

## Additional Information

**Forced Choice-** Ask members to stand in middle of the room and have them move to either side to indicate their choice:

- ◆ More of a saver or a spender?
- ◆ More like New York or Colorado?
- ◆ More yes or no?
- ◆ More like a student or a teacher?
- ◆ More here or there?
- ◆ More religious or non-religious?
- ◆ More like the present or the future?
- ◆ More like a file cabinet or a toy chest?
- ◆ More intuitive or rational?
- ◆ More like a tortoise or a hare?
- ◆ More like a roller blade or a pogo stick?
- ◆ More like a gourmet meal or fast food?

For more information on building your leadership skills or getting involved in a leadership role on campus, please contact the Dean of Students office. The Student Organization Area can assist in providing additional advisement to the needs of your club/organization. The Student Leadership Institute provides opportunities such as workshops and a University Leadership Conference. Feel free to contact us for any leadership development or support that you may need. We look forward to hearing from you.

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Student Leadership Institute  
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Student Organization Area  
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CAL STATE FULLERTON  
**STUDENT AFFAIRS**

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Break  
the Ice

# Break the ice

The primary goal for an ice breaker or a getting acquainted exercise is the development of an environment which is anxiety-reducing and which allows individuals to "break the ice" or get acquainted by having fun. Icebreakers are intended to be tension reducing rather than providing encounters on a direct interaction basis. Icebreaker exercises should be used with any group that appears to be extremely anxious in the initial stage of development (i.e., the first meeting of clubs, program boards, etc).

Icebreakers should not be used to avoid dealing with anxiety but rather to provide a less threatening environment. A non-threatening environment initiated at the beginning of development may make way for more meaningful interaction and relationships during the life of the group. Here are some things to remember about icebreakers and getting acquainted exercises.

They can be excellent devices to help people feel more comfortable with themselves and with others and feel more "at home" in a group.

They break up the "cliques", invite people to form random groupings, and help individuals meet others in non-threatening and fun ways.

They can be used to set a tone for the time a group will be together, will encourage people to feel "safe" and hopefully will evoke lots of laughter in releasing tension.

## Example of ice breakers and getting acquainted exercised:

### **Human Scavenger Hunt**

Find someone who is a graduate student

- ◆ Owns cross-country skis
- ◆ Has been to Europe
- ◆ Wears contacts

### **Favorite Possession-**

Members describe their favorite item in their room or home and why.

**Name Games-** Why or how the members got their names, tell name and hobby; members try to memorize information as you go around group, or, tell a personality characteristic of yours that begins with the first letter of your name. Make up your own!

**Dyads-** Members get into groups of two and find out information about each other. Possible questions to use: Who do you think is the most important person who has lived in the past 100 years? What is the title of the last book that you read? If you could be any animal other than human, what would you be? If you could travel to any place in the world, where would you go? What is your favorite sport? One adjective to describe me is: The emotion I find most difficult to control is: If a movie were made of your life, who would you want cast to play you?

### **Crest or Coat of Arms-**

Members create their own "Coat of Arms" by filling in information about themselves using words or drawings. Information can include:

- ◆ Hobbies
- ◆ Favorite emotion
- ◆ Hometown
- ◆ Family Members
- ◆ Major Five – or ten-year goals
- ◆ Favorite food
- ◆ Favorite animal
- ◆ Favorite hangout