

Shelby's Video Discussion Questions:

(Summary: Shelby talks about how the first two years of college were a struggle for her because she struggled with balancing everything in her life. She talks about how transitioning into the college atmosphere was hard because she tried to tackle her classes the same way she did in high school. She talks about how she didn't start to succeed until she asked for help from her professors as well as her academic advisors. She talked about needing to prioritize her time to help herself succeed. She talked about the struggle of being a foster kid and having that identity constrict what she thought she could and should do.)

- 1) What are three things that were holding Shelby back from being as successful as she thought she could be?
- 2) Have you ever struggled in the ways Shelby did? If so, how? If not, what is a challenge you have experienced that you needed to overcome or are still working to overcome?
- 3) Shelby talked about feeling lost and unsure of what to do until she sought help. Why do you think it takes a while to ask for help? Have you ever been in a situation where you have felt helpless but had a hard time asking for help?
- 4) Shelby talked about college being a hard transition because it was so different than her high school experience. What are the ways you think high school will be the same as college?
- 5) What are ways that you think college will be different than high school?

6) Shelby talked about her professors and her advisor being her biggest support network in college. How do you think relationships with professors will be different than teachers in high school? How do you think they will be similar?

7) It took Shelby almost two years to learn how to have a working relationship with her professors. How do you think you build healthy, professional relationships with your professors in college?

8) Shelby's identity held her back in the beginning. She felt that, because she grew up in the foster care system, she was lucky to be where she was, rather than believing that she earned it. She mentioned that it was her subconscious mind that was holding her back; what do you think this means?

9) It is not always easy to determine that you are holding yourself back, reflect for a second. Has your identity ever held you back from reaching and pushing yourself to do more than what society "thinks" you can do?

10) What are some ways that Shelby said she overcame these subconscious thoughts that consumed her?

11) Success can be scary because there is always a chance of failure. What did Shelby have to realize about failure before she could overcome it?

12) What are your ways that you have/can combat that small yet prevalent fear of succeeding?

13) Shelby didn't talk about this on the video, but she has an older sister who was in foster care with her. She did not graduate from high school or go to college; Shelby has said that she felt embarrassed to share her college journey with her older sister because she felt that her sister would resent her because they chose different paths. As a first-generation student and

eventual graduate, you pave the way for yourself and your future children (if you wish to have them). Do you carry that weight of being the first in your family to go to college? Or choosing a different path than your friends, family, community? If so, do you share any similar anxieties that Shelby faced? How do you think these can be overcome?