



Name:

Date:

It's Okay to Change Your Mind: Independent Learning Guide

The role models in the video "It's Okay to Change Your Mind" provide powerful life advice on pursuing your passions and interests, even when they change over time. As one role model tells listeners, "No matter how far you've gone down the wrong road, it's never too late to turn back."

Watch the video "[It's Okay to Change Your Mind](#)" at least once. Then read each statement below. Think carefully about each question before you answer it.

- 1. **The first role model told listeners that at different points in her life she wanted to be many different things, from a pediatric surgeon to a journalist.**

What types of jobs are you interested in today? What types of jobs were you interested in when you were younger? Do you think you might change your mind again in high school? In college? After your first job? Why or why not?

- 2. **One role model told us there are benefits to trying lots of different things as we try to find the right path for ourselves.**

What benefits can you think of for trying new or different things? How might trying out lots of different things help you in your future career?

3. Changing your mind can feel scary or overwhelming. But it is a powerful tool to put yourself on a better path.

When is the last time you changed your mind about something? How did you feel before changing your mind? How did you feel after?

4. Sometimes we get caught up in what other people want for us or their dreams for our future. A role model said, "If you feel you need to change your mind about something, do it...because you know how to better dictate your future than anyone else."

What makes this a powerful statement? How can you make sure that you stay in charge of the decisions that impact your future?

5. A role model said, "It's okay that you don't have things figured out... people typically figure stuff out as they go... so part of life is discovering the different paths that your life will take."

What paths have you already explored in your life? Are there hobbies you've tried that didn't work out or sports you've practiced that you didn't enjoy? How did these experiences help you find a different path?



6. The final role model told us that "your dream career can be a journey; it doesn't have to be a destination."

What is the difference between a journey and a destination? How might viewing your dream career as a journey help you explore more opportunities or be more willing to change your mind along the way?
