



# ***Elemental Video***

Discussion Guide

# ***ELEMENTS & C.A.R.***

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## THE ELEMENTS OF I'M DETERMINED

### **SKILLS**

#### **CHOICE MAKING**

Picking a path between two known options.

**Cm**

#### **DECISION MAKING**

Choosing a path based on the presented solutions.

**Dm**

#### **PROBLEM-SOLVING**

Exploring solutions to difficult or complex issues.

**Ps**

### **ABILITIES**

#### **SELF-REGULATION**

Monitoring and adjusting one's own behavior in various situations.

**Re**

#### **SELF-ADVOCACY**

Speaking up to defend a cause, yourself, or others.

**Ad**

#### **GOAL SETTING & ATTAINMENT**

Establishing a measurable goal and the steps to achieve it.

**Gs**

### **BELIEFS**

#### **INTERNAL LOCUS OF CONTROL**

Accepting responsibility over outcomes important to your life.

**Lc**

#### **SELF-EFFICACY**

Trusting your own means to succeed or accomplish specific tasks.

**Ef**

#### **SELF-AWARENESS**

Understanding your own strengths, abilities, and needs.

**Aw**

# C ✦ A ✦ R



Having the confidence to use your skills to solve problems and set goals.



The ability to be in control of what happens in any situation.



Feeling a sense of belonging.

# ***MEET EMMA***

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Emma is a hard-working sibling who takes on multiple responsibilities. She struggles to find herself while supporting her brother. Watch as she grows to accept help and begin her journey toward self-care and decision-making for her future.

**EMMA**







## ***VIDEO 1 – YOUNG ICARUS***



### VIDEO QUESTIONS

- What challenges do you see Emma experiencing?



# ***VIDEO 1 – YOUNG ICARUS***



## VIDEO QUESTIONS

- What challenges do you see Emma experiencing?
- What positive influences do you see in Emma's life?





# **VIDEO 1 – YOUNG ICARUS**



## VIDEO QUESTIONS

- What challenges do you see Emma experiencing?
- What positive influences do you see in Emma's life?
- Referring to the I'm Determined Elements, which Elements do you believe she already possesses?



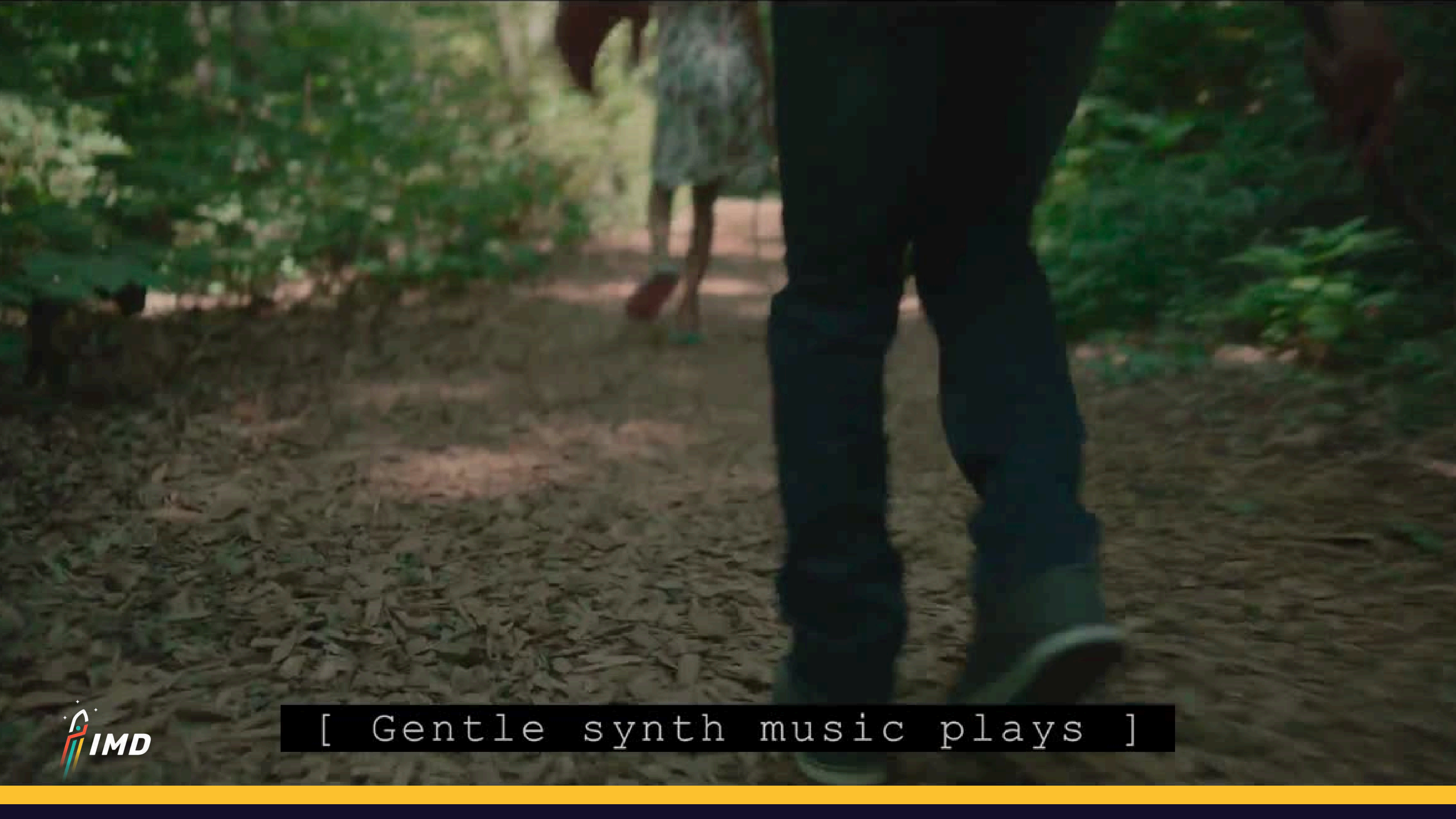
# **VIDEO 1 – YOUNG ICARUS**



## VIDEO QUESTIONS

- What challenges do you see Emma experiencing?
- What positive influences do you see in Emma's life?
- Referring to the I'm Determined Elements, which Elements do you believe she already possesses?
- Which Elements could she develop?





**What challenges do you see  
Emma experiencing?**



**What positive influences do  
you see in Emma's life?**

**Referring to the I'm Determined Elements, which Elements do you believe she already possesses?**

THE ELEMENTS OF I'M DETERMINED

Which Elements do  
you believe she  
already possesses?

**SKILLS**

**CHOICE  
MAKING**

Cm

**DECISION  
MAKING**

Dm

**PROBLEM-  
SOLVING**

Ps

**ABILITIES**

**SELF-  
REGULATION**

Re

**SELF-  
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**GOAL  
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Gs

**BELIEFS**

**INTERNAL  
LOCUS OF  
CONTROL**

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**SELF-  
EFFICACY**

Ef

**SELF-  
AWARENESS**

Aw

**Which Elements  
could she develop?**



THE ELEMENTS OF I'M DETERMINED

Which Elements  
could she develop?

SKILLS

**CHOICE  
MAKING**

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## **VIDEO 2 – MY SUPER POWER**



### VIDEO QUESTIONS

- Emma feels overwhelmed by all the people that need her. What Elements should Emma practice?





## **VIDEO 2 – MY SUPER POWER**



### VIDEO QUESTIONS

- Emma feels overwhelmed by all the people that need her. What Elements should Emma practice?
- Why was Martin's comment about Emma getting a zero on her paper hurtful?



## **VIDEO 2 – MY SUPER POWER**



### VIDEO QUESTIONS

- Emma feels overwhelmed by all the people that need her. What Elements should Emma practice?
- Why was Martin's comment about Emma getting a zero on her paper hurtful?
- How is Emma's self-awareness impacted by her interaction with Steph outside the party?

