



The Road Ahead

Session 4: Self-Sufficiency

Session Planning Guide

About this Session

This session is built around the theme of **The Path from Support to Self-Sufficiency**. This session covers the following topics from the [Cultural Orientation Objectives and Indicators](#): *Public Assistance, Budgeting and Personal Finance, Digital Literacy, Newcomer Rights and Responsibilities, and Cultural Adjustment*.

Guiding Principles:

- Establish a [positive learning environment](#). It is essential to build rapport with participants and create an environment where the voices and experiences of participants are valued.
- Use visuals and labels to support participants in accessing content.
- Utilize [Settle In](#) resources to provide essential content in clients' home languages.
- Offer participants multiple opportunities to process complex topics.

Options for Using Materials:

- *Minimal Editing*: Use the slide deck and activities as offered with minor revisions on designated slides to reflect local services and information.
- *Moderate Editing*: Personalize speaker notes and slide content to reflect local services. Substitute or add activities to support the needs of a specific group of clients. See related resources on page 2.
- *High Editing*: Incorporate these slides and activities in designing/revising your current CO curriculum. Select slides and activities to supplement or enhance your current CO curriculum.

Pre-Session Planning

1. Review the Session Overview on page 2.
2. Download a copy of the Session 4 slide deck to view and personalize.
 - Read the **Say, Notes, Modifications**, and **CO Topics** in the notes section of each slide.
 - Modify materials as needed by adding, deleting, or revising slides and speaker notes.
3. Preview the [Cultural Adjustment](#) video from the Settle In website and the *Money Management* lessons on the [Settle In app](#).
4. Review Related Resources and Activities on page 2.
5. Print and prepare needed participant materials:
 - [Needs and Wants Sort](#)
 - **Optional Resources**: Fact sheets on [Community Services](#), [Money Management](#), and [Digital Awareness](#). Select the language at the top of the page. Then scroll down and click *Download this Page*. Additional materials that may support learning objectives in this session include real-world materials such as EBT cards and documents, artifacts related to banking (money, checks, debit cards, ATM, etc.), and forms related to immigration status.

Post-Session Reflection

Reflecting is a practice that supports our learning and continuous improvement. After delivering the CO session, reflect using the following questions:

- What topics/activities went well? Why?
- What topics/activities were challenging? Why? What modifications could I make?
- What questions arose from participants that I need to follow up on? Follow-up as needed.
- What topics/activities should I revisit in future CO sessions?

Session Overview

Sections	Content
<p>Welcome</p> <p>Estimated Time: 10-15 minutes</p> <p>Materials: Slides 3-8</p>	<p>Key Message: Cultural Orientation is an opportunity to learn about topics relevant to resettling in this community.</p> <p>Activities: 1) Introductions, 2) Overview of session topics and theme</p>
<p>Money Management</p> <p>Estimated Time: 40-45 minutes</p> <p>Materials: Slides 9-43</p> <p>Sorting Activity (prepare for participants)</p>	<p>Key Message: When newcomers first arrive in this community, there is public assistance available to get them off to a good start. As they get more settled, they become more self-sufficient in managing their personal finances.</p> <p>Activities: 1) Essential content on Public Assistance presented through facilitator comment with accompanying images, 2) Review activity, 3) Essential content on Budgeting and Personal Finance presented through facilitator comment and lessons from the Settle In App, 4) Group dialogue for review</p>
<p>Digital Technology</p> <p>Estimated Time: 25-35 minutes</p> <p>Materials: Slides 45-61</p>	<p>Key Message: Acquiring digital skills and being aware of digital risks and opportunities will help newcomers safely access information and services during their resettlement.</p> <p>Activities: 1) Essential content presented through facilitator comment with supporting images, 2) Scenarios for group discussion, 3) Group dialogue</p>
<p>On Your Way</p> <p>Estimated Time: 25-35 minutes</p> <p>Materials: Slides 62-85</p>	<p>Key Message: There are legal rights and responsibilities that come with the resettlement process. There is also a cultural adjustment process.</p> <p>Activities: 1) Essential content presented through facilitator comments and a video from the Settle In website, 2) Group dialogue, 3) Summary of all sessions.</p>

Estimated time includes time allotted for interpretation.

 Download a copy of the [Session 4 Slide Deck](#) to review and personalize.

Related Resources/Activities

Consider utilizing the following resources to deepen, extend, or personalize learning. Activities can be used before, within, or following the CO session.

1. [CORE's Money Management Activity Bank](#) (scroll down to view all activities.)
2. [CORE's U.S. Laws and Parole Status Activity Bank](#) (scroll down to view all activities.)
3. [CORE's Digital Technology and Literacy Activity Bank](#) (scroll down to view all activities.)
4. [CORE's Cultural Adjustment Activity Bank](#) (scroll down to view all activities.)
5. Consider inviting staff members who can support clients in the topics presented (financial literacy, public assistance, status adjustments, etc.) to participate in the session or follow-up sessions.
 - Read [CORE's guidance](#) on including guests from the community in CO.
 - Share the Community Partner fact sheet to support [state public assistance staff](#) in incorporating key Cultural Orientation messages.



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