

Student Activity

Sharing My Truth

Video Discussion and Self-Reflection Questions

In the video, Dylan Clarke talks about how the ESI programs at Brooklyn High School for Law and Technology helped open his eyes to new experiences and perspectives. Take a few minutes now to think about Dylan's experiences, and how they might relate to you and your friends/classmates.

Consider these questions as you reflect upon Dylan's video:

Discussion and Self-Reflection Questions

- Dylan says that the ESI programs help push him forward to do what he needs to do to “take care of business.” What do you think Dylan means by “take care of business?” What would it mean in your life to “take care of business?”
- One of the ESI programs Dylan participated in was a class trip to Europe. He said he never thought he would be able to do something like this, and was grateful for the experience. What are some of the experiences on your “wish-list” (or “bucket list”)? It doesn't have to be travel – it could be about your dream job, or meeting someone who inspires you. What experience would you like to have within the next year or two? How could you envision making this wish a reality?
- Dylan wasn't sure he was going to apply to college until he visited a couple of campuses and got a glimpse of college life. Do you have plans to apply to college? Who can you turn to for support with your college application(s)? (Hint: If you don't know him/her already, go meet the college counselor in your school!)

Student Activity

One of the benefits that the students at Brooklyn High School for Law and Technology gained through college visits and international trips was getting to know their teachers (chaperones) better and bonding with each other. Can you name a benefit that you think comes from developing these types of relationships with teachers and students? _____

Research shows that when we see ourselves through others' eyes, we also gain insight into our own talents, dreams and fears. What would you be willing to share in a safe, respectful environment? How do you think sharing might help you get to know yourself better? Check out the activity below, **Sharing My Truth**. Answer the questions as honestly as you can.

Sharing My Truth

Imagine being able to share your dreams, your concerns and your hopes without worrying about being judged or laughed at. Ask yourself the questions below (they go from easy-to-share to more personal topics). Circle or write down your answers. When you imagine sharing your truth with someone you trust, how do you feel? Relieved? Connected? Shy? There are no wrong feelings; everything we feel helps us learn more about ourselves.

1. Which do you like better: a pen, pencil or computer keyboard?
2. What is your favorite movie? _____
3. Do you have a brother or sister, or are you an only child? Are you the oldest, youngest, or in between? Would you change that if you could? _____
4. If you could spend a day with anyone in the world, who would it be and why? _____

5. What's the most adventurous thing you've ever done? _____

6. Name one thing about yourself that people would be surprised to learn. _____

7. What job would you have if you knew you could not fail? _____
8. What is one inner quality about yourself that you like best? _____
9. What is one inner quality that you would like to change? _____
10. What is your biggest fear in life? How could you overcome it? _____

11. What is your happiest memory? _____

12. With whom could you share these answers and know that you would not be judged? Whose answers would you like to hear, knowing you would support him/her?

“He who knows others is wise; he who knows himself is enlightened.” – Lao Tzu