

CRITICAL THINKING QUITTING

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. MIKE STARTS THIS EPISODE OFF BY DESCRIBING TWO TYPES OF FAMILIES: THOSE WHERE QUITTING IS VIEWED AS THE ENEMY AND THOSE WHERE QUITTING SEEMS TO BE SECOND NATURE.

How is quitting viewed in your family? Do most of your family members fit into one of these two categories or is there somewhere in between? Do you view quitting the same way your family does? Elaborate on your answers.

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2. QUITTING CAN BE A DELIBERATE CHOICE, WITH PROS, CONS, AND CONSEQUENCES.

When was the last time you quit something? Why did you quit? Was it your choice to quit or was it abrupt and unplanned? How did you feel after you quit? Do you still feel like quitting was the right choice?

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3. MIKE SAYS THAT IT'S OK TO QUIT, ESPECIALLY IF YOU NEED TO BE TRUE TO YOURSELF AND WHAT YOU WANT TO BE ABOUT.

Think of someone you know who chose to quit a job, an extracurricular, a difficult class, or something similar. Do you think they were being true to themselves by quitting? Would you say that they were better off after they quit? Why or why not?

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4. MIKE CLAIMS THAT SOME PEOPLE ARE QUITTERS BY NATURE; THOSE WHO CONSISTENTLY QUIT THINGS BECAUSE IT'S THE EASIEST PATH TO TAKE.

Do you agree with Mike's sentiments? Why or why not? If you had always tended to be a quitter, but wanted to make a change, how would you work on doing that? Who could you ask for support or guidance?

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5. SOME PEOPLE HAVE SUCH HIGH EXPECTATIONS FOR THEMSELVES THAT THEY REFUSE TO QUIT EVEN WHEN THEY SHOULD, CAUSING THEM TO BECOME OVERWORKED, STRESSED OUT, OR BURNT OUT. QUITTING FOR THE SAKE OF BALANCE CAN BE VERY DIFFICULT, BUT SOMETIMES NECESSARY.

Have you ever had to quit something in order to take better care of yourself? Describe the situation and outcome. Were you glad that you quit or do you regret your decision?

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