Building Strength through Coping

Observer Fidelity Checklist

Session Two: Understanding Stresses in Our Own Lives

Facilitator Name : _____ Date: _____

Pre-Session Activities

	No	Some	Yes
1. Facilitator arrived 15 minutes prior to start of session	No	Some	Yes
Comments:			
2. Facilitator had all the materials for this session	No	Some	Yes
Comments:			
3. Facilitator was friendly and greeted the parents	No	Some	Yes
Comments:			
4. Facilitator took attendance	No	Some	Yes
Comments:			
5. Facilitator made sure parents had a name tag	No	Some	Yes
Comments:			

Introduction	**Time for Activity: 15 minutes**	**Time Started:**

Did Facilitator do the following:

	No	Some	Yes
1. Provided a general introduction	No	Some	Yes
Comments:			
	Content Deleted	Changed	Added
2. Explained Journey Map	No	Some	Yes
Comments:			
	Content Deleted	Changed	Added
3. Distributed and explained folders	No	Some	Yes
Comments:			
	Content Deleted	Changed	Added
4. Stated week's objectives	No	Some	Yes
Comments:			
	Content Deleted	Changed	Added

Icebreaker	**Time for Activity: 10 minutes**	**Time Started:**

Did Facilitator do the following:

	No	Some	Yes
1. Reintroduced self	No	Some	Yes
Comments:			
	Content Deleted	Changed	Added

2. Asked about two truths and a non-truth No Some Yes

Comments:

Content:
Deleted Changed Added

Ground Rules Time for Activity: 5 minutes Time Started:

Did Facilitator do the following:

No Some Yes

1. Posted and explained rules No Some Yes

Comments:

Content
Deleted Changed Added

2. Asked about any additional rules No Some Yes

Comments:

Content
Deleted Changed Added

Anchor Time for Activity: 10 minutes Time Started:

Did Facilitator do the following:

No Some Yes

1. Posed questions according to manual No Some Yes

Comments:

Content
Deleted Changed Added

2. Recorded responses on table — No Some Yes

   Comments

   Content Deleted Changed Added

3. Started with her own example — No Some Yes

   Comments:

   Content Deleted Changed Added

4. Chose 2 controllable and uncontrollable examples — No Some Yes

   Comments:

   Content Deleted Changed Added

ADD Time for Activity: 20 minutes Time Started:

Did the Facilitator do the following:

No Some Yes

1. Transitioned to ADD — No Some Yes

   Comments:

   Content Deleted Changed Added

2. Asked what control meant — No Some Yes

   Comments:

   Content Deleted Changed Added

3. Added column to table for control No Some Yes

   Comments:

   Content
   Deleted Changed Added

4. Wrote answers on table No Some Yes

   Comments:

   Content
   Deleted Changed Added

5. Split the group into two (can and can't control) No Some Yes

   Comments:

   Content
   Deleted Changed Added

APPLY Time for Activity: 15 minutes Time Started:

Did the Facilitator do the following:

No Some Yes

1. Transitioned to APPLY No Some Yes

   Comments:

   Content
   Deleted Changed Added

2. Had parents choose one stressful picture No Some Yes

   Comments:

   Content
   Deleted Changed Added

3. Had group A talk about what can control No Some Yes

   Comments:

   Content
   Deleted Changed Added

4. Had group B talk about what can't control — No Some Yes

   Comments:

   Content
   Deleted Changed Added

5. Had large group discussion — No Some Yes

   Comments:

   Content
   Deleted Changed Added

6. Repeat this 2-3 times with groups switching off — No Some Yes

   Comments:

   Content
   Deleted Changed Added

AWAY Time for Activity: 5 minutes Time Started:

Did the Facilitator do the following:

No Some Yes

1. Explained home activity process — No Some Yes

   Comments:

   Content
   Deleted Changed Added

2. Passed out home activity cards — No Some Yes

   Comments:

   Content
   Deleted Changed Added

Closing/Snacks	**Time for Activity: 5 minutes**	**Time Started:**

Did the Facilitator do the following:

No Some Yes

1. Reminded of next week's session, time, place — No Some Yes

   Comments:

   Content
   Deleted Changed Added

2. Gave overview of next week's objectives — No Some Yes

   Comments

   Content
   Deleted Changed Added

3. Asked if okay with being contacted to remind of next week — No Some Yes

   Comments:

   Content
   Deleted Changed Added

4. Invited them to take snacks on way out — No Changed Added

   Comments:

   Content:
   Deleted Changed Added

What went well in this session:

Was there anything unusual in the session?

General Notes: