

What Is A T-Group?

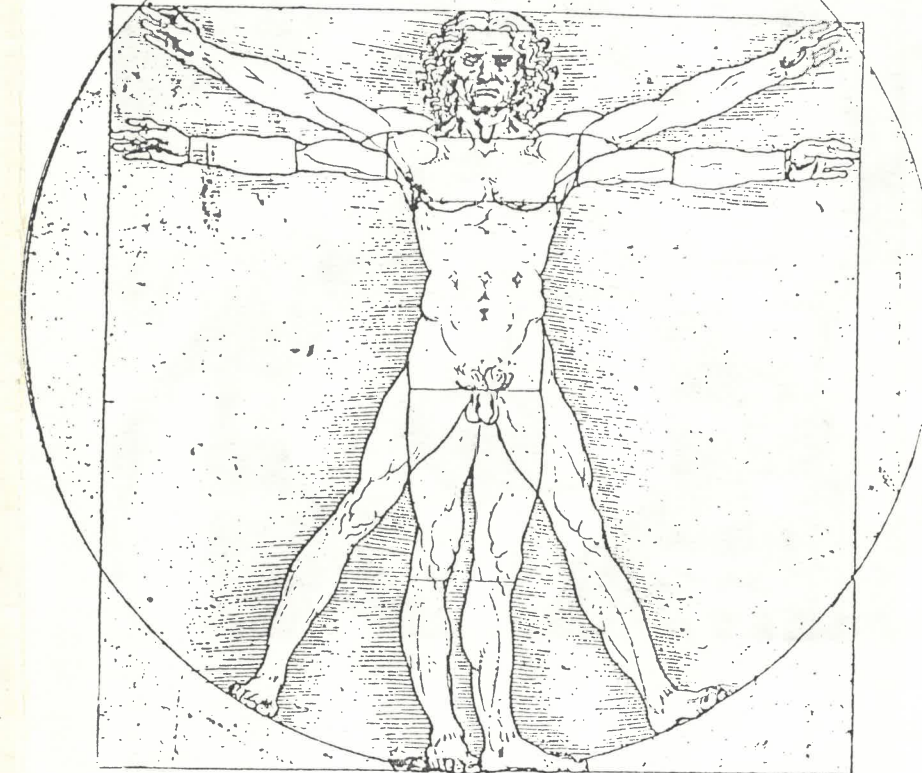
The training or T-group is an approach to human relations training which, broadly speaking, provides participants with an opportunity to learn more about themselves and their impact on others and, in particular, to learn how to function more effectively in face-to-face situations. It attempts to facilitate this learning by bringing together a small group of people for the express purpose of studying their own behavior as it occurs when they interact within a small group.

There are certain features that distinguish this type of group from a conventional group discussion. First, the training is primarily 'process oriented' rather than 'content oriented'. That is, the primary stress is on the feeling level of communication, rather than on the informational or conceptual level. This emphasis is accomplished by focusing on the 'here and now' behavior and themes in the group. Second, the training is not structured in a conventional manner. Opportunities are provided for the individuals to decide what they want to talk about, what kinds of problems they wish to deal with, and what means they want to use in reaching their goals. No one tells them what they ought to talk about. As they concern themselves with the problems caused by this lack of direction, they begin to act in characteristic ways; some people remain silent, some are aggressive, some tend consistently to initiate discussions, and some attempt to structure the proceedings. With the aid of the facilitator, or group leader, these approaches or developments become the focal points of discussion and analysis. The facilitator draws attention to events and behavior in the group by occasional interventions in the form of tentative interpretations. Third, the heart of a T-group laboratory is found in small groups, allowing a high level of participation, involvement, and free communication. Intense involvement with the group is an essential feature of T-group programs, in contrast to other methods. This involvement may be of advantage in producing lasting changes in the attitudes and behavior of participants.

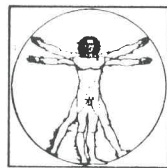
PERSONAL GROWTH LAB COMMITTEE
c/o Student Life
Trenton State College
Hillwood Lakes CN 550
Trenton, New Jersey 08625

personal growth lab

learn from within



to others...



What is the Personal Growth Laboratory?

Each year the Personal Growth Lab Committee plans, structures, and provides two four-day personal growth laboratories, one in the fall and one in the spring. This year the labs will again be situated at the beautiful mountain-lake setting of the Central New Jersey Y.M.C.A.

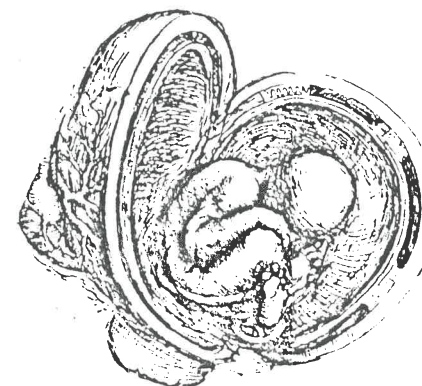
Lab attendance is open to all members of the Trenton State College community. The Personal Growth Lab is substantially funded by the Student Activities fee you pay each semester. Food, lodging, and staff are all provided. However, a token fee of \$10.00 will be charged.*

The Personal Growth Lab is not a vacation; it is an intensified learning and growing experience. The purpose of the Personal Growth Lab is to enable the individual to learn about him or herself and others. Through interactions in small and large groups, with emphasis on openness and honesty, participants can gain insight into themselves and others which can extend into their daily lives.

See you there.

*Student Finance Board policy requires that this fee be non-refundable.

and your desire to grow
with and through others.
this experience belongs to
you...



use it as you wish and
grow from it where
you will...

Welcome ...



to your feelings...