



by *Fostens*[®]

CRITICAL THINKING
NIKKI SIEGEL

Use the following critical thinking questions to help foster an open, student-led discussion on the theme(s) discussed in this episode of The Harbor.

1. **AT THE AGE OF 14, NIKKI BECAME A WARD OF THE STATE AND SPENT THE REST OF HER ADOLESCENCE IN VARIOUS YOUTH SHELTERS AND GROUP HOMES. IT WAS AT THIS POINT THAT NIKKI LOST HOPE IN HERSELF AND HER FUTURE.**

When have you felt hopeless? What caused you to feel this way? How did you cope with this feeling?

2. **PART OF THE REASON THAT NIKKI FELT SO HOPELESS IS THAT SHE DIDN'T HAVE A SUPPORTIVE FIGURE IN HER LIFE; SOMEONE TO TURN TO, TALK TO, OR GUIDE HER TOWARDS A BETTER PATH.**

Who in your life supports you or offers you guidance? How have they helped you thus far? How can you repay them for their support?

3. **BY JUST BEING THERE AND SUPPORTING HER EVERY MOVE, NIKKI'S CASE WORKER, KRIS, HELPED HER BELIEVE IN HERSELF AND GAVE HER RENEWED HOPE FOR THE FUTURE.**

Think about a friend who may have issues with self-doubt or self-worth. How can you be to them what Kris was to Nikki?

List five things you could do to help this friend.

4. **KRIS INSPIRED NIKKI TO RETURN TO THE GROUP HOME SHE LIVED IN TO GIVE THE KIDS THERE THE SAME OPPORTUNITIES THAT KRIS GAVE HER, WHICH LED HER TO BECOME A FULL-TIME YOUTH OUTREACH WORKER.**

Has being around a mentor, friend, or family member inspired you to look into their career path?

If so, what options could you pursue through their field? How might you give back to others in the same way this person supported you?

5. **RECALL NIKKI'S SAYING THAT, "... HOPE CAN START A RIPPLE THAT CAN TURN INTO A TIDAL WAVE OF CHANGE," OR HOW HOPE ESSENTIALLY PAYS ITSELF FORWARD.**

What do you think she means by this? How can you start a ripple of hope in a friend who needs it? On your campus? In your community?





by *Fostens*[®]

THEHARBORTV.COM

Facebook THE HARBOR TV

Twitter @THEHARBORTV

Instagram @THEHARBORTV