



# Podcast Listening Guide

THE COMPANION GUIDES FOR THE PODCAST

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# Podcast Listening Guide

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### HOW TO USE THIS GUIDE:

We have set up this guide to be a companion for the podcast. We have provided recommendations and ideas for each episode, and it is up to you to determine the best fit given the time you have. Feel free to make modifications to the guide and add your own ideas!

The goals for the podcast & guide are to help support students in their social-emotional learning, listening/comprehension skills, and develop overall career skills for their own life journey. In the following sections, you will find directions and ideas for working with your students. Parents you can also use this at home as a discussion guide.

Podcasts are a great way to learn and generate discussions. One podcast can be delivered over a series of days, so don't feel rushed to do this all at once!

Provide an example of how each interviewee used Social-Emotional Skills in their career. Consider reviewing the [CASEL Framework](https://casel.org) with students for an overview of each area: <https://casel.org>  
List 1 for each area.



#### Self-Awareness

Listen for the interviewee to share their ability to understand their own emotions, & values. This might be how they explain their strengths & weaknesses w/ a sense of purpose.



#### Relationship Skills

Listen for the interviewee to share how they establish & maintain healthy relationships with diverse groups of people. They may share leadership opportunities as well as times they needed help.



#### Responsible Decision-Making

Interviewees will share their abilities to make caring & constructive choices about personal behavior & social interactions. They can evaluate the benefits & consequences.



#### Self-Management

This is where the interviewee shows their ability to manage their emotions, thoughts, and behaviors effectively in different situations in order to achieve goals.



#### Social Awareness

This is the ability to understand different perspectives & empathize w/ others. This can be shown in recognizing others strengths & through demonstrating empathy & compassion.

### Listening Challenge

The listening challenge is designed to help students stay focused and present during the podcast. For many, listening comprehension takes a lot of practice to develop. The listening challenge helps students listen for answers that the interviewee will address throughout the podcast. This is also helpful for students who struggle with a short attention span.

## Beyond the Interview



The questions featured here can be used in:

- discussions
- journal writing
- deeper learning

Feel free to add to them or make your own!



### Favorite Quote

The favorite quote is used for listening comprehension and engagement. Students can write one or more quotes that they find meaningful from the interview.



### Episode Notes

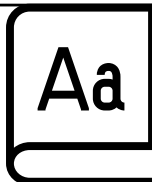
Students can use this section to take notes while listening, drawing or sketching. You may find other purposes as well, depending on the episode.

**Note:** Not every episode will include a place for notes. You can always have students take notes on the back of their paper if you wish.

### Vocabulary

This area can be used in a number of ways:

- Students can write down words they don't know.
- They can write down words they know somewhat but would like to know more.
- You can provide words for them.





## Training To Listen - Because IT is Work!



**STOP YOUR MIND** - You are going to need to focus on the person speaking and really listen to what they are saying.



**ANTICIPATE WHAT MIGHT HAPPEN NEXT OR BE LOOKING FORWARD TO NEW AND INTERESTING THINGS THE SPEAKER WILL SAY** - Have a positive attitude about listening.



**ENGAGE WITH THE PERSON SPEAKING** - Even if they are not physically with you you can engage by turning to listen or writing notes..



