Time: 25-30 minutes
Purpose: Students get to know each other by sharing their stories about why they are deciding to study their field of choice.

Materials Needed

- Access to the "Telling Your Story" video
- Device to play video for the class

ACTIVITY FLOW

1. Introduction (1 minute)

- Introduce the activity: "Today we're going to share our stories about why we chose our fields of study"
- Explain that everyone will watch a short video, then share their own story with a partner

2. Watch the Video (5 minutes)

- Play the Telling Your Story video
- Encourage students to notice what makes a compelling story

3. Video Debrief (5 minutes) Discussion Question:

- What stood out to you from this video?
- (Listen for themes like: authenticity, passion, turning points, challenges, connections to values)

4. Partner Storytelling (10-15 minutes)

- Divide students into pairs or trios
- Each student shares:
    - What they are studying
    - A story that highlights why they chose this field
- SSM times the activity:
    - Give each student 3-5 minutes to share their story

    - Signal when it's time to switch speakers
- Remind listeners to practice active listening and ask follow-up questions if time allows

5. Group Debrief (4-5 minutes) Discussion Questions:

- What did you learn about each other?
- What stood out to you about the stories that people shared?
- (Optional) Did anyone discover they share similar reasons for choosing their field?

TIPS FOR STUDENT LEADERS

- If students seem stuck, offer prompts: "What moment made you realize this was the right path?" or "Who or what inspired this choice?"
- Remind students there's no "right" story—whether it's a long-held dream or a recent discovery, all stories are valuable
- Watch the time carefully during partner sharing to ensure everyone gets equal speaking time
- Model vulnerability by being ready to share your own story if it helps students feel comfortable
- Celebrate the diversity of paths and motivations in the room during the debrief