

Building a RAFT

Preparing Students and Families for Transition



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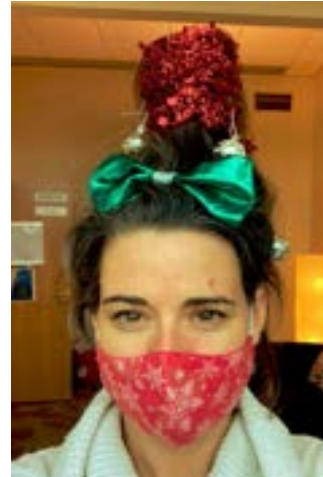
Elementary School

Ms. Kelsey Kidd (K-2)

Ms. Jamie Hamlin (3-5)



The ASW Counseling Team *Upper School*



Ms. Iza Skoczylas
(6-7)

Ms. Agata
Kielczewska (8-9)

Ms. Rebecca Pohl
(10-12)

Ms. Gina Cuthbert
(10-12)

Types of Transitions:

- ❑ Moving
- ❑ Saying farewell/Saying hello
- ❑ Changing homes
- ❑ Changing jobs
- ❑ Changing schools/Grade levels
- ❑ Changes in the family system (births, divorce, separations, graduations)
- ❑ Losses (pets, friends, family members)
- ❑ Aging and life stages (growing up - infant, toddler, childhood, teens, young adult, middle age, etc.)



Inside Out - Transitions

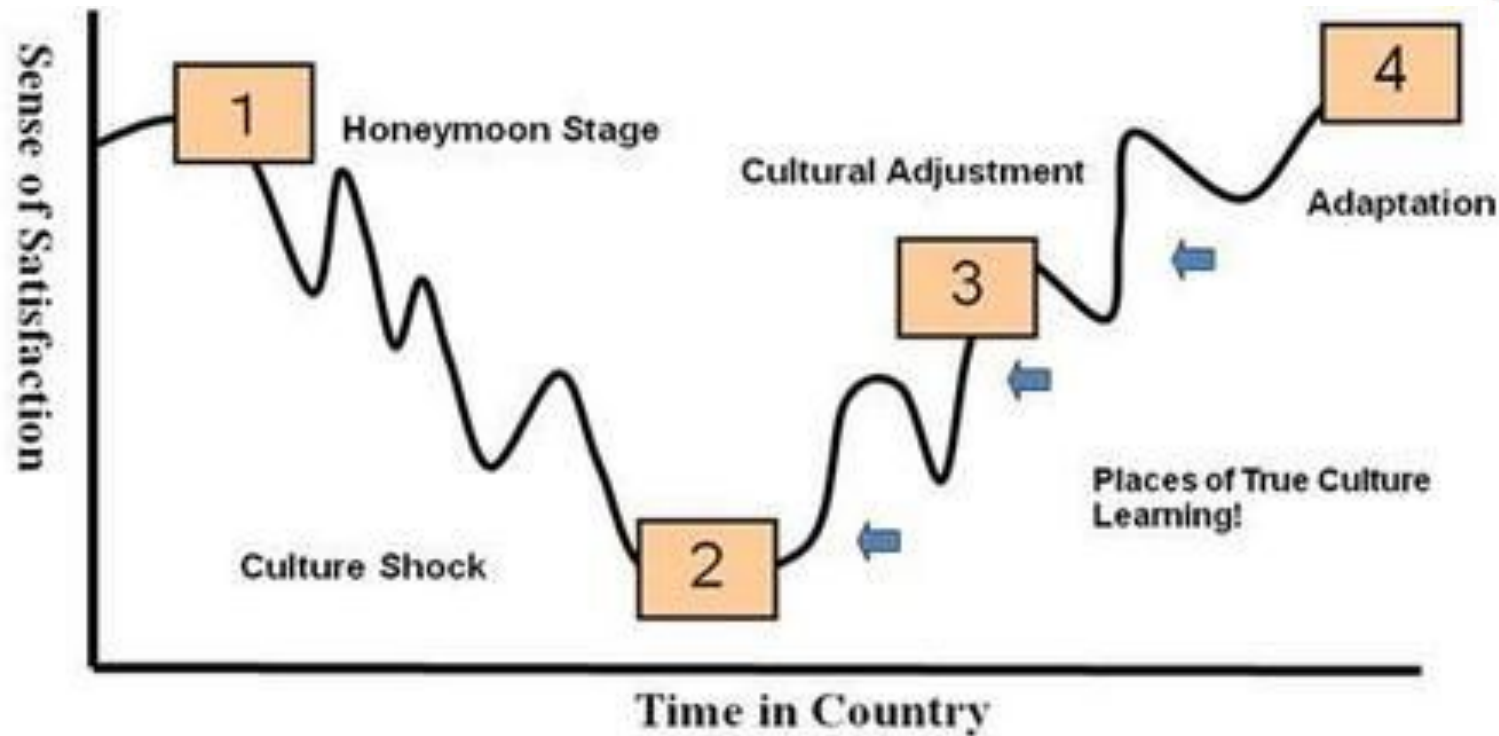


What do we know about transition process?