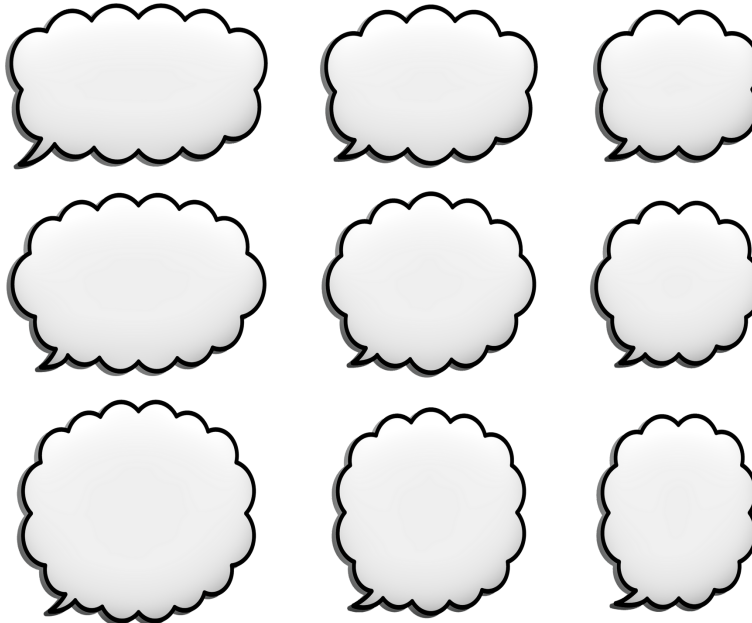
**REPLAY WHAT YOU HAVE LEARNED** - When you are done listening, you can think about all that was said. Determine what questions you have and what more you want to learn.

## Episode Maps

Use the episode map to have students highlight key ideas of the podcast. They can do this by filling in each box chronologically with:

- Keywords defining the idea
- Pictures or icons
- Sentences
- Combination of the above

We have provided a variety of episode maps in each episode for students to try. Feel free to pick and choose which one works best. You can make a copy of the ones you like or let the students decide!



**Student Co-Host**

The student co-host is featured to provide background information. The goal for the podcast was to give students with a host they could relate to and ask questions that they might ask themselves.



# Extension Ideas

The extension ideas are here for you as a way to go deeper. Feel free to use these and/or add your own. Students can also make up their own.



## Dictation Challenge

Learning to dictate (writing or typing what the speaker is saying) is a listening skill that can take work. You can even learn shorthand, which is a special method for writing super fast. Practice by taking a short section where the speaker is answering a question.



## Sketch Note

Create a set of "sketch" notes that tell the speaker's story in pictures. Research has shown that this helps the brain remember concepts and ideas much more clearly and can improve listening skills.



## Discuss

After listening to the podcast and completing some of the listening guide, take some time to discuss your thoughts, reflections, and wonders with classmates. If you listen to this at home, discuss this with your family. Ask:

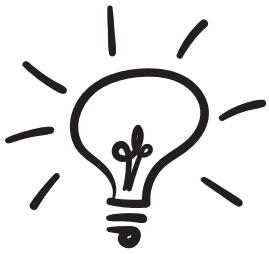
- 1) What unique challenges did this person overcome and why?
- 2) What would you have done in their situation?
- 3) What social-emotional skills do they use and why was that important to their success?
- 4) What could you learn from them as you apply those skills to challenges you experience?



## Research

Research more about the speaker and anything that interested you in the interview. This is a way to go deeper. Questions to ask:

- 1) Are there other podcasts you can listen to on the same topic?
- 2) Did this person refer to something you would like to know more about?
- 3) Is there something you learned that you never heard before and want to understand better?
- 4) Is the speaker someone you want to learn more about their life?



# Planning ideas



The following are ideas for using the podcast in the classroom and/or at home.

## Classroom Ideas



- Consider starting your day or a subject period with the podcast.
- Look at each series and determine if there is a subject area that would be a good fit (i.e., Science, Health, PE, etc.)
- Break the podcast up into 5 minute listening periods or 5-day segments.
- Use the podcast guide to support students in their learning.
- Create a listening station that students can go to when they finish early.
- Finish the week up by listening to the podcast on a Friday.

## Home Ideas



It is important to note that some podcast material may not be age-appropriate for younger students. Therefore, please preview before playing the podcast when they are present.






- Listen to the podcast in the car when traveling to events, school, or other car trips that are longer than 15 or 20 minutes.
- Listen (if age appropriate) at home with the whole family and use the guide together.
- If younger students are at home, make time to listen to the podcast with just your student and use this activity as a special time for them.

# Episode 1

ROLF BENIRSCHKE  
ANSWER KEY

Note: These are potential answers. Students may come up with other answers that are correct.








