

CRITICAL THINKING IDENTITY

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. **THINK OF AN EXTRACURRICULAR CLUB OR ACTIVITY THAT YOU SPEND A LOT OF TIME AND ENERGY ON NOW THAT WILL END ONCE YOU GRADUATE HIGH SCHOOL.**

Do you see this club or activity as part of your identity? Why or why not?

What will you miss the most about it? What will you miss the least?

2. **YOUR IDENTITY CHANGES AND EVOLVES OVER TIME, BUT IT'S UNLIKELY THAT YOU'RE GOING TO WAKE UP ONE DAY AND PROCLAIM, "I FOUND MYSELF!" MIKE BELIEVES THAT EXPERIENCING NEW THINGS GIVES YOU MORE OPPORTUNITIES TO FIND WHAT YOU TRULY ENJOY, AND ULTIMATELY, WHO YOU ACTUALLY ARE.**

What are three new experiences you'd like to try? What about these experiences piques your interest?

3. **WE ALL KNOW SOMEONE WHO'S UNASHAMED OF WHO THEY ARE AND DOESN'T CARE WHAT OTHER PEOPLE MIGHT THINK ABOUT THEM.**

Are you like this? If so, why do you feel comfortable living this way?

If not, how might your life look if you cared less about what other people thought of you?

4. **IN CONTRAST, WE ALL KNOW SOMEONE WHO'S CONSTANTLY TRYING TO BE SOMEONE THEY'RE NOT, WHETHER IT BE IN-PERSON, ONLINE, OR BOTH.**

Why do you think some people are afraid to show others who they actually are?

How can that fear influence their behaviors and choices? How might this behavior result in an identity crisis?

5. **THINK BACK TO MIKE'S ENDING QUESTION: "ARE YOU CREATING YOUR IDENTITY OR IS SOMEBODY ELSE CREATING IT FOR YOU?"**

Now write down three words you would use to describe your identity. Is there anyone who you wouldn't want to read these words? What might happen if these individuals knew the real you?



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