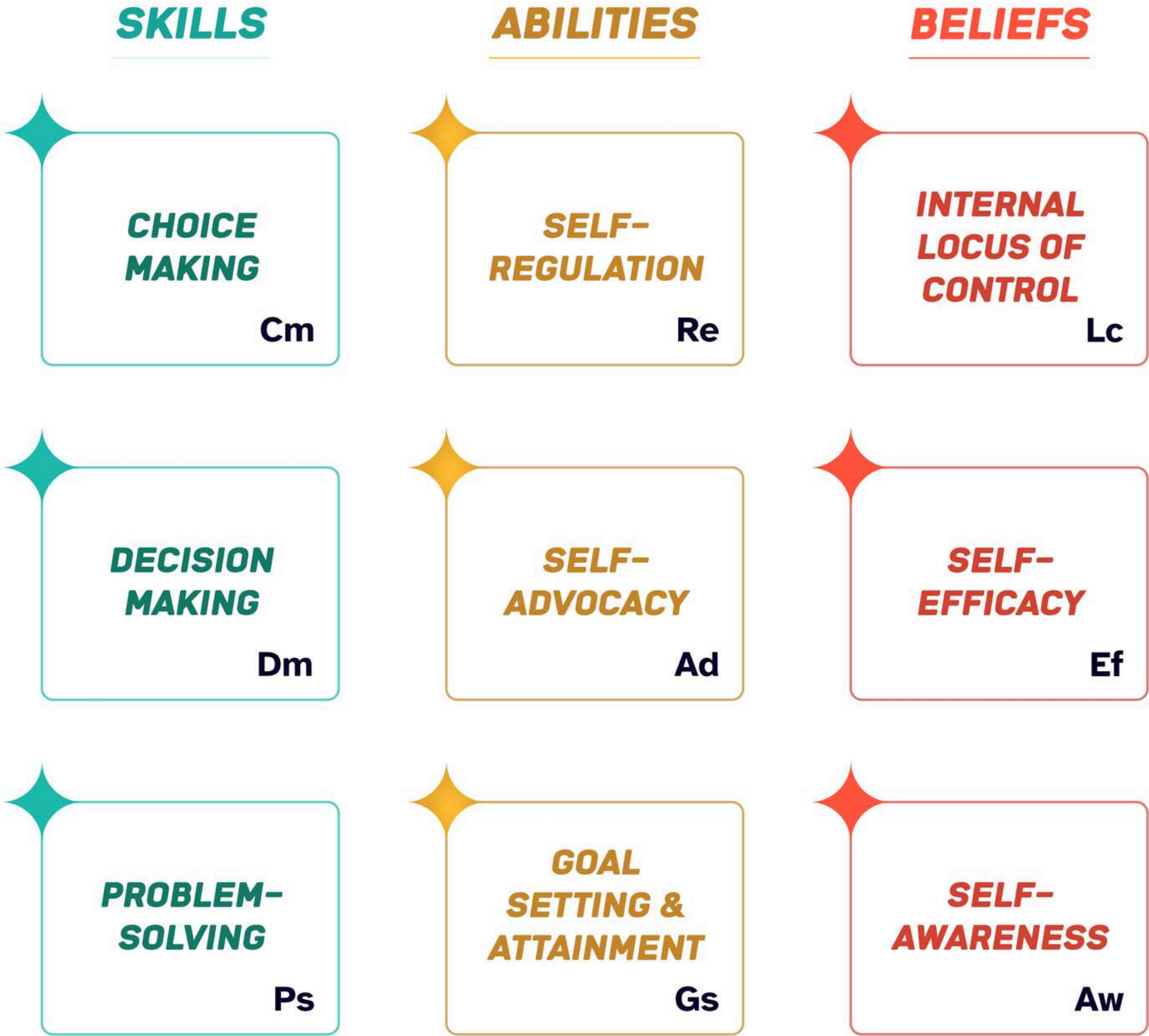


*but couldn't find time  
to read the play.*

**Emma feels overwhelmed by all  
the people that need her. What  
Elements should Emma practice?**

THE ELEMENTS OF I'M DETERMINED

Emma feels overwhelmed by all the people that need her. What Elements should Emma practice?



**Why was Martin's comment  
about Emma getting a zero on  
her paper hurtful?**



**How is Emma's self-awareness  
impacted by her interaction with  
Steph outside the party?**

## **VIDEO 3 – WHY ARE YOU OK?**



### VIDEO QUESTIONS

- What Elements are demonstrated when Emma puts Martin's Adderall back in the medicine cabinet?

## **VIDEO 3 – WHY ARE YOU OK?**



### VIDEO QUESTIONS

- What Elements are demonstrated when Emma puts Martin's Adderall back in the medicine cabinet?
- What Elements do you think Emma has developed throughout this series?



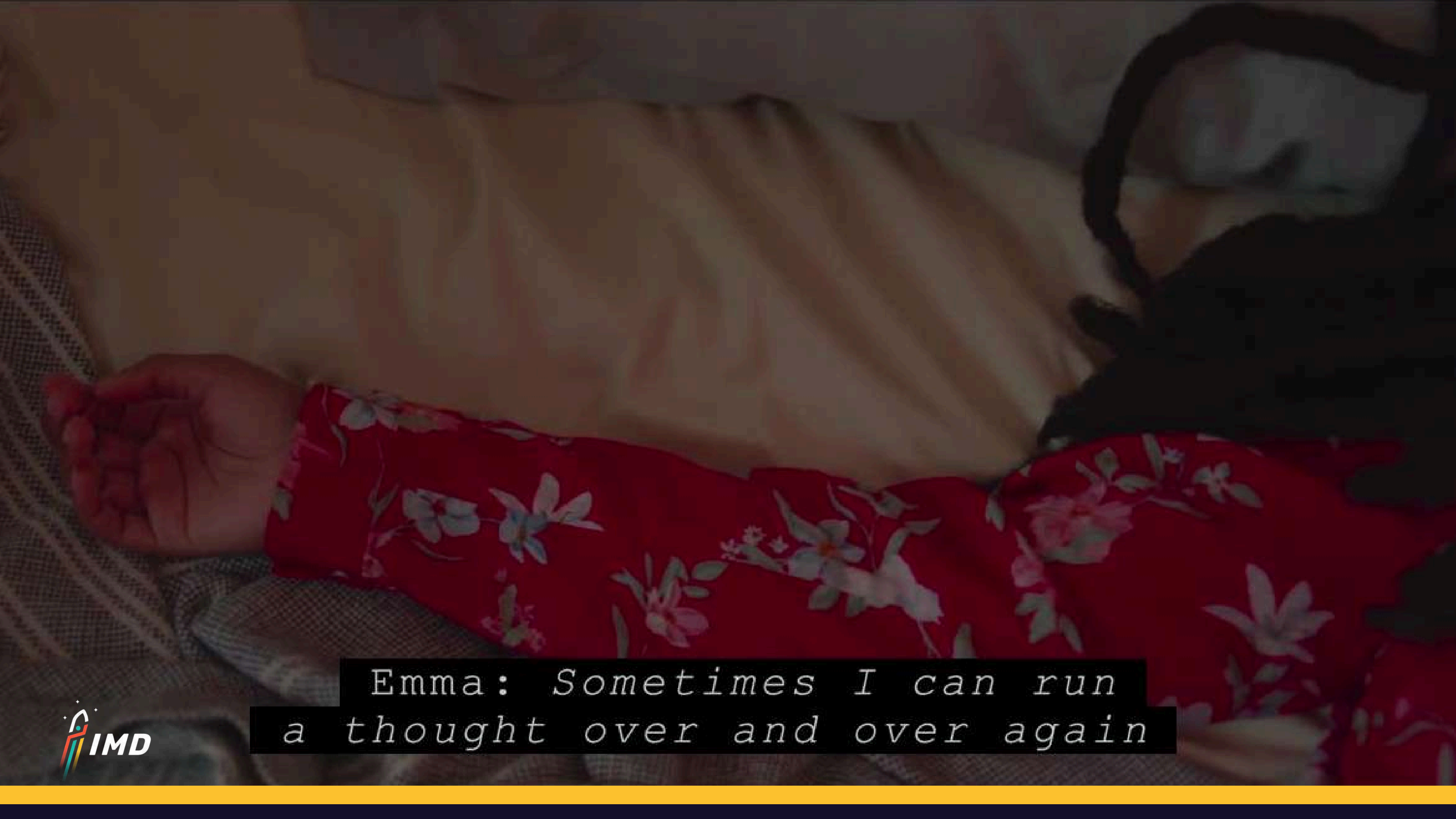


## **VIDEO 3 – WHY ARE YOU OK?**



### VIDEO QUESTIONS

- What Elements are demonstrated when Emma puts Martin's Adderall back in the medicine cabinet?
- What Elements do you think Emma has developed throughout this series?
- How will Emma's growth in these Elements help in her future after high school?

