

Reflection: Grow Your Mind

Overview:

At the end of each module, youth will reflect on their work, and learn about real adults whose careers tie to the activities youth just completed. In Module 4, youth learned about ways they can get better at different tasks with repetition and hard work. To find out more about how therapist uses these concepts to help her clients overcome mental health challenges, youth will watch *Marlene: Therapist*.

You'll Need

- Paper and pencils/markers
- Video: *Marlene: Therapist*
- Youth projects
- 1 hour

Mentor Moment

Marlene, a marriage and family therapist, works with families to overcome mental health challenges.

Here's How

1. Watch the video titled *Marlene*, found in the Educators page of CERE BROEDU.org, under "Role Model Videos."
2. Have youth pair up and discuss the video. What did they like? What surprised them? What questions do they still have? Have youth share their discussions with the whole group.
3. Continue the discussion with some or all of the following questions:
 - a. Marlene talks about how going to therapy is looked down on in her community. Do you see that where you live? What do people say about therapy or about mental health?
 - b. Marlene also talks about how going to therapy as a child helped her cope with her parents' divorce. She says that talking about things helps her understand them. How does talking about problems you have with friends or adults help you understand them?
 - c. Marlene also says that the brain is always changing. Does this mean you are born with all the smarts you have? Or does your brain change over time? How might practice and hard work help you be better at a new activity?
 - d. What was an activity you used to find hard (riding a bicycle, learning to read, etc)? How did practicing help you learn it more? How might you learn something new?
4. Give youth time to finish their projects. Explain that it is fine if youth do not finish. If some youth finish early, have them practice an "elevator pitch," or short statement they can tell their families and community members about their projects.