				
<b>Self-Awareness</b> Rolf knew he was sick and in bad shape. He became aware that he couldn't do this journey on his own, and that he was going to have to look to others for support. This was something he didn't want to do, but eventually let friends in.	<b>Relationship Skills</b> Rolf learned that true relationships are about being there when things get really hard. Empathy is about initiating and accepting.	<b>Responsible Decision Making</b> Getting medical treatment and following a plan was the right choice even though it was hard.	<b>Self Management</b> He set small goals so he could stay focused and not become too overwhelmed.	<b>Social Awareness</b> Rolf was embarrassed by his illness but eventually was able to let his friends help him.



**Listening Challenge: Check the boxes as you listen & write the answer.**

- Where did Rolf go to High School? **La Jolla**
- Name 3 sports that Rolf played besides football: **hockey, tennis, soccer, skiing**
- How did Rolf get involved with football? **He was asked by a football coach to try kicking.**
- What was Rolf sick with in his second season with the Chargers? **Chrohn's disease.**
- Why did Rolf think he wasn't going to be able to live a full life after he got out of the hospital? **He started to think about how to survive the day and setting small goals.**
- How did Rolf stay tough? **He had people who did not give up on him.**
- What did Rolf keep doing to help himself grow? **He kept learning by reading and talking to others.**
- What does Rolf say about empathy, patients, and coaches? **4 questions about empathy**

				
<b>Self-Awareness</b> Having the same name as a famous father presented some obstacles. There were some expectations on him that others didn't have.	<b>Relationship Skills</b> Tony had a very strong relationship with both of his parents.	<b>Responsible Decision Making</b> Academics and learning to turn this around.	<b>Self Management</b> Learning to study. Work ethic was something Tony applied to his career	<b>Social Awareness</b> Tony realized many had expectations of him to be like his dad, but he knew he needed to be himself.

# Episode 2

TONY GWYNN JR.  
ANSWER KEY



**Listening Challenge: Check the boxes as you listen & write the answer.**

- What was Tony's school life like? **He wasn't a very good student until he found a tutor.**
- Who did Tony look up to growing up? **His mom and dad, a variety of sports stars**
- What were Tony's biggest obstacles that he had to overcome? **Academics**
- How did Tony turn around his study habits? **He took night school classes and got a tutor.**
- What skills did Tony apply to his career? **Work ethic and routine**
- What does Tony say is important when preparing for a career? **Passion and find something you love, go in full steam**
- What did Tony learn from his failures? **He learned from an early age to stick with it. He didn't need to be hard on himself.**
- How does Tony describe empathy? **Listening to understand**








# Episode 3

COCO GOODSON  
ANSWER KEY

Note: These are potential answers. Students may come up with other answers that are correct.








 Self-Awareness	 Relationship Skills	 Responsible Decision Making	 Self Management	 Social Awareness
Coco was aware that she was soft spoken and this was something that she needed to work on to be successful in what she wanted to do.	Coco had to learn how to speak out to her team and this was uncomfortable for her. This was critical because her team depended on her.	Coco would do the things that made her the best she could be for herself and her team	Learning how to play various positions and be flexible.	Learning to make a family with teammates. This helped to win games and play long seasons.



**Listening Challenge: Check the boxes as you listen & write the answer.**

- What other sports did Coco play? **Softball, swimming**
- What was the difference in the playing styles in the two colleges Coco attended? **One was focused more on sports & the other on academics & a different training style.**
- What were some of the biggest obstacles Coco faced in playing soccer? **Speed of play**
- What did Coco say her greatest skill was? **Being able to play different positions**
- What was one highlight of Coco's high school experience? **CIF and winning state**
- What do you think helped make Coco's teammates feel like family? **Writing letters, staying in touch**
- How did visualization help with winning the game? **This process helps the team "see" the winning plays**
- How does Coco recommend building empathy? **Listen more than you speak**

 Self-Awareness	 Relationship Skills	 Responsible Decision Making	 Self Management	 Social Awareness
Marita knew that she wanted to be a professional tennis player and that she had the drive, this meant she would have to give up a lot. She also had fun doing what she loved.	Marita made her family a priority and also coaches others.	Marita chose to do hard things to better herself. She would practice harder and study harder so she could be her best.	Marita practiced after school and then went home and did homework. She states it was tough but she was up for the challenge and this is what helped her.	She is very humble, and works to listen to others.