A person is lying down, possibly on a bed, with their head resting on a pillow. A hand is placed on their forehead. They are wearing a red garment with a white floral pattern. The scene is dimly lit, creating a somber or reflective mood.

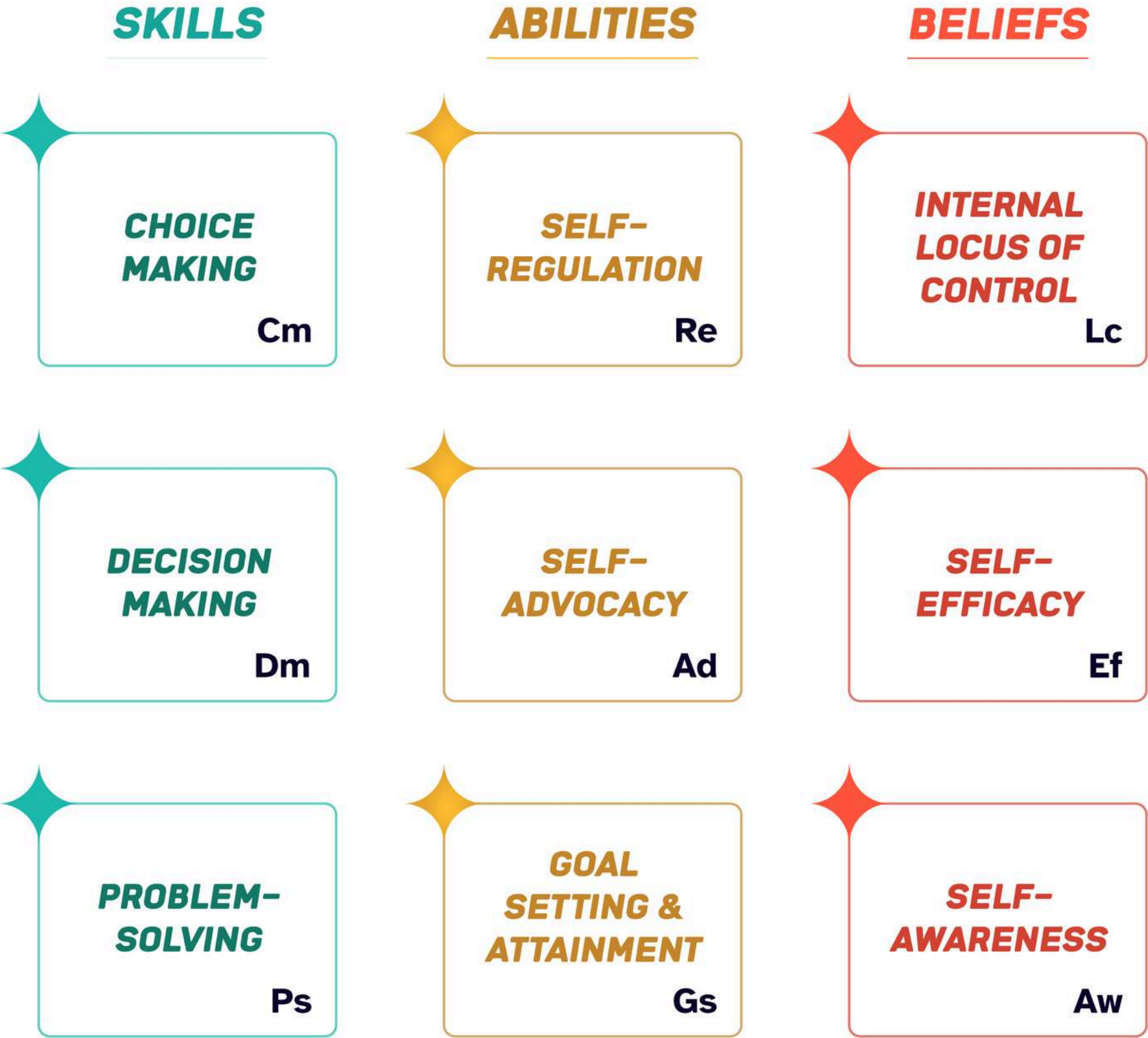
Emma: Sometimes I can run  
a thought over and over again

**What Elements are demonstrated  
when Emma puts Martin's Adderall  
back in the medicine cabinet?**



THE ELEMENTS OF I'M DETERMINED

What Elements are demonstrated when Emma puts Martin's Adderall back in the medicine cabinet?

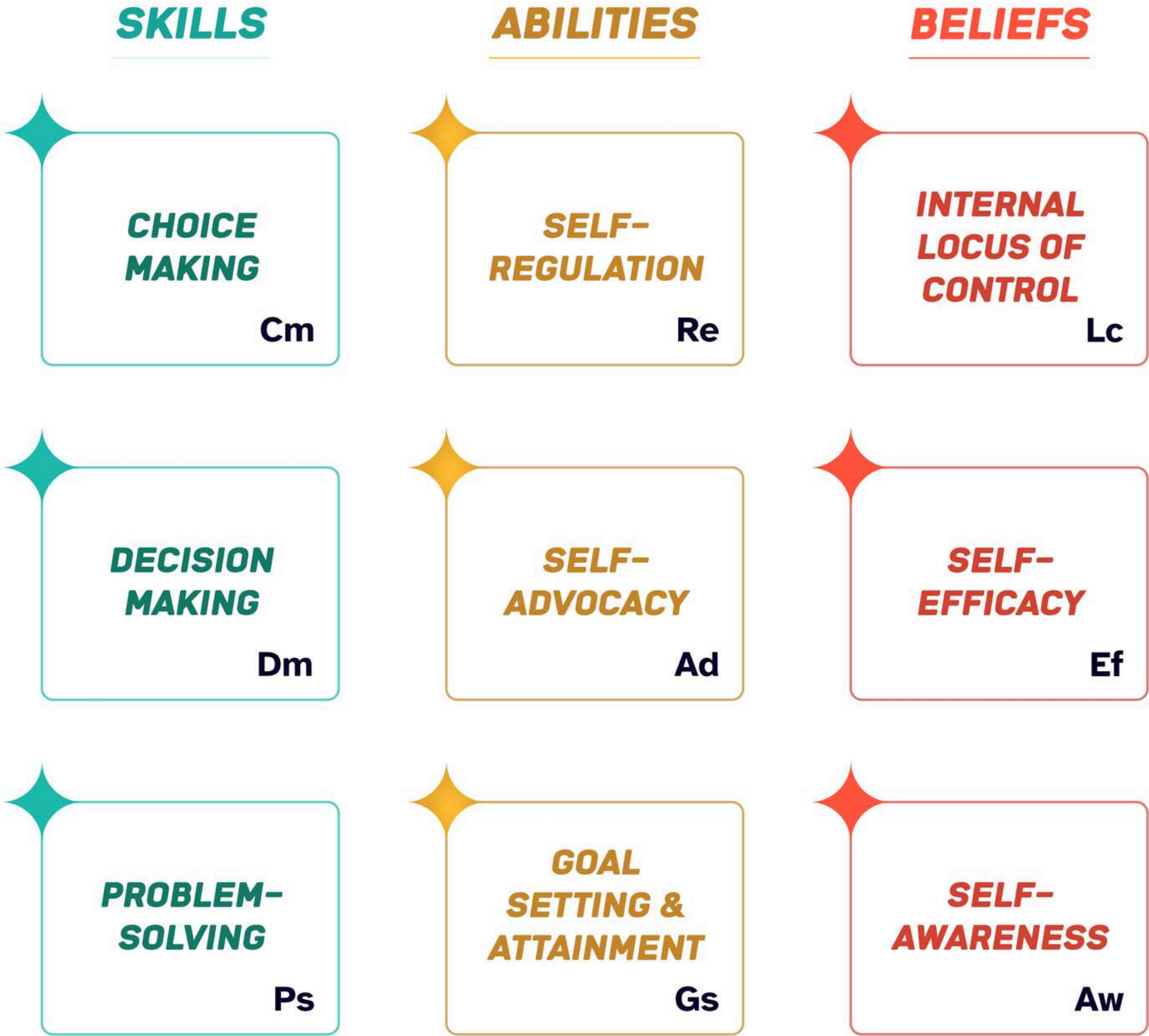


**What Elements do you think  
Emma has developed  
throughout this series?**



THE ELEMENTS OF I'M DETERMINED

What Elements do you think Emma has developed throughout this series?

