

# RETENTION TIPS & TRICKS



## TIP #1: Mental Health Check-ins



Start each club meeting with a mini mental health check-in to normalize talking about mental health:

- **Emoji Check-in:** Have each member pick the emoji that best describes their mood. Show the group and explain the reasoning behind their choice if they feel comfortable doing so.
- **Personal Weather Report:** Speaking like a weatherman would, members go around and share their weather report based on their mood that day. Ex: "Today started dark and gloomy but I'm looking forward to soccer practice after school so clear skies are expected."

## TIP #2: Assign BC2M Buddies



BC2M buddies provide personal support and ensure their buddy feels welcome and included in BC2M. Have buddies share phone numbers or IG handles with each other!

- **Random Assignments:** Everyone picks the name of another club member randomly. This is now their official BC2M buddy for the next week (or month or semester- up to you!).
- **Purposeful Pairings:** Instead of randomly assigning buddies, you can also purposefully pair up upperclassmen with underclassmen or new members with old members.

## TIP #3: Create Committees or Chairs



Consider creating committees or chairs to get members more involved with the club and provide them an opportunity to step into a leadership role. This is a great way to make members feel seen, heard and valued.



When members are assigned specific roles and are involved in decision making, it fosters a sense of ownership and they become more invested in the club.

## TIP #4: Create a Welcoming Space

- ✖ **Play Music:** During activities try playing upbeat music in the background to set the mood of the meeting!
- ✖ **Mix It Up:** Purposefully mix students up so they aren't sitting next to the same people each time and encourage them to chat with one another!
- ✖ **Name Tags:** For the first few meetings provide name tags so everyone can learn each other's names!

## TIP #5: Letters from Seniors

- ✖ Towards the end of the school year, have graduating seniors create sentimental letters on postcards to be given to Freshman (or new) members the following year. These letters should be honest descriptions of the meaning they derived from participating in their BC2M club.
- ✖ Joining a new club can be intimidating, but reading personal accounts of the club's impact on past students can excite and inspire these new members. These can remind members why they are in the club in the first place!

## TIP #6: Drop off is NORMAL

- ✖ It is very normal for some students to drop off and no longer be part of your BC2M club. In school, many students are trying to find their way and are still learning their bandwidth. It may not be a good fit for every student and that is OKAY!
- ✖ Even though drop-off is normal, we want to prevent it as much as possible! Using the tips and tricks above will help you and your club members stay as strong as you can be! Feel free to come up with additional retention tips that best fit your club!