

Have you ever been so discouraged about your progress that you just felt like quitting? You know, like when you keep trying but don't get anywhere...so what's the use? That's where I was with my science class. It seemed like no matter how hard I tried, my grade was near the bottom.

I just couldn't get it! And it wasn't because I hated science. It was just hard for me. Here's the really weird part – I wanted to go to nursing school after high school and you need decent science grades to get in.

One day I told my mom, "That's it! No more science classes for me. I quit. I'll just have to do something else after high school." I expected her to freak,... but she didn't. Instead she looked at me and said, "Well, it's your story and you can write the script anyway you want to." I said, "What do you mean?"

Then she really got my attention. She said, "Your story could go like this: Emily wanted to be a nurse but she got discouraged because of science classes, so she gave up and decided to be something else.

OR, it could go like this: Emily wanted to be a nurse AND she got discouraged because of science classes ...so she decided to get creative about it. She got some help from an older student who was good at science. She devoted extra time to her science homework so she didn't get behind. She even moved to a desk in the front row of class. Her grades got better and better. Her confidence grew about all that science stuff and she eventually went on to nursing school."

Then she asked me this: "Since it's your story, how do YOU want it to go?" I guess my story is like a movie where I'm the script writer, producer, director, and ticket taker to my movie. I get to choose how I want my story to go. I might not get everything exactly the way I want it, but I'll come a lot closer by treating it like it's my movie and not somebody else's.

The big lesson for me was to take control of my movie so I can be the director and the star of my story, and not one of the extras! What story are you working on right now? If you're discouraged, I suggest you figure out a twist in the plot that keeps you in a starring role. But don't give up on your own movie!

### LEARNING OBJECTIVE:

Students will learn a proactive strategy for handling discouragement when faced with a learning plateau.

**INSTRUCTIONS:** Distribute the handout to students after viewing the video. Invite students to share their answers to question #1 only.

### CLASS DISCUSSION POINTS

1. What happens inside us when we imagine things not going well, or never reaching our goal?
2. What do script writers, movie directors and actors do first before shooting a great story?
3. In addition to deciding how you want your "movie" to go, what else will you need to do to make sure it happens?

1

Share an example of a time when you have been discouraged about your progress.

Shared answer

2

What part of your story are you working on right now? What are you willing to do to make it come true?

Private answer