

## **Discussion/Self-Reflection Questions**

### **Vignette Title: Homework Help**

1. What is the name of the after-school program at University High School? Why do you think the program has that name?
2. How does this homework program differ from the more traditional approach? According to students, what is it about the program that makes such a big difference to them?
3. Many of the students in the video indicate that they feel safe to ask the questions they might not ask during regular class time. Why do you think they don't ask these questions during class? Do you sometimes have questions about what you are learning but choose not to ask them? What are some of the reasons you do not ask certain questions?
4. The video also indicates that there are a lot of schools in Newark with after-school programs such as this one. Have you ever taken advantage of one of these homework help programs? Why? Why not? If so, what did you gain from the experience?
5. Consider what you are presently doing after school. Do you think it might be of greater value to you as an individual and as a student to attend an after-school program that helps kids by working one-on-one with them? In what ways might this help you other than just academically?

## **Discussion/Self-Reflection Questions**

### **Vignette Title: The Safe-Haven Effect**

1. How did Rahmir Anderson feel about being approached by gang members while walking home from school? What did his mom do to prevent it from happening again?
2. Do you think something like what happened to Rahmir is common? What are some of the other dangers that can occur during the after school hours? Have these things ever happened to you?
3. What do the kids in the video say about the after-school programs they are in? Do they feel like these programs offer a “safe haven” from the risks that exist outside of the school? How?
4. What other advantages do these programs offer? Have you ever attended an after-school program? If not, why? Do you think it's something to reconsider?
5. Some kids think school just isn't cool. Is that how you feel? Do you think it's possible that an after-school program might be different for you? Even if you're skeptical, do you think it might be worth a try? Do you think it might actually improve your regular school day as well?

## **Discussion/Self-Reflection Questions**

### **Vignette Title: Mentor Relationships**

1. Who is Jamaal Perry's mentor? Does Jamaal see his coach as more than someone who teaches him how to play football? Explain.
2. What is a mentor? What are some of the roles of the other mentors shown in the video? Why do you think they do what they do?
3. What are some of the ways that these mentors are helpful? Are they just helping kids accomplish things, or is it something more than that?
4. Where do all of the mentors in the videos work? Why do you think that's the case? Do you wish you had that kind of support in your life?
5. If you do have an adult mentor in your life, describe what they do for you. If you don't, what would you want from a mentor if you did have one? Where are some of the places you might find one? What's stopping you from looking?

## **Discussion/Self-Reflection Questions**

### **Vignette Title: Safe Corridors Home**

1. What are some of the dangers that the kids in the video face during their trip home from school?
2. If their parents are still at work, whom else can they turn to for help?
3. Are the after-school hours the scariest time of the day for you? What are some of the dangers you encounter when heading home? Which adults can you turn to whenever you feel threatened or intimidated? Do you? Why or why not?
4. Do you sometimes keep your fears to yourself even when there might be an adult who could help? If so, is it because it just doesn't feel right or good to talk or tell about certain things? Is it because you are embarrassed? As the counselor in the video strongly emphasizes, do you think that maybe this thinking is wrong? What are some of the consequences of keeping your fears inside and not talking about them?
5. Take a moment to consider all the different adults you could talk to about the scary things that can happen after school. Now, let's post these people on the board as we brainstorm all of the possibilities. Looking at the list, can you pick a few that you could trust to be helpful? Remember these people do want to help, but they can't always know that help is needed if you don't talk to them.

## **Discussion/Self-Reflection Questions**

### **Vignette Title: The Over-Scheduling Myth**

1. At the beginning of the video, several kids describe how they spend their free time. What sorts of things are many of them doing?
2. Do you agree that many kids are not overly involved with after school activities and that in fact the thinking that kids are over-scheduled is a myth?
3. What do you do after school? Are you often bored?
4. If you are participating in after-school programs, what are some of the benefits? If you aren't, is it because you think they are boring or not cool? Have you ever tried something new and found that your original negative expectations were wrong? Have you ever wondered what you might be missing if you hadn't tried it?
5. Consider for yourself, what are some of the after-school possibilities that you could imagine yourself participating in? What's really holding you back?

## **Discussion/Self-Reflection Questions**

### **Vignette Title: After School Pregnancy**

1. Why did Juliann Crommelin choose to have sex for the first time after school?
2. How many New Jersey high school girls (out of ten) get pregnant each year? Are these pregnancies planned? When is a prime time that these girls take the risk of getting pregnant?
3. What other risky behaviors that may lead to lifelong consequences occur during these after school hours?
4. What are some of the regrets that the kids in the video say they have? Have you ever had an experience after school that you regret? Why do you think you did it anyway?
5. What are some of the positive results that might happen if every single student enrolled in an after school program? Now, how might some of those positive results benefit you? Ask yourself, what's really keeping me from joining an after-school program? Should I consider changing my point of view? Is positive change healthy?