# Episode 4

MARITA REDONDO  
ANSWER KEY



**Listening Challenge: Check the boxes as you listen & write the answer.**






- Where did Marita grow up? **National City**
- What inspired Marita to go into professional tennis? **A professional tournament & seeing the inspiring pro-women play**
- What are some skills that helped Marita with juggling life? **Her drive in doing what she loved and giving up the things that were not as important**
- Who did Marita turn to for help? **Her coach, family**
- What is a life lesson that Marita would give to students? **If you are an athlete try at least 2 years of college so you have something to fall back on in case there is an injury.**

# Episode 5

## WALTER REDONDO ANSWER KEY






Note: These are potential answers. Students may come up with other answers that are correct.



 Self-Awareness	 Relationship Skills	 Responsible Decision Making	 Self Management	 Social Awareness
Walter recognized that as he grew in his tennis career, his mental growth was stunted. He started to feel fear. He felt more joy and passion when he was doing art.	Walter says that his grandmother always shared how she gave him skills of how to be a role model through small examples like helping those who are less fortunate.	You can't just show up. You need to prepare yourself and be disciplined to be ready as Walter mentions the career prep.	Doing things that are hard means that you grow - Walter  He discusses discipline in both his work in art and tennis.	Walter has a faith that he didn't have before and this is what helps him perform better under pressure and with others.

### Listening Challenge: Check the boxes as you listen & write the answer.

- |   |  |
|---|--|
| <input type="checkbox"/> What role model did Walter have as a kid? <b>His grandmother</b>   | <input type="checkbox"/> How has tennis impacted Walter's art career? <b>Being able to understand the things he didn't have that he now has</b>  |
| <input type="checkbox"/> What were Walter's high school experiences like? <b>The teachers were very supportive of his goals because he had his goals set.</b> | <input type="checkbox"/> What made Walter make the move to art for a career? <b>He started to not enjoy tennis as much and his art started to take off. He knew it was time. He was between 27 &amp; 28.</b> |
| <input type="checkbox"/> What were the biggest obstacles Walter faced? <b>Finances are a challenge. Travel. Mental fortitude</b>                              | <input type="checkbox"/> Walter says that pressure surfaces a trait. why do you think character is key? <b>Open-Ended</b>  |
| <input type="checkbox"/> In preparing for a career what is the most important skill? <b>You really have to show up in spirit, soul, and body</b>              | <input type="checkbox"/> How does Walter describe Empathy? <b>Being able to understand and be compassionate</b>  |

 Self-Awareness	 Relationship Skills	 Responsible Decision Making	 Self Management	 Social Awareness
Jasmine was aware that school and sports have been key to her success.	Jasmine's friends and teammates helped her stay focused and supported her	Jasmine uses time-management skills to help her with school, and preparing for a career	Jasmine has stayed focused on her studies and sports despite the hardship of being homeless.	Jasmine realizes you can't do things by yourself and friends, family and those in your community are key relationships are essential.

