

# START STOP

# CONTINUE

## OVERVIEW:

A Start, Stop, Continue allows your team to reflect upon how they worked together in the past and improve how they work together in the future. This activity helps students reach a huge breakthrough in how they collaborate. It will give students a chance to see why they worked together so smoothly in their last project, and how they could continue to work together smoothly in the next project.

## DIRECTIONS:

1. Gather your into their teams that they completed the project with.
2. Ask the team members to recall all the work they did during the project.
3. Ask team members to write starts, stops, and continues on sticky notes. Specifically, ask them to write based on these three prompts:
  - What didn't we do during this project that we should start doing?
  - What did we do that we should stop doing?
  - What did we do that we should continue doing?
4. Have teams share inside their groups and put their notes into the three columns: Start, Stop, Continue.
5. End with a group discussion on how can we move forward on future projects and improve what we did taking into account our Starts, Stops and Continues.

## START

*"What should we/  
start doing?"*

List ideas/items:

- Things that are not being done, but should be done
- Things to begin doing to get better results
- Things worth trying or experimenting for better results

## STOP

*"What should we/  
stop doing?"*

List ideas/items:

- Things that are not working or helping
- Things that impede or are not practical
- Not delivering desired results
- We or others dislike

## CONTINUE

*"What should we/  
continue doing?"*

List ideas/items:

- Things that are working well
- Things that we want to keep
- Worth continuing to see if they're worthwhile
- We like or need