

Character and Life Skills

Pre-viewing and Discussion Questions

Video Title: **Patience, Self-Management**

Grade Level: **High School**

Pre-viewing: Before watching the video...

1. What does patience mean to you?
2. In what situations do you need patience?
3. When is it difficult to be patient?
 - How do you know when to be patient and when to give up?

Discussion Questions: After you watch the video...

1. Why do you think this video is called *Patience* instead of *Perseverance*? What's the difference between the two? How do they connect?
2. The narrator tells us that Heather's "learning moment came at jump #5." How does that small story exemplify patience and perseverance?
3. Dr. Emmy Werner, Ph.D, says that parents should "make sure the child—or whoever at whatever age—develops some competence, has a skill, a practical skill that carries over into life that makes (them) proud." How does this require patience and perseverance on the part of both the parent and the child?
4. The narrator tells us, "Children are naturally resilient," but also, "Kids can lose that natural hopefulness if they come to believe that problems they encounter in life are pervasive, affecting all parts of their life." How do resilience and hopefulness connect to patience?
5. Heather, when talking about blind students she's worked with, said, "They don't focus. They don't try." Why do you think they lost focus and effort?
6. When do you lose focus and stop trying? What gets you frustrated to the point of giving up?

Notes