# Episode 6

## JASMINE WALKER ANSWER KEY

### Listening Challenge: Check the boxes as you listen & write the answer.

- |   |  |
|---|--|
| <input type="checkbox"/> Why was growing up hard for Jasmine? <b>Her family lived in homeless shelters</b>                                    | <input type="checkbox"/> Why did Jasmine choose the college she did? <b>She felt like they really wanted to know her</b>   |
| <input type="checkbox"/> What got Jasmine into basketball? <b>It wasn't until Freshman year in HS due to her height that she tried it out</b> | <input type="checkbox"/> Who supported Jasmine during her hard times? <b>Teammates, friends, coach</b>   |
| <input type="checkbox"/> What was high school like? <b>Jasmine enjoyed it and hung out with friends and played sports</b>                     | <input type="checkbox"/> How did ESPN learn about Jasmine? <b>They came out to the school to cover the team and met Jasmine and learned about her story</b>                  |
| <input type="checkbox"/> What were some of the biggest challenges Jasmine faced? <b>Being homeless. Worrying about food and family</b>        | <input type="checkbox"/> What does Jasmine share about making mistakes? <b>She shares her mistakes and her lessons &amp; what she learns- students can elaborate on this</b> |

### Episode 1

#### ROLF BENIRSCHKE



As the third most accurate placekicker in NFL history during his retirement, Rolf Benirschke has an illustrious 10-year career with the San Diego Chargers. He received numerous honors during his career, including NFL Man of the Year, the Breibart Award, Comeback Player of the Year, Philadelphia Sports Writers Association Most Courageous Athlete, and more.

In 1997 he became the twentieth player to be inducted into the San Diego Chargers Hall of Fame. In his second year with the Chargers, he would be forced to embark on a journey of deep despair and self-discovery.

Provide 1 example for each Social-Emotional area that Rolf Benirschke used in his life & career.



Self-Awareness



Relationship Skills



Responsible Decision Making



Self Management



Social Awareness



**Listening Challenge: Check the boxes as you listen & write the answer.**

- |   |  |
|---|--|
| <input type="checkbox"/> Where did Rolf go to High School?                                      | <input type="checkbox"/> Why did Rolf think he wasn't going to be able to live a full life after he got out of the hospital? |
| <input type="checkbox"/> Name 3 sports that Rolf played besides football: _____, _____, & _____ | <input type="checkbox"/> How did Rolf stay tough? _____  |
| <input type="checkbox"/> How did Rolf get involved with football?                               | <input type="checkbox"/> What did Rolf keep doing to help himself grow?  |
| <input type="checkbox"/> What was Rolf sick with in his second season with the Chargers?        | <input type="checkbox"/> What does Rolf say about empathy, patience, and coaches?  |

## Beyond the Interview



**Question 1:** What is the main challenge this person had to overcome and how did they overcome it?

**Question 2:** Is there something this person did that other people would have done differently?

**Question 3:** What 3 things did you find interesting about this interview?

**Question 4:** What are you still wondering about? What would you ask this person if you could have 5 more minutes?



### Favorite Quote



### Episode Notes



### Vocabulary



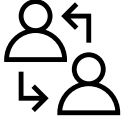
## Training To Listen - Because IT is Work!



**STOP YOUR MIND** - You are going to need to focus on the person speaking and really listen to what they are saying.



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**REPLAY WHAT YOU HAVE LEARNED** - When you are done listening, you can think about all that was said. Determine what questions you have and what more you want to learn.



## Episode Map

Write, draw, label, or note key ideas while the speaker shares them during the interview.

#1

#2

#3

#4

#5

#6

#7

#8



**Co-Host  
Jess Newell**

I am playing Division 1 Water Polo at UC Irvine and studying biomedical engineering with the ultimate goal of attending medical school and becoming a surgeon. I have spent my summers working for the San Diego Junior Lifeguard program. I look forward to more opportunities to work with younger kids in water polo and am excited to be an Anteater!

### Episode 2

TONY GWYNN JR.



Tony Gwynn Jr. is a former pro baseball outfielder having played Major League Baseball (MLB) for many pro teams, including the San Diego Padres. The son of Baseball Hall of Famer Tony Gwynn Sr., Tony works as a broadcaster for the Padres' radio and television network.

Tony is a graduate of Poway High School in California. He and his wife, Alyse Mallek, have four children.

Provide 1 example for each Social-Emotional area that Tony Gwynn Jr. used in his life & career.



