SUMMARY OF DALLAS TWST MEETING IN JANUARY 2022

The meeting on January 26, 2022 was conducted via Zoom and it was attended by 5 teens (1 was attending for his first time), 2 parents of the teens, 3slp’s, 1 graduate student, and 1 parent of a young adult who stutters (an ex-TWST member) who is one of our chapter leaders. The meeting began with a teen volunteer who read the Welcoming Words followed by introductions and then an Icebreaker designed to allow the teens to get to know each other better.

The first part of our meeting dealt with the concept of Life Graphs. The meeting facilitator explained the idea behind life graphs and went through one she had created for Peter Parker, the main character in the Spiderman movies. As a group, we went over Peter Parker’s major life events and where we thought they would go on his life graph with the top part of the graph representing positive experiences and the bottom half of the graph representing negative experiences. After going over his life graph, everyone was given 20 minutes to come up with between 5 and 10 major life events for their own lives and to then graph them onto a life graph. After everyone finished, the teens were invited to share their life graphs or the events that made up their life graph. We were really pleased that all of the teens shared at least part of what they had come up with for their life graph.

Then the other meeting facilitator got the teens thinking and talking about what goals are and the idea that goals can be big or small; can be set by others for us or by us for ourselves; and how the time frames for goals can vary tremendously. There was also an emphasis on being sure to be aware of the “why” behind the goal and what the possible outcome could be of achieving the goal. Then everyone was encouraged to jot down some current goals they would like to achieve. As a group, we brainstormed some of the strategies that we could use to help us achieve our goal(s) and to stay motivated to work toward our goal(s).

The facilitator shared the proverb “A goal without a plan is just a wish.” He then introduced/reviewed SMART goals and what each letter in the word “SMART” stands for. We then looked at some goals and analyzed whether they were “smart” goals and if not, why not. We all left feeling motivated to revamp the goals we had written into SMART formats so we could be more likely to achieve them.

We closed the meeting after a teen read the Closing Words and everyone was reminded about the next meeting being the last Wednesday in February.

Submitted by

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