

Student Reflection Page: Shonda Frost, Michael Coleman

Grade Level: High School

Complete this reflection page after watching the Deeper Look video: Shonda Frost. In this piece, Dwayne's mother and his best friend talk about the changes they have seen in him — for the better. Write your responses, using examples from the video and your own experiences.

1. After describing the Dwayne of the past (“thug, thief, a bad dude”), Michael Coleman says, “(Dwayne) knows he’s after the good now.” What does this infer for Dwayne’s future? Be specific.

2. Michael also says, “(Dwayne) won’t mess with the bad stuff—at least he tries not to.” How does this statement relate to your world? How challenging is it to not “mess with the bad stuff”? Why?

3. What is the most important comment on being with the right kind of friends that Shonda Frost says? Why? Create an original statement about how to choose friends that you could say to younger kids and/or kids your age.

4. Describe how a friend has had a big influence on your life (it is not necessary to refer to the person by name). Compare and contrast this relationship to characters in literature, film, television, or history.
