

Name:

Section:



Date:

Score:



Wisdom Conversations: Interview Someone You Admire and Respect



For the following activity, you will interview someone you respect to gain valuable life advice. You will then reflect on and present what you learned from the experience.

Step 1: Choose a Person to Interview.

Think about someone you admire or respect. This person could be a family member, teacher, coach, community leader, or even an older peer.

The purpose of the interview is to learn about this person's life experiences and gather advice that could help you in your own life.

Write your chosen person here: _____

Step 2: Conduct the interview.

You should reach out to your chosen person and schedule an interview. It can be in person, over the phone, or via video call.

Here are the questions you will ask your chosen person:

- What's the best piece of advice you've ever received?
- Can you tell me about a challenge you faced and how you overcame it?
- How did you decide what you wanted to do with your life or career?
- What habits or routines have been most important in your success?
- If you could give your younger self one piece of advice, what would it be?
- How do you stay motivated during tough times?



You should take notes and, if allowed, record the conversation (for review purposes only).

Step 3: Write a Reflection.

Reflect on the advice and wisdom you received during the interview. You can use the following prompts to guide your reflection:

- What advice stood out to you the most, and why?
- How can you apply what you learned to your own life?
- Was there anything surprising or unexpected about the person's experiences?
- How did this conversation impact the way you view your future goals or challenges?



Your reflection should be 250 words or more.

Step 4: Summarize what you learned.

Break down what you learned in roughly 20 words. The purpose of this is for you to pinpoint the main things you learned from your interview.

Be prepared to share your 20-word summary with the class.



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A series of horizontal lines for writing, consisting of 28 evenly spaced lines across the page.



Summarize What You Learned



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