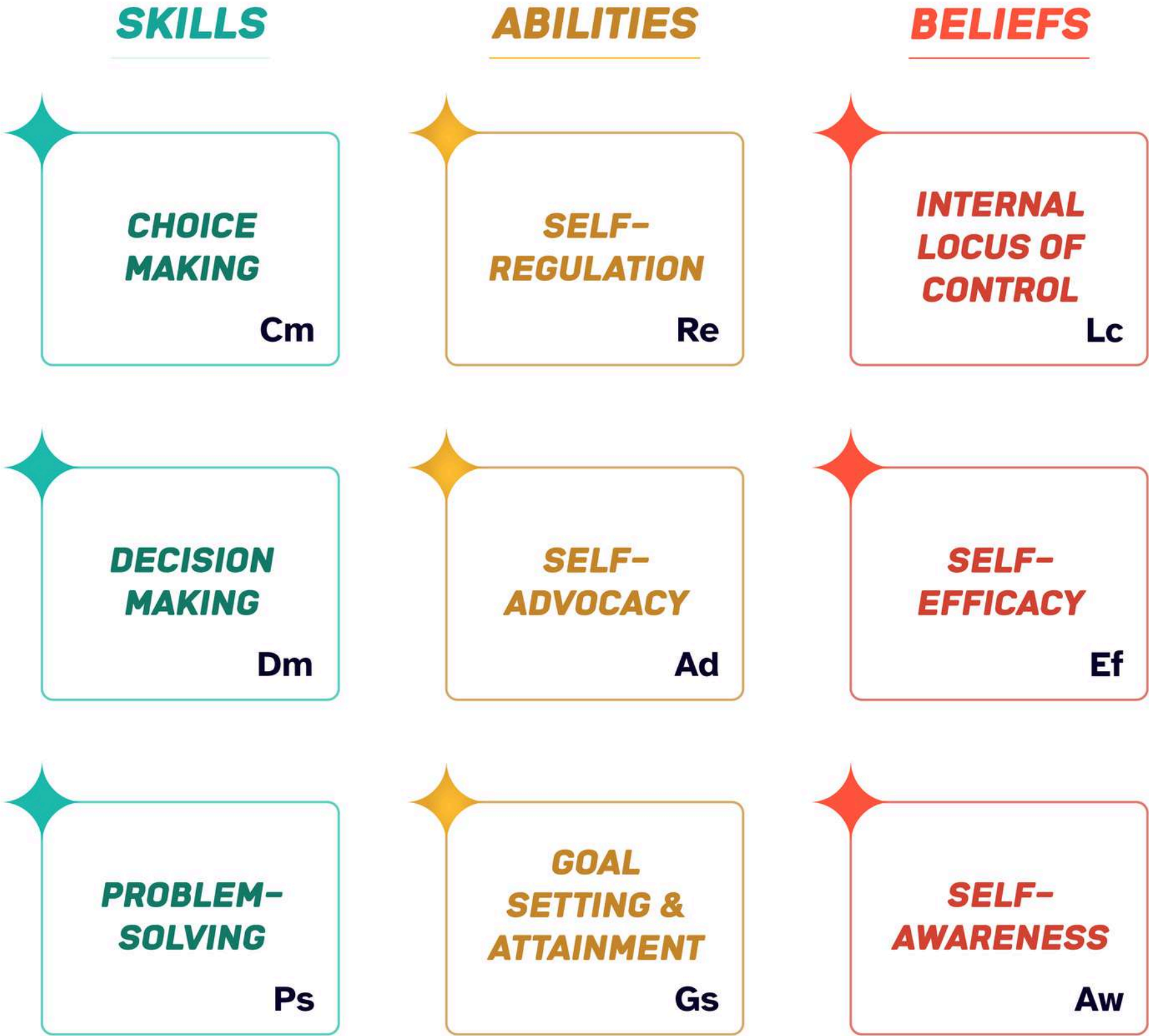


**How will Emma's growth in  
these Elements help in her  
future after high school?**



THE ELEMENTS OF I'M DETERMINED

How will Emma’s growth in these Elements help in her future after high school?



# ***MEET STEPH***

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**Steph is an intuitive high schooler with a strong voice and ability to persevere. She struggles to advocate for herself in social and academic settings. See Steph experience high school, build friendships, and find support networks so she can be heard.**

***STEPH***





# **VIDEO 1 – 8 BIT AVATAR**



## VIDEO QUESTIONS

- What challenges do you see Steph experiencing?





# **VIDEO 1 – 8 BIT AVATAR**



## VIDEO QUESTIONS

- What challenges do you see Steph experiencing?
- What positive influences do you see in Steph's life?



# **VIDEO 1 – 8 BIT AVATAR**



## VIDEO QUESTIONS

- What challenges do you see Steph experiencing?
- What positive influences do you see in Steph's life?
- Referring to the I'm Determined Elements, which Elements do you believe she already possesses?





# **VIDEO 1 – 8 BIT AVATAR**



## VIDEO QUESTIONS

- What challenges do you see Steph experiencing?
- What positive influences do you see in Steph's life?
- Referring to the I'm Determined Elements, which Elements do you believe she already possesses?
- Which Elements could she develop?



[ Brooding synth music plays ]



**What challenges do you see  
Steph experiencing?**

**What positive influences do  
you see in Steph's life?**

**Referring to the I'm Determined Elements, which Elements do you believe she already possesses?**

THE ELEMENTS OF I'M DETERMINED

Which Elements do you believe she already possesses?

<u>SKILLS</u>	<u>ABILITIES</u>	<u>BELIEFS</u>
<div><b>CHOICE MAKING</b> Cm</div>	<div><b>SELF-REGULATION</b> Re</div>	<div><b>INTERNAL LOCUS OF CONTROL</b> Lc</div>
<div><b>DECISION MAKING</b> Dm</div>	<div><b>SELF-ADVOCACY</b> Ad</div>	<div><b>SELF-EFFICACY</b> Ef</div>
<div><b>PROBLEM-SOLVING</b> Ps</div>	<div><b>GOAL SETTING &amp; ATTAINMENT</b> Gs</div>	<div><b>SELF-AWARENESS</b> Aw</div>

**Which Elements  
could she develop?**



THE ELEMENTS OF I'M DETERMINED

Which Elements  
could she develop?

SKILLS

**CHOICE  
MAKING**

Cm

**DECISION  
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**PROBLEM-  
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**INTERNAL  
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**SELF-  
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## **VIDEO 2 – VOICE ACTIVATED**



### VIDEO QUESTIONS

- Martin tells Steph someone should say something to Mr. Skidmore about him making her use a speech device. Which IMD Elements are Martin and Steph working through here?

## **VIDEO 2 – VOICE ACTIVATED**



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- When Tony apologizes to Steph after her physical therapy appointment, which IMD Elements does Steph demonstrate?



## **VIDEO 2 – VOICE ACTIVATED**



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- When Tony apologizes to Steph after her physical therapy appointment, which IMD Elements does Steph demonstrate?
- Martin points out to Mr. Skidmore that Steph has her hand raised. Which part of C.A.R. (Competence, Autonomy, Relatedness) does Martin support here?



## **VIDEO 2 – VOICE ACTIVATED**



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- Martin points out to Mr. Skidmore that Steph has her hand raised. Which part of C.A.R. (Competence, Autonomy, Relatedness) does Martin support here?
- Why is Martin's comment about Steph's raised hand powerful?



