

CRITICAL THINKING

GETTING UNSTUCK

Use the following critical thinking questions to help foster an open, student-led discussion on the theme(s) discussed in this episode of The Harbor.

1. **MIKE LEADS BY SAYING A LOT OF US CAN FEEL STUCK – LIKE WE DON'T KNOW HOW TO MOVE FORWARD.**

Do you feel like you're currently stuck? If so, how or where do you feel stuck?

What's holding you back from getting unstuck? How could you change that?

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2. **STACY EXPLAINS HOW BEING DISCIPLINED AND ROUTINED HELPS HER ACCOMPLISH THE THINGS SHE NEEDS TO DO SO SHE HAS MORE TIME TO DO THE THINGS SHE WANTS TO DO.**

What's something you'd like to do, but feel like you don't have enough time for?

Are there regular, recurring tasks in your daily life that you could do with more discipline or routine to help create more free time for yourself? Explain your responses.

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3. **STACY STATES THAT SOMEONE WITH A FIXED MINDSET SEES THINGS AS EITHER BLACK OR WHITE, WHICH DOESN'T GIVE THEM MUCH OPPORTUNITY TO GROW AND CHANGE INTO THE GRAYER AREAS OF LIFE.**

Is there anyone in your life who you think has a fixed mindset? If yes, why do you think that? Do you think having a fixed mindset holds that person back in life? Why or why not?

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4. **STACY HERSELF BELIEVES IN HAVING A GROWTH MINDSET – IN SEEING OPPORTUNITIES TO LEARN FROM OTHERS AND EXPLORING THE SHADES OF GRAY IN EVERYTHING.**

How might having a growth mindset help someone "get unstuck"? Explain your answer.

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5. **STACY BELIEVES IT'S IMPORTANT TO PUSH EACH OTHER TO REACH OUR FULL POTENTIAL, AND TO SURROUND OURSELVES WITH PEOPLE WHO DO THE SAME.**

Who in your life pushes you to reach your potential? Is there anyone in your school who you could help push to reach their potential? If so, how can you ensure you push them in a positive, supportive way?

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