

Figure 2.1: Remembering Who You Were as an Adolescent

Think about who you were as an adolescent (in middle and high school). Try to put yourself back in that time in your life and answer these questions. Try to answer all of these questions as fast as you can for the next five minutes. Don't filter or analyze your responses, just write them down.

- What do you remember from middle school?
- What do you remember from high school?
- What did you think about? What did you feel?
- What were your fears and hopes?

- What motivated you?
- What did you care about (music, world events, friends, crushes, family, sports, and so on)?
- Who were your friends? (For example, What were they like? What was your relationship with them like? What did you do together? Did your relationship with them influence what school was like for you?)
- How did you show up in school? Why?

- What did you think about your teachers?
- What did your teachers think about you? Were their impressions accurate?
- What part of your school day was the most important to you?
- Did you have a teacher who inspired you? What about them inspired you?
- Did you have a teacher you did not get along with? What was it about you and that teacher that caused that dynamic for you?