

# Reflect!

## Role Model Video Reflection: *Cori - Psychology Student!*

At the end of each module, youth will reflect on their work, and learn about real adults whose careers tie to the activities youth will be participating in during this program. To find out more about how a college student uses information about the brain in her classes, youth will watch Cori: Psychology Student and reflect on how her career and life journeys may mirror their own.



### You'll Need

- 1) Paper/Whiteboard
- 2) Writing Utensil
- 3) Role Model Video: Cori - Psychology Student
- 4) 30 Minutes to complete activity

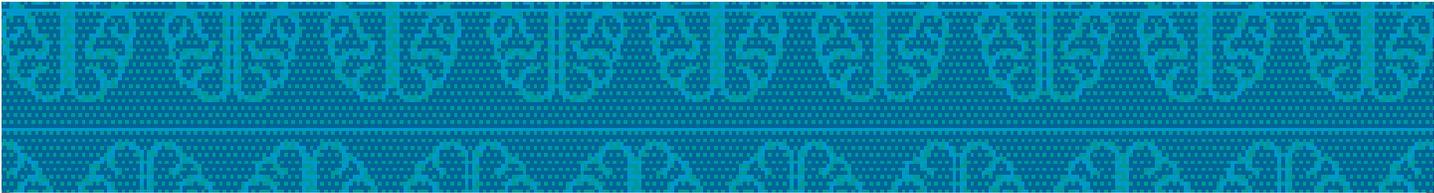
### Video Overview Cori, Psychology Student



Language: English, with Spanish subtitles

Overview: Cori is a senior in college interested in industrial and organizational psychology, which is all about human behavior in the workplace. Following graduation, she hopes to help corporations and individuals achieve a better work-life balance.

- 1. Getting Started** . Before watching the video, have a short all-group discussion to set the stage for learning, and to help activate youth's prior knowledge:
  - Give a brief overview of what they can expect in the video, and tell them what their goal is in watching it.
  - Ask: "This video is about a nurse specializing in pain management; what do you think that career is like?"



**2. Watch.** Watch the video with youth (approximately 4 minutes). <https://youtu.be/ZGuDN4NXL18>

**3. Small Group Discussion.** Have youth pair up and discuss the video. What did they like? What surprised them? What questions do they still have? Have youth share their discussions with the whole group. Pick out important words from their answers and write them on a large piece of paper or whiteboard.

**4. Large Group Discussion.** Continue the discussion with some or all of the following questions:

- How will Cori help people in her future career?
- Even though Cori is pursuing a different career than her parents, she says she learned many lessons from them. What have you learned from family members that helps you in school, sports, or afterschool activities?
- Before you watched this video, did you know that you can have a career in business psychology? How might your ideas about what careers you can have change over time?
- Cori talks about how she has professors that she considers her role models. How do you think finding role models has helped her succeed? Do you have anyone in your life that you would consider your role model?