

# TAKING CONTROL OF LIFE

# RESILIENCE

## SELF-MANAGEMENT

### STUDENT REFLECTION QUESTIONS:

Heather says, "since I can do things like think for myself and feel my own emotions, I choose whether or not I give up". Why is it important for Heather to choose not to give up? What motivates a person not to give up when they are faced with challenges?

In the video Heather plays a board game with family members who can see. What small changes to the game can you find that make it possible for Heather to play? What organizational skills does Heather use to accomplish tasks like this?

As part of the class activity, you were asked to consider ten organizational habits. What habits do you find most difficult? What is your plan to work on improving these habits? What tools could be useful to you (such as calendars, phone apps etc.)?