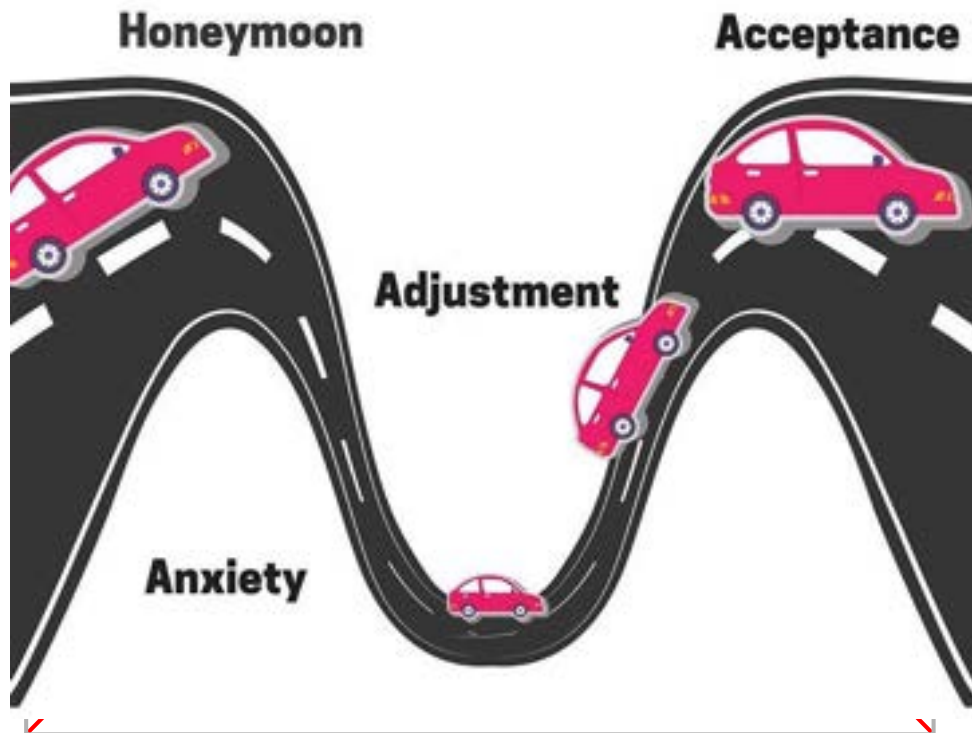
- It's an important process
- It's not linear
- It's not always pretty
- It can be painful
- It can be smooth
- Everyone experiences it according to their own timeline
- "It too shall pass"





Adapted from "Maximizing Study Abroad", University of Minnesota.

The Stages Of Culture Shock



RAFT

Proposed by sociologist
David C. Pollock

As we build the RAFT, feel
free to share:
What's worked well for you
before?



R = Reconciliation



Reconciliation - making the relationship right.

The need to forgive and be forgiven.

Holding on to negative feelings can be very destructive, i.e. prevent from building new relationships.

If you can't do it in person, write a letter.

A = Affirmation



Is there anyone you are super thankful for?

Anyone who has helped you greatly while living here?

Tell them. Let them know how much you appreciate them and what they did for you, for your kids, for your family.

Awkward? Write a letter, an email, a text – but just tell them. You have the opportunity to make someone feel appreciated – and you'll feel great that you did it.

F = Farewell



Saying goodbye to:

People

Places

Experiences

Closure for all family members and friends

T = Think Destination



Where are you going? Think about the next place. Research it!

How will it differ?

What will be similar?

What can you look forward to?

It's okay to feel excited about the new destination as you say goodbye to all the old things. It's normal.

Strategies for a smooth transition



- Continue routines and add fun ones when you get there!
- Share your experiences - talk about your own transition
- Validate feelings - it's ok to not feel ok
- Celebrate successes (even if they seem small)
- Self-care
- Create a bucket list of things to do/see in your new country
- Get involved in your new school (you *and* your kids)
- Keep in touch with old friends in the midst of making new ones and
Remember - friendships take time.

Recap



Takeaway messages

- ❑ Change and transition is a part of life
- ❑ Learning how to manage change and transition is a skill necessary for healthy living
- ❑ Understanding the stages and emotions associated with change and transition helps to prepare you for adapting positively
- ❑ All family members need extra care and attention during times of change and transition

Reflection questions

- ❑ How do I manage change and transition?
- ❑ How do I help others to manage change and transition?
- ❑ What are family strategies for adapting to change and transition?
- ❑ How do we as a family find ways to give each other extra support during times of change and transition?

Resources



- ❑ *Safe Passage* by Douglas W. Ota
- ❑ [Families in Global Transitions](#)
- ❑ *Emotional Resilience & The Expat Child* by Julia Simens
- ❑ *Raising Global Nomads* by Robin Pasco
- ❑ *A Woman's Guide to Maintaining A Sense of Self While Moving Overseas* by Debra R. Bryson & Charise M. Hoge
- ❑ *Slurping Soup & Other Confusions* (children's book & activities)
- ❑ *Club Expat: A Teenager's Guide to Moving Overseas* by Aniket & Akash Shah
- ❑ *Footsteps Around the World: Relocation Tips for Teens* by Beverly D. Roman
- ❑ TED TALK: [Yves Morieux - How too many rules are keeping you from getting things done](#)
- ❑ [I am a TRIANGLE - Global Community](#)

A colorful illustration of a family moving. A man in a purple shirt and blue pants holds a large cardboard box. A woman in a pink shirt and purple pants holds a box with a green plant. A young boy in a blue and white striped shirt is inside a box, waving. A young girl in a purple shirt and pink skirt holds a box with a teddy bear. A cat is perched on a stack of boxes on the left. A potted plant sits on a box in the center. A floor lamp is on the right. The background is a light beige wall and a blue floor.

THANK YOU!

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