Self-Awareness



Relationship Skills



Responsible Decision Making



Self Management



Social Awareness



**Listening Challenge: Check the boxes as you listen & write the answer.**

- |  |   |
|--|---|
| <input type="checkbox"/> What was Tony's school life like?                           | <input type="checkbox"/> What skills did Tony apply to his career?                    |
| <input type="checkbox"/> Who did Tony look up to growing up?                         | <input type="checkbox"/> What does Tony say is important when preparing for a career? |
| <input type="checkbox"/> What were Tony's biggest obstacles that he had to overcome? | <input type="checkbox"/> What did Tony learn from his failures?                       |
| <input type="checkbox"/> How did Tony turn around his study habits?                  | <input type="checkbox"/> How does Tony describe empathy?                              |

## Beyond the Interview



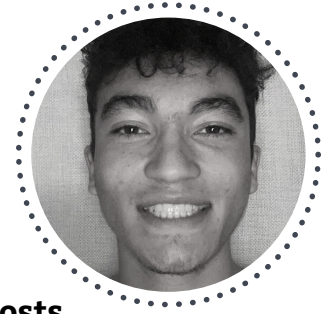
**Question 1:** What is the main challenge this person had to overcome and how did they overcome it?

**Question 2:** Is there something this person did that other people would have done differently?

**Question 3:** What 3 things did you find interesting about this interview?

**Question 4:** What are you still wondering about? What would you ask this person if you could have 5 more minutes?

### Favorite Quote



### Co-Hosts

**Cole Chinn & Konor Chinn**

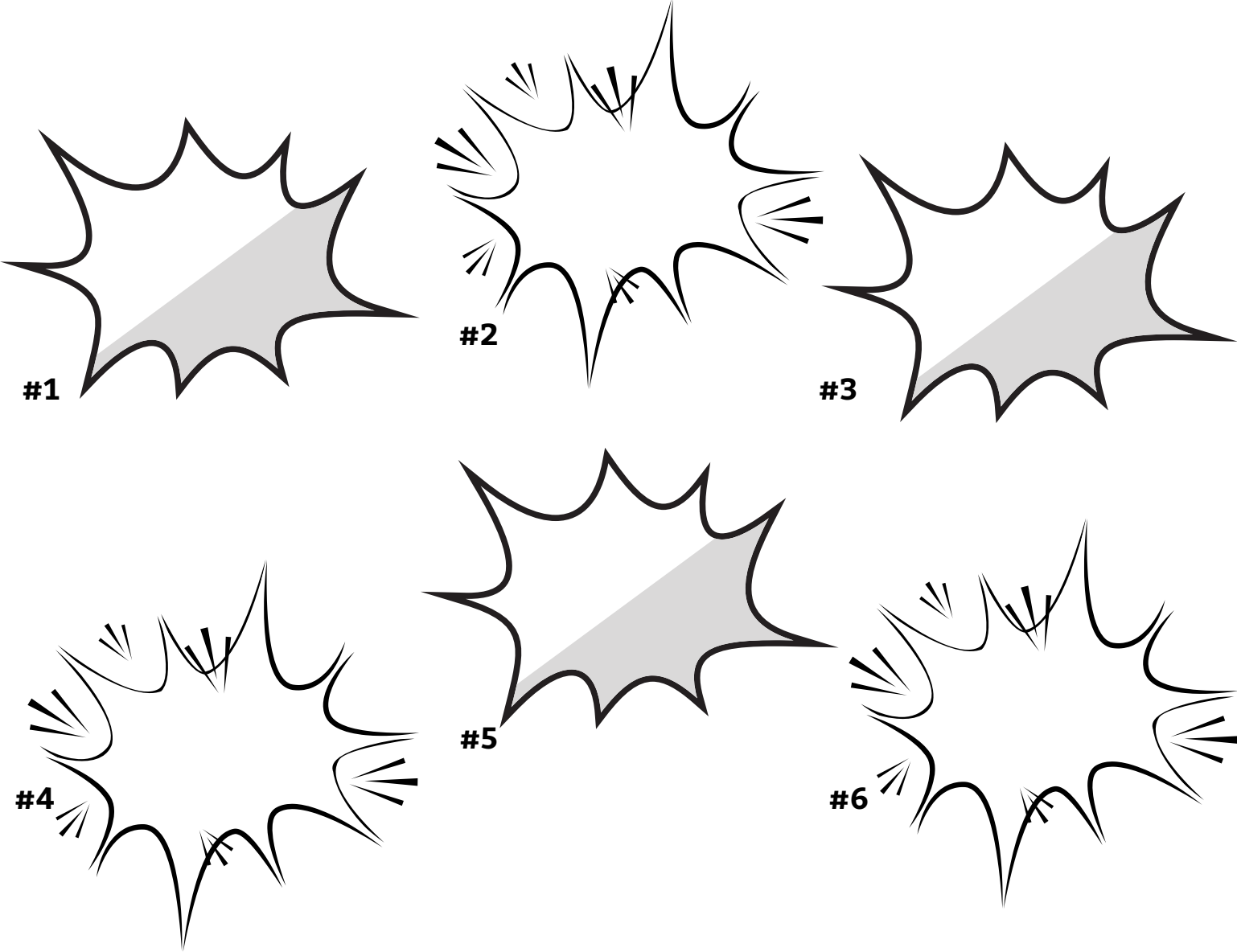
I am currently a senior at Poway High School and competing in both basketball and track. In addition, I am part of the PHS choir as well as the Key Club, a club that provides community service opportunities to students. I intend to pursue a degree in science (chemistry or physics) and am considering attending the Air Force or Naval Academy, where I will serve my country.

