...”

“I liked what you said about...”

“Something that stood out to me about your story was...”

Wrap-Up



To conclude this peer-to-peer conversation, each of you should share a response to the following prompt.



Please keep your responses to a few sentences each.



Share one observation about what it was like for you to respond to the prompts today and hear from others. Did anything surprise you about what you heard?

This concludes your peer-to-peer conversation. We hope you’ll find ways, both big and small, to apply constructive dialogue to your lives beyond the classroom walls and even beyond your college experience. This is never easy work, but you have what you need to get started. Good luck!