

## Guadalupe



**Grade Level:** High School



**DU Theme:** CRE, Immigration



**SEL Competency:** Responsible Decision Making, Self-management, Self-awareness

*Facilitator may wish to use reflection questions with students individually or in groups. Below is a possible adaptation for a group activity.*

## ACTIVITY

Ask students to think about the changes and transitions that Guadalupe faced. Remind students that stressful transitions are natural and it is important to think about how we approach those transitions. For example, the transition from eighth grade to high school is something that every student must face.

Ask probing questions about how Guadalupe seemed to have responded to changes. Did she respond positively? Did she maintain an optimistic outlook? What are alternative ways that she could have responded to those changes? If you were preparing to go far away for college, how could you develop a positive mindset to prepare for the college transition?

If you are not planning to attend college, and instead are preparing for a career or vocational experience following high school, how can you develop a positive mindset for this type of transition?