Storytelling 101:
Independent Learning Guide

The role models in the video “Storytelling 101” share about creating engaging and transformative stories. Good stories allow the viewers to feel connected with the characters and reflect on big topics.

Watch the video “Storytelling 101” at least once. Then read each statement below. Think carefully about each question before you answer it.

1. Good stories teach us about life, ourselves, and others. Multiple role models mentioned the power of stories to transform people.

   What have you learned from stories? Have you ever read a story that transformed you or your opinions about something? Explain your answer.

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2. You learned in the video that good stories have a climax or peak event where “it’s all on the line and you can’t turn back.”

   Think of stories you have recently read or heard. What are some of the peak events from these stories? How did you feel during that part of the story? Why?

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Career Girls Independent Learning Guide for Storytelling 101 Video
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3. You heard someone in the video say, “A good story has conflict because stories are about getting past something or through something or around something.” Stories often mimic our lives, which are also often about overcoming challenges.

What conflicts have you recently read or heard about in stories? Have you had similar conflicts or challenges in your life? Explain your answer.

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4. The video explains that a compelling story is “something that touches everyone.” This means that the viewers can relate to the story or the characters through their own experiences or worldview.

What are some examples of stories or topics that everyone in the world could relate to? What events are common to all people?

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5. In the video, listeners learn that great storytellers allow the audience to connect with the world and characters that they are creating. This lets the viewer feel as if they are a part of the story.

Think about your favorite book or movie. Were you able to connect with the world and characters? What did the author or director do to help you feel as if you were a part of the story? How can you apply these ideas to your own work?

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6. The more you understand your own emotions and feelings during the events in a story, the better you can apply this knowledge to your own stories.

Think of a recent story you were told or read. List some of the events and how each event made you feel in the table below. Remember to think about why you felt that way! We’ve completed an example for you in the first row.

<table>
<thead>
<tr>
<th>Story Event</th>
<th>How I Felt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Christina’s best friend moved away.</td>
<td>Sad, angry, lonely</td>
</tr>
</tbody>
</table>

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7. You learned in the video that good storytellers develop complex characters because in real life people are complex.

Use the box below to practice drawing and describing a complex character from one of your own stories. List the character's likes and dislikes, strengths and weaknesses, and their dreams for the future. The more time you spend thinking about the characters in your stories, the more developed and complex they will be.