# ELEMENTAL

*"Voice Activated"*



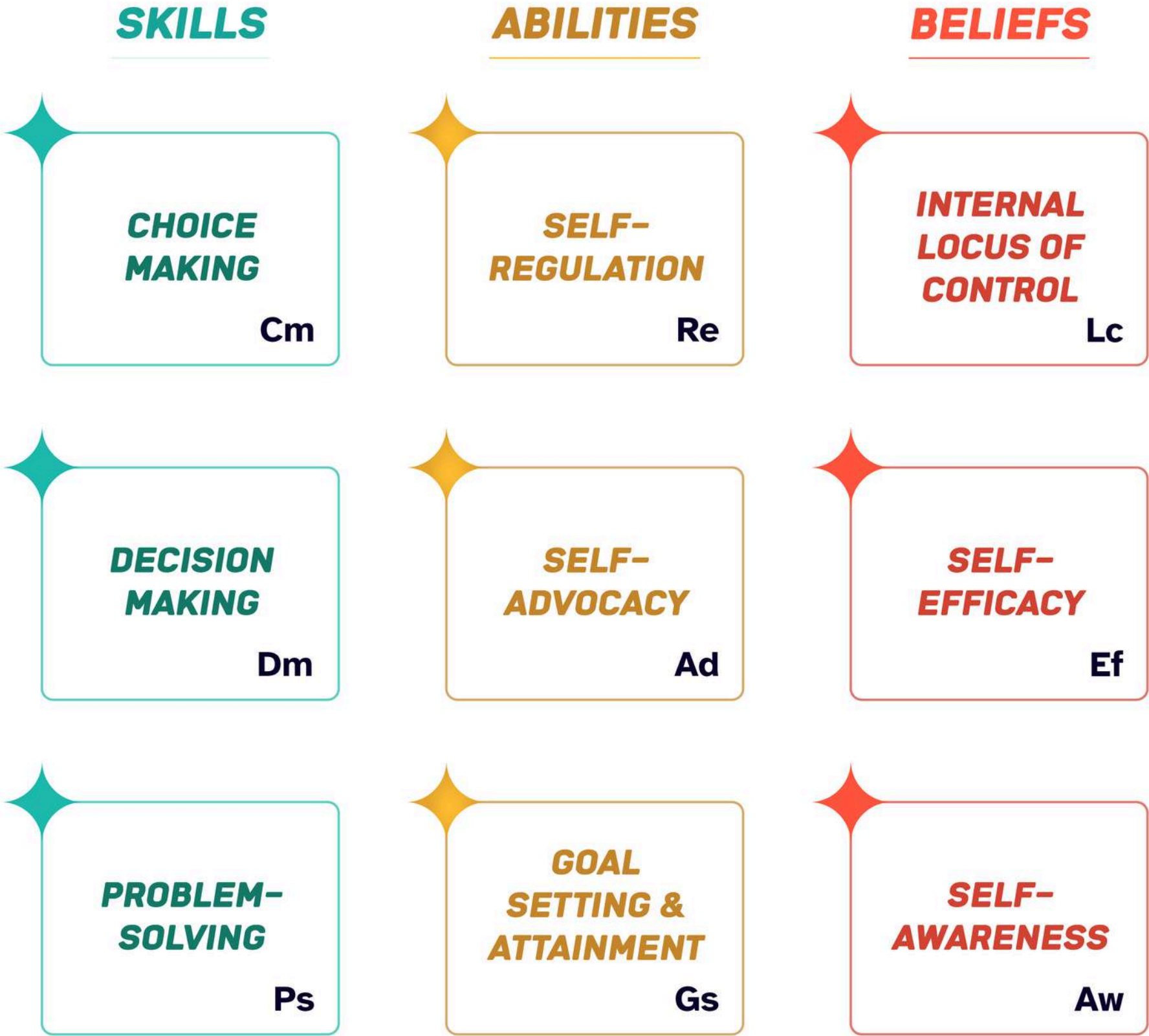
[ Radio playing indistinctly ]

**Martin tells Steph someone should say something to Mr. Skidmore about him making her use a speech device. Which IMD Elements are Martin and Steph working through here?**



THE ELEMENTS OF I'M DETERMINED

Martin tells Steph  
someone should say  
something to Mr.  
Skidmore about him  
making her use a  
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Which IMD  
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and Steph working  
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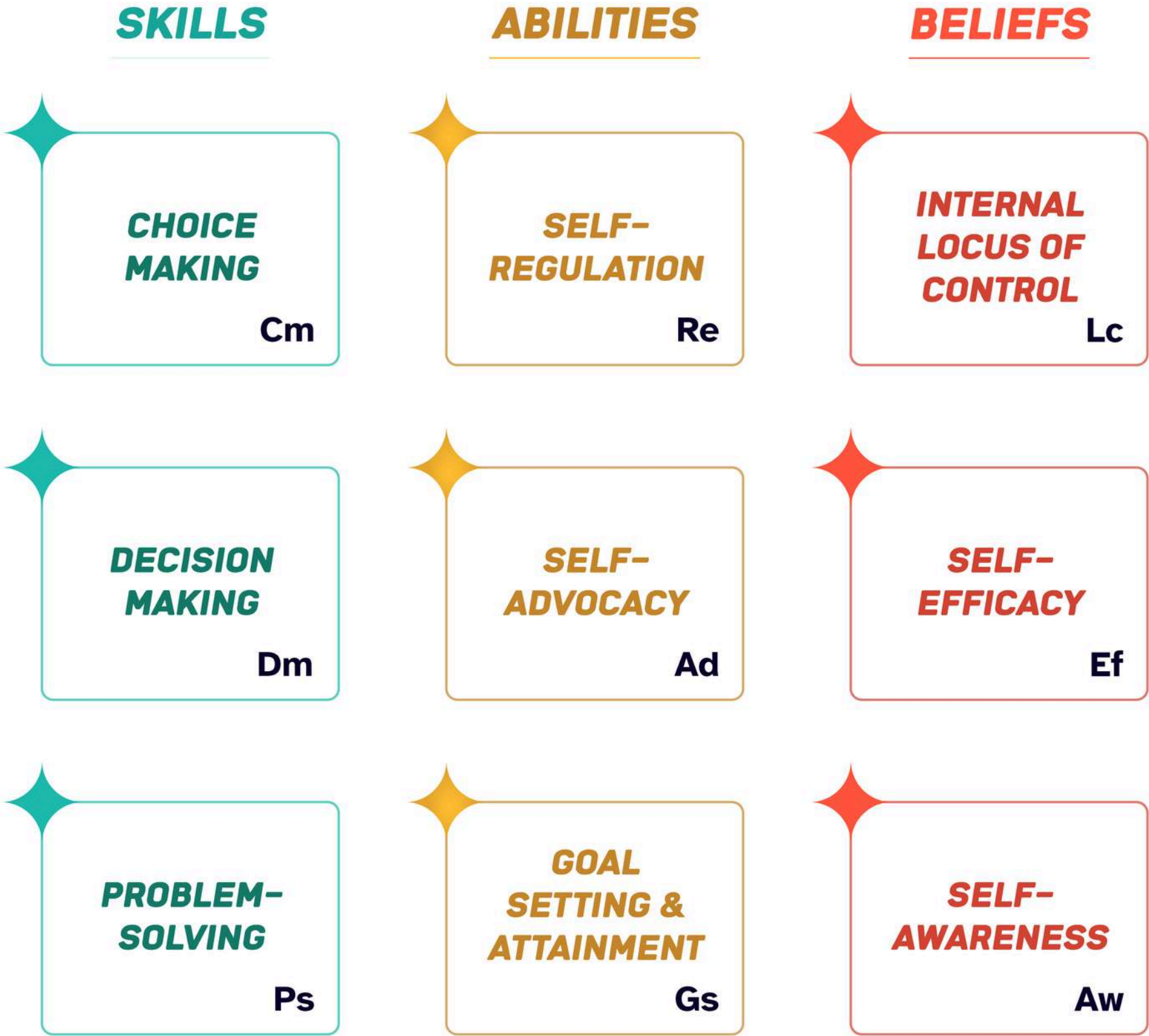


**When Tony apologizes to Steph after her physical therapy appointment, which IMD Elements does Steph demonstrate?**



THE ELEMENTS OF I'M DETERMINED

When Tony apologizes to Steph after her physical therapy appointment, which IMD Elements does Steph demonstrate?



**Martin points out to Mr. Skidmore that Steph  
has her hand raised. Which part of C.A.R.  
(Competence, Autonomy, Relatedness) does  
Martin support here?**

**Martin points out to Mr. Skidmore that Steph has her hand raised. Which part of C.A.R. (Competence, Autonomy, Relatedness) does Martin support here?**

**C ✦ A ✦ R**



Having the confidence to use your skills to solve problems and set goals.



The ability to be in control of what happens in any situation.



Feeling a sense of belonging.



A young Black man is shown in profile, sitting at a desk and looking towards the right. He is wearing a brown shirt and has several beaded bracelets on his left wrist. A speech bubble is positioned above his head, containing the text "Steph's hand is up, Mr. Skidmore." The background features a teal wavy shape behind the man and a light blue wavy shape below it.