I am a graduate of Poway High School, where I played basketball and ran varsity track. I was part of the Peer Counseling club as well as the National Honor Society and tutored students. I am currently furthering my education as an engineer, concentrating on either aerospace or mechanical engineering.

### Vocabulary

**Episode Map**

Write, draw, label, or note key ideas while the speaker shares them during the interview.



**Key Ideas/Notes**



### Episode 3

#### COCO GOODSON



After playing professional soccer for several years, Coco volunteered for the U.S. Army and is currently a 2nd Lieutenant in the fabled 82nd Airborne Division. Coco attended Cathedral Catholic High School where she was a four-year letter winner and was named to the All-CIF First Team.

After spending the first two years of her college career at the University of Texas where she played midfielder for the Texas Longhorns, Goodson transferred to the University of CA, Irvine where she played for the UCI Anteaters. During her first two seasons, the squad made the NCAA tournament for the first two times in school history, with Coco twice enjoying All-American status.

**Provide 1 example for each Social-Emotional area that Coco Goodson used in her life & career.**



**Self-Awareness**



**Relationship Skills**



**Responsible Decision Making**



**Self Management**



**Social Awareness**

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**Listening Challenge: Check the boxes as you listen & write the answer.**

- |   |   |
|---|---|
| <input type="checkbox"/> What other sports did Coco play?   | <input type="checkbox"/> What was one highlight of Coco's high school experience?         |
| <input type="checkbox"/> What was the difference in the playing styles in the two colleges Coco attended? | <input type="checkbox"/> What do you think helped make Coco's teammates feel like family? |
| <input type="checkbox"/> What were some of the biggest obstacles Coco faced in playing soccer?            | <input type="checkbox"/> How did visualization help with winning the game?                |
| <input type="checkbox"/> What did Coco say her greatest skill was?  | <input type="checkbox"/> How does Coco recommend building empathy?                        |

## Beyond the Interview



**Question 1:** What is the main challenge this person had to overcome and how did they overcome it?

**Question 2:** Is there something this person did that other people would have done differently?

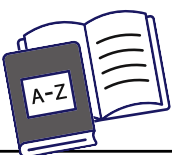
**Question 3:** What 3 things did you find interesting about this interview?