## **Discussion/Self-Reflection Questions**

### **Vignette Title: Home Alone Need-to-Know**

1. What kinds of feelings do the kids at the beginning of the video express that they have when they are home alone?
2. Have you ever felt scared while home alone? Why did you feel this way?
3. Let's brainstorm as many of the real dangers that exist when kids are home alone that we can think of, and then post them on the board. Now, let's look at each one and consider how kids could best handle these various situations if they did occur. Do you think it's a good idea to talk to your parents about having a plan for every possible scary situation?
4. What's another way of avoiding the scary things that might happen while home alone after school? Why do you think the kids in the video feel so safe while participating in their school's after-school program?
5. If you haven't joined such a program, what is keeping you from doing so? Do you think it might be worth overcoming the obstacles and facing the fears that may be keeping you from joining an after-school program? How can you take those first steps that might lead to something very valuable in your life?

## **Discussion/Self-Reflection Questions**

### **Vignette Title: Staying Fit**

1. What kinds of things do the kids at the beginning of the video say they do after school? Did some of what they expressed sound familiar? What do you do right after school?
2. Why is exercise so important? Is it just beneficial to your physical health? What are the other benefits?
3. Many of you may already be involved in a sport such as basketball, football, dance, or soccer, or maybe some of you are not involved in these activities but would like to be. What is holding you back? Do you know of some sports programs that are available to you, but you're worried that you might not fit in or be "good enough"? Are there ways of exercising that are not competitive, but are more suited for individuals simply trying to achieve their "personal best"?
4. Even though you may see the benefits, is exercise something that you really would rather avoid? If so, does it help to consider the small steps that you could take to get you closer to having a healthier body and mind? How could an after-school program help you in doing this?
5. If you do not choose to find a way of exercising regularly, what are some of the negative consequences of such a choice? Are those consequences worse than confronting the roadblocks that are standing in your way right now? Do you think being with others in an after-school program who are also just starting to exercise might help you?



## **Discussion/Self-Reflection Questions**

### **Vignette Title: Weekend Programs**

1. What is the primary focus of the “Saturday Academy” at the Miller Street Academy School in Newark?
2. Do you think that such a focus on academics on the weekend is unusual? Do you think it’s valuable?
3. In what areas other than academics might the kids in this video be positively affected by attending the “Saturday Academy”? What would you want to focus on in an after school program (i.e. academics, sports, music)? What are your interests?
4. How do you spend your Saturdays? Do you ever feel like you have nothing to do? Is that really true?
5. If you knew of a Saturday program near you that could help you with your schoolwork or other interests, would you take advantage of it? Why? Why not? Do you think you might be missing out on an opportunity to improve your life by not attending such a program?

## **Discussion/Self-Reflection Questions**

### **Vignette Title: Thinking About the Future**

1. What is “The Law Academy,” and what is the purpose of a mock trial?
2. In what ways might an after-school program such as “The Law Academy” cause students to “see into the future” as suggested in the video?
3. What are your thoughts about your future? Have you considered what kind of career you may want to pursue? What ideas do you have about career choices?
4. Everyone has times when they doubt themselves. When you think about what you may want to do with your life, do you sometimes feel unsure of your ability to do what you may want to do? Do you think having a chance to explore your possible aspirations in an after-school program might help with those feelings? How?
5. At the closing of the video, Ricardo Astacio states, “I saw what law was about. Instead of what I read or see on TV... I actually got to be there. I got to experience it.” How is actual experience different than reading or watching a TV show? What kinds of experiences have you had that may impact your future choices? Have they been positive? If not, how can you change that?

## **Discussion/Self-Reflection Questions**

### **Vignette Title: Lack of Interest**

1. The video opens with the question, “Why not join an after-school program?” Well, what do you think, why not? Is being at home more fun? Are you someone who believes that the programs are boring or stupid?
2. What do the kids in the video say about being home after school? Do you watch TV when you go home? Are you sometimes just killing time on the computer? Are you ever scared or bored?
3. The narrator states, “according to a recent national poll, forty percent of students who don’t attend after-school programs say they don’t believe there are any programs that match their interests.” Is that how you feel? How do the kids in the video respond to this thinking? Do you think it might be worth your reconsidering?
4. The video also points out that some kids just don’t consider after-school programs to be cool. Are you one of those kids? Is it possible that you’re wrong? Do you think it’s worth your experiencing before you decide that these programs are boring?
5. Some kids think that there just isn’t anything available that they would be interested in. What does the after-school director in the video say at the end? Do you think that the way you spend your time after school is really up to you? Do you think that part of maturing is realizing that you are the one who really makes your dreams come true? What are your dreams? After seeing this video, do you think that after-school programs can help you find your passions, your dreams, your gifts, and ultimately your future?