**Steph's hand is up,  
Mr. Skidmore.**

**Why is Martin's  
comment about Steph's  
raised hand powerful?**



## **VIDEO 3 – PLASTIC CUP**



### VIDEO QUESTIONS

- What Elements do you think Steph has developed through advocating for her preferences and needs?
- Why is Steph's conversation with Emma important to the development of their self-determination?
- What kind of things did Steph do at the wrestling party that highlighted her strengths and independence?
- What steps are Steph and her mom taking to strengthen their conversation with each other?

# ELEMENTAL

*"Plastic Cup"*

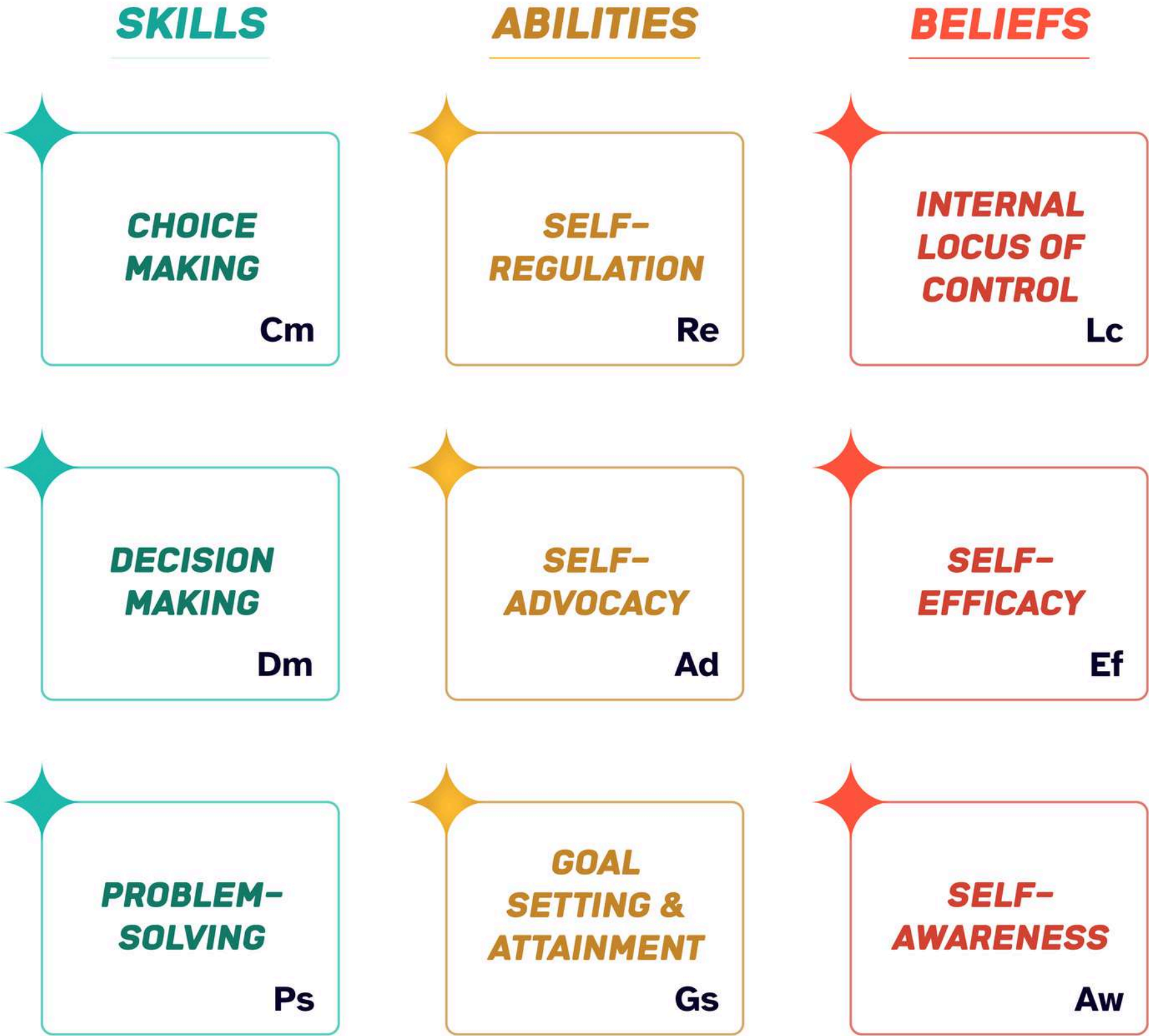
Mr. Skidmore: Now can anyone  
tell me who history refers to

**What Elements do you think Steph has developed through advocating for her preferences and needs?**



THE ELEMENTS OF I'M DETERMINED

What Elements do you think Steph has developed through advocating for her preferences and needs?



**Why is Steph's conversation with  
Emma important to the development  
of their self-determination?**

**What kind of things did Steph do at the wrestling party that highlighted her strengths and independence?**

**What steps are Steph and her mom taking to strengthen their conversation with each other?**



# ***MEET TONY***

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**Tony is a talented wrestler who struggles in the classroom. This three-part video series navigates his experiences with dyslexia, his family, and his peers. Discover how certain moments create lasting implications for Tony's future.**

***TONY***





# ***VIDEO 1 – THE BALLAD OF THE HULK***



## VIDEO QUESTIONS

- What challenges do you see Tony experiencing?



# ***VIDEO 1 – THE BALLAD OF THE HULK***



## VIDEO QUESTIONS

- What challenges do you see Tony experiencing?
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# **VIDEO 1 – THE BALLAD OF THE HULK**



## VIDEO QUESTIONS

- What challenges do you see Tony experiencing?
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# **VIDEO 1 – THE BALLAD OF THE HULK**



## VIDEO QUESTIONS

- What challenges do you see Tony experiencing?
- What positive influences do you see in Tony's life?
- Referring to the I'm Determined Elements, which Elements do you believe he already possesses?
- Which Elements could he develop?

[ Rock guitar riff ]

**What challenges do you see  
Tony experiencing?**



**What positive influences do  
you see in Tony's life?**

**Referring to the I'm Determined Elements, which Elements do you believe he already possesses?**

THE ELEMENTS OF I'M DETERMINED

Which Elements do  
you believe he  
already possesses?

SKILLS

**CHOICE  
MAKING**

Cm

**DECISION  
MAKING**

Dm

**PROBLEM-  
SOLVING**

Ps

ABILITIES

**SELF-  
REGULATION**

Re

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**GOAL  
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BELIEFS

**INTERNAL  
LOCUS OF  
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Lc

**SELF-  
EFFICACY**

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**SELF-  
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Aw

**Which Elements  
could he develop?**

THE ELEMENTS OF I'M DETERMINED

Which Elements  
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SKILLS

**CHOICE  
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## ***VIDEO 2 – WHAT COMES AFTER CERTAINTY***



### VIDEO QUESTIONS

- Which IMD Elements does Tony's dad suppress? How does this affect his relationship with Tony?



## **VIDEO 2 – WHAT COMES AFTER CERTAINTY**



### VIDEO QUESTIONS

- Which IMD Elements does Tony's dad suppress? How does this affect his relationship with Tony?
- Tony reaches out to his coach as he looks to set future goals. Was this a positive or negative exchange?





## **VIDEO 2 – WHAT COMES AFTER CERTAINTY**



### VIDEO QUESTIONS

- Which IMD Elements does Tony's dad suppress? How does this affect his relationship with Tony?
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- How does Tony's uncle support Tony?



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### VIDEO QUESTIONS

- Which IMD Elements does Tony's dad suppress? How does this affect his relationship with Tony?
- Tony reaches out to his coach as he looks to set future goals. Was this a positive or negative exchange?
- How does Tony's uncle support Tony?
- What Elements can Tony learn from Steph in their interaction at the horse farm after Steph's physical therapy?



