# “I Am” Activity

I do this activity at the start of the clinical year and again at the end of the program. It’s a simple but wonderful way to show students they are already on the way to becoming the vet techs they admire. It’s also a fun ice breaker that works in both virtual and face-to-face settings.

1. Students list three characteristics of a great RVT.
   * They are not told what they are going to do with the list until step 2.
2. Student 1 says, “I am …” and lists the characteristics they noted in step one.
3. Student 2 responds, “Yes, you are.”
4. Student 1 answers, “I know.”
5. Go around the room so everyone has a turn.

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