

# Guadalupe's Story



**Grade Level**  
High School



**SEL Competency**  
Responsible Decision Making,  
Self-Management/Self-Awareness



**DU Theme**  
CRE, Immigration

## INDIVIDUAL REFLECTION

Guadalupe says, **"it is hard, nothing that is worth it is easy"**. How does Guadalupe describe what was hard for her? Why is it important for people to overcome difficulties in their lives?

How did Guadalupe's immigrant experience motivate her in school? Use examples from the video to support your answer..

Guadalupe's teacher, Mr. Alpert says, **"there are going to be obstacles"**. Why do you think he mentions this? As you think about your post-secondary future, what obstacles do expect you will have to overcome to be successful? Why do you expect this obstacle?

## FOR FURTHER RESEARCH

Everyone has obstacles to overcome in life, but some people learn how to face them with sense of optimism. Psychologists and educators often use the term **"resilience"** to describe this concept. Research the term resilience and develop your own definition for the word. What actions do resilient people take? Do you think you have developed a strong sense of resilience? Why or why not? What other actions should you take to develop resilience? Why?