Duale: [ Muffled]

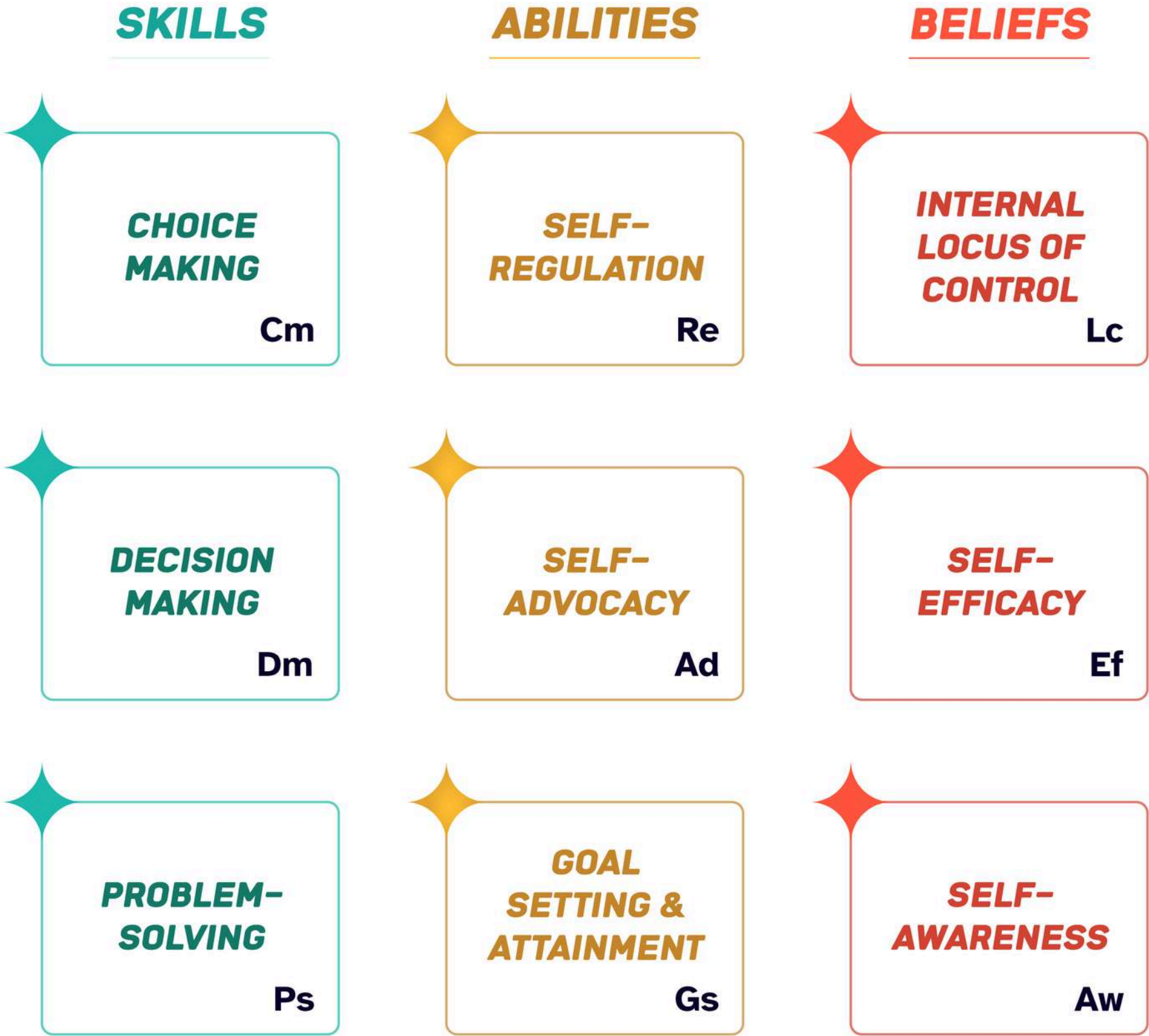
It seems that Tony is in the



**Which IMD Elements does Tony's dad suppress? How does this affect his relationship with Tony?**

THE ELEMENTS OF I'M DETERMINED

Which IMD Elements  
does Tony's dad  
suppress? How does  
this affect his  
relationship with Tony?



**Tony reaches out to his coach as he looks to set future goals. Was this a positive or negative exchange?**

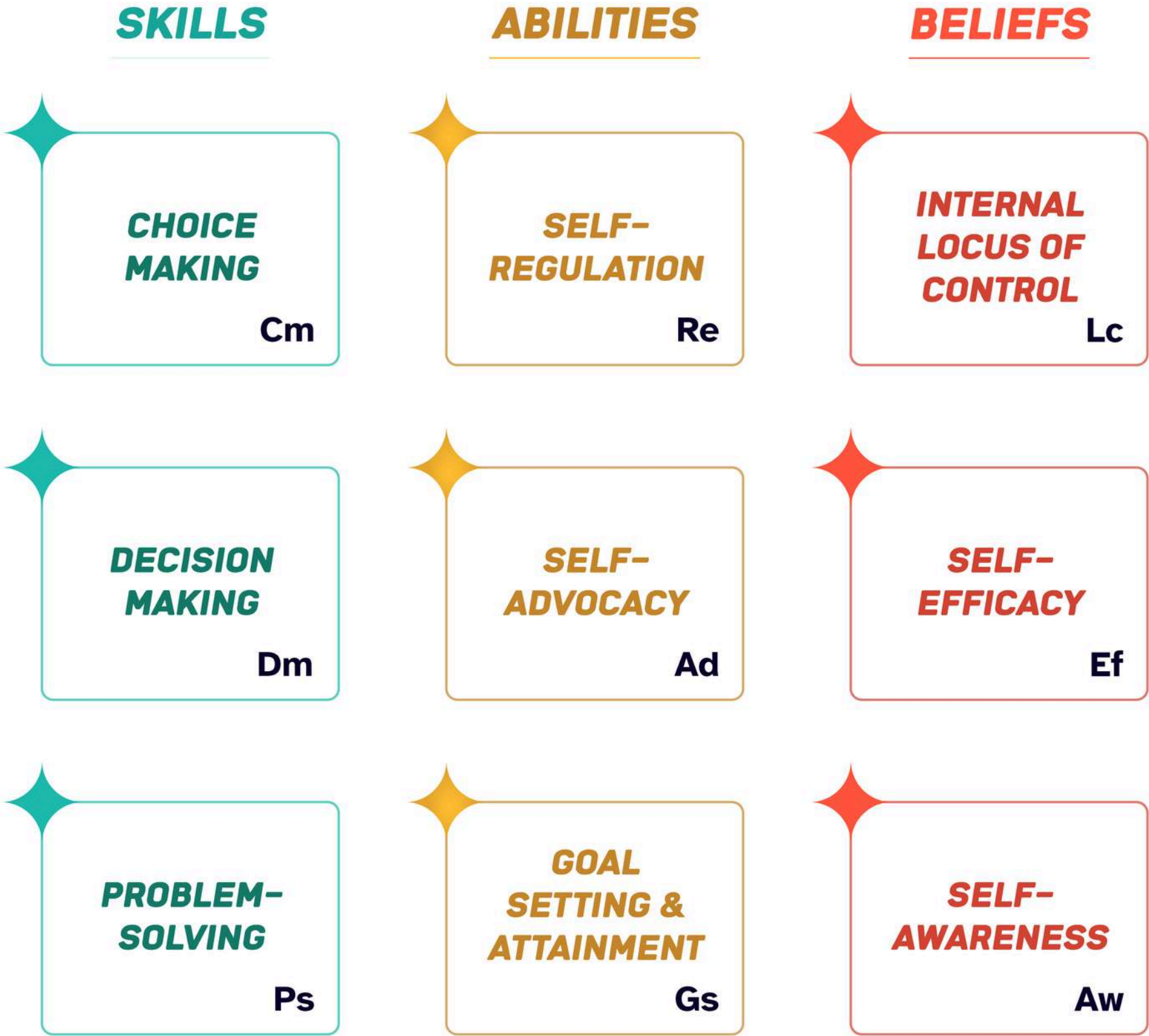
**How does Tony's  
uncle support Tony?**



**What Elements can Tony learn from Steph in their interaction at the horse farm after Steph's physical therapy?**

THE ELEMENTS OF I'M DETERMINED

What Elements  
can Tony learn  
from Steph in  
their interaction at  
the horse farm  
after Steph’s  
physical therapy?





## **VIDEO 3 – ME & MR. ISHIGURO**



### VIDEO QUESTIONS

- How does Tony's attitude change after getting the educational resources that he needs?



## **VIDEO 3 – ME & MR. ISHIGURO**



### VIDEO QUESTIONS

- How does Tony's attitude change after getting the educational resources that he needs?
- What Elements has Tony developed through his discovery of having a disability?



