



## Did you build a RAFT this year?

RAFT is an acronym that stands for Reconciliation, Affirmation, Saying Farewells, and Thinking Ahead. It is recommended that people use this process before a change (of place, of school, of location, etc.)

## Discussion Questions

- How have you used RAFT before?
- What types of transitions have you experienced this year?
  - How can you use RAFT to help you process those transitions?
    - Who can you reconcile with?
    - Who can you affirm? How?
    - Who do you need to say a “goodbye” to?
    - What else can you think about to help you adjust to where you are now?

## Strategies for RAFT-ing

- Reconciliation
  - Write a letter / schedule a call for this purpose
  - Invite a mentor to support you with the reconciliation process
- Affirmation
  - Write a letter / schedule a call for this purpose
  - Send a gift to show appreciation
- Farewells
  - Write a letter / schedule a call for this purpose
  - Seek closure for yourself
- Thinking Destination
  - Research your new community
  - Talk with others how to adjust
  - Listen and learn!