

# Defining US

**Parent Reflection Questions:** Middle School

**Darion Allen:** Power of the Mind

**SEL Competency:** Self-management

Darion seems unusually positive and optimistic; how do you think this attitude developed?  
How does a positive attitude help an adolescent succeed?

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Darion mentions being involved in his community, although we do not hear about his project.  
Are there activities that your child could participate in to make your community better? If so, what ideas do you have?

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In what ways does the community around your child instill optimism? Are there additional needs?  
If so, what are those needs?

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# Defining US

**Parent Reflection Questions:** [High School](#)

**Darion Allen:** [Power of the Mind](#)

**SEL Competency:** [Self-management](#)

Darion seems unusually positive and optimistic. How does a positive attitude help an adolescent succeed? What do you do to help your child remain optimistic? Are there impediments in your community that limit optimism? What strategies are necessary to overcome these impediments?

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Darion mentions being involved in his community. Are there activities that your child could participate in to make your community better? If so, what ideas do you have?

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How do you talk with your child about the needs in your community? How do you talk about helping improve your community?

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