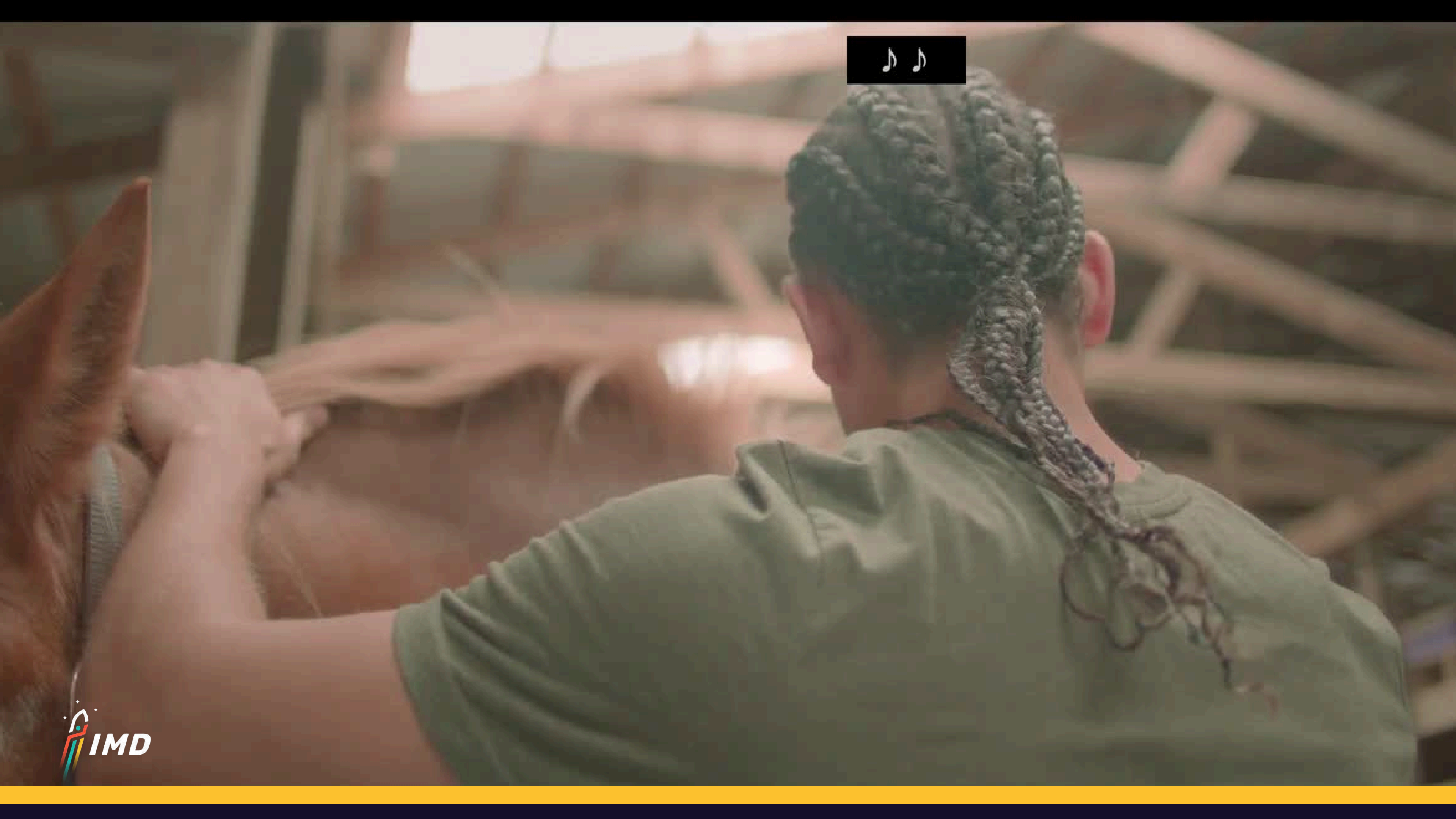
## **VIDEO 3 – ME & MR. ISHIGURO**



### VIDEO QUESTIONS

- How does Tony's attitude change after getting the educational resources that he needs?
- What Elements has Tony developed through his discovery of having a disability?
- What kind of boundaries did Tony establish with the people in his life in order to continue to pursue his goal?



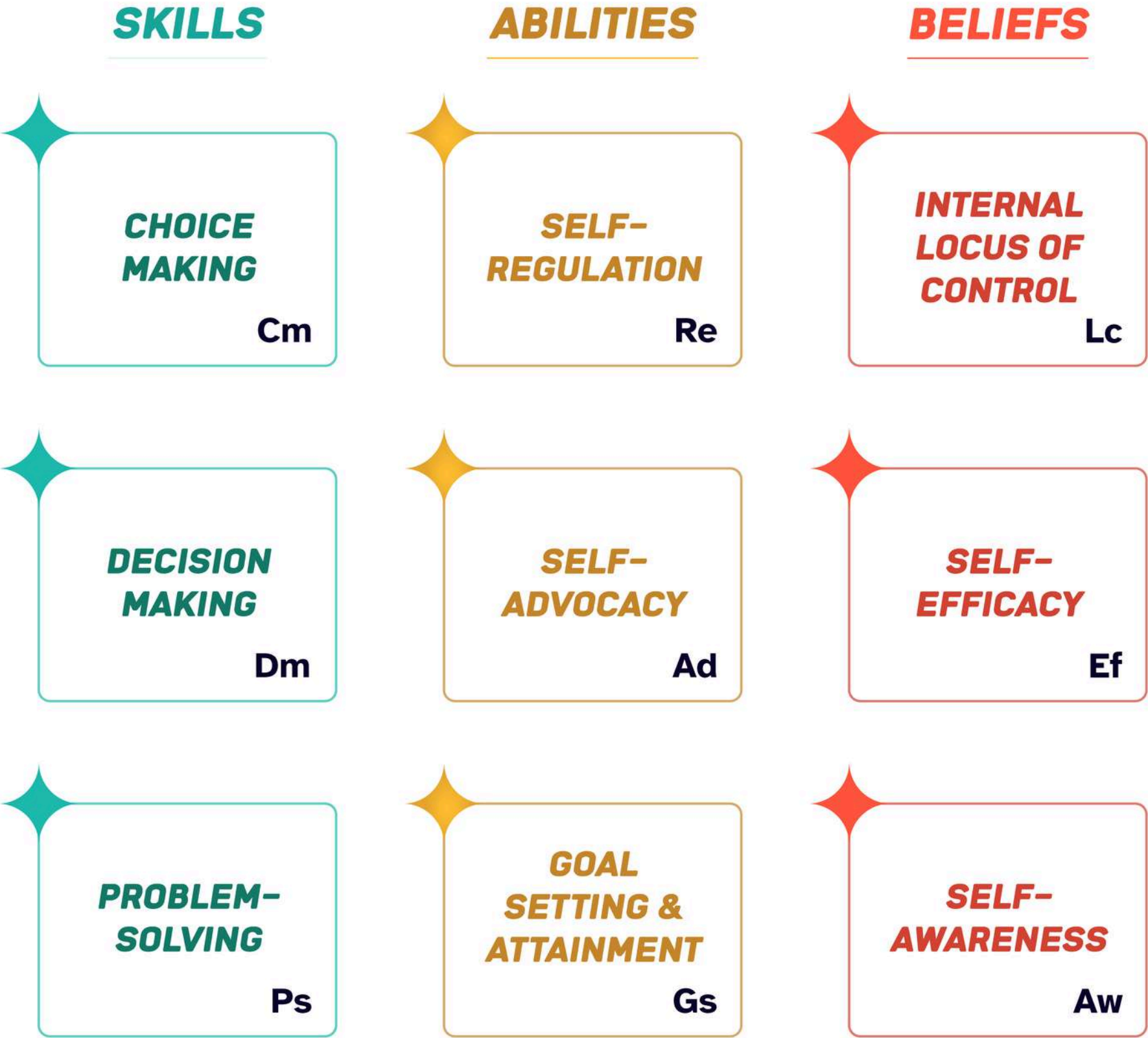


**How does Tony's attitude change  
after getting the educational  
resources that he needs?**

**What Elements has Tony  
developed through his discovery  
of having a disability?**

THE ELEMENTS OF I'M DETERMINED

What Elements has Tony developed through his discovery of having a disability?

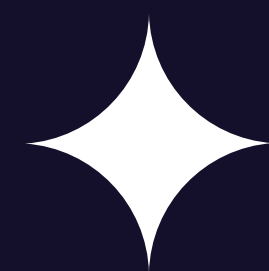


**What kind of boundaries did Tony establish with the people in his life in order to continue to pursue his goal?**





***Thank You***



Questions?