**Question 4:** What are you still wondering about? What would you ask this person if you could have 5 more minutes?

### Favorite Quote



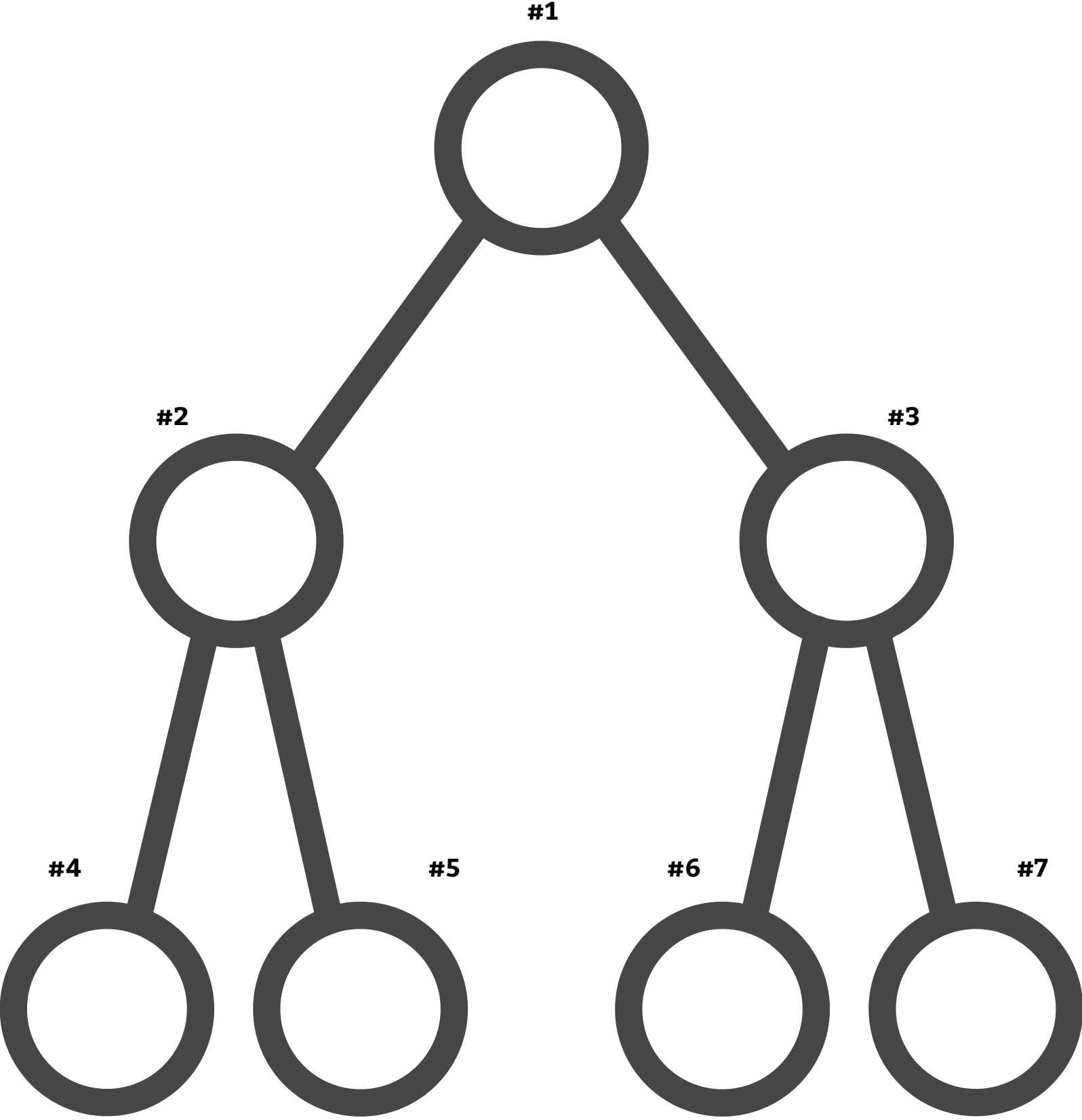
### Vocabulary



**Co-Host