**Crisis, Resilience, & The Growth Mindset**

**(Connie Podesta: How the Survive Crisis)**

**Video Clip Discussion Questions**

1. True or False? You can control *everything* that happens to you. Explain.
2. True or False? You can control *some* things that happen to you. Explain.
3. True or False? You can control how you *respond* to everything that happens to you. Explain.
4. True or False? It is *easy* to move forward when a crisis occurs. Explain.
5. True or False? It is *possibl*e to move forward when a major life crisis occurs. Explain.
6. True or False? The “life crisis” is a relative term. Everyone perceives “crisis” differently. Explain.

1. True or False? You know about all the major life crises that have occurred in the lives of all the people you know. Explain.