

JESSIE'S STORY



1. How do you balance your school responsibilities with athletics or other extracurricular activities?
2. When was a time you felt overwhelmed with stress? How did you manage it? Who can you talk to about the stresses of your daily life?
3. Jessie mentioned that it is sometimes tough for her to put herself out there. Discuss a time when it was hard for you to put yourself out there. What did you do?
4. Are there suggestions for the school to better support you and other students to help you have more balance in your life?

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