

Sample Conceptual Relationships and Questions

Conceptual Relationships	Corresponding Questions
Difficult situations help us to learn and grow.	What is the role of difficult situations in our learning and growth?
Becoming more conscientious and aware of our actions allows us to make better choices.	What is the relationship between awareness of our actions and the quality of our choices?
We can calm ourselves when emotions get big.	What happens when we experience big emotions?
Becoming more aware of our big emotions allows us to understand and overcome them.	What is the purpose of awareness of our big emotions in overcoming them?
Being kind to others makes me feel good.	What is the relationship between how I treat others and how I feel?
Focusing on the positive leads to a happier, healthier life.	What is the role of positivity in my life?
When things don't go our way, we don't give up, we keep trying.	What happens when things don't go our way?
Learning something new produces positive feelings.	What is the relationship between learning something new and how I feel?
Mastery requires patience and persistence and builds my self-esteem and motivation.	How do we build expertise or mastery? What role does it play in my self-esteem and motivation?
Knowledge about the world makes life more interesting.	What role does knowledge about the world play in my life?
Mistakes and failures provide information to help us learn and get smarter.	What effect do mistakes and failures have on learning?
When we step out of our comfort zones we discover insights that are more meaningful and long lasting.	Why is it important to step out of our comfort zones when learning?
We can develop our abilities through hard work, strategies and mentoring from others.	How can we develop our abilities?
Through hard work, I improve the quality of my thinking.	How can we develop the quality of our thinking?

A supportive community makes learning easier and more fun.	How does our community impact our learning?
Diversity leads to creativity and innovation.	What is the role of diversity in creativity and innovation?
Violence almost always leads to more violence.	What impact does violence have on society?
I can defend myself and others with powerful words and non-violent actions.	How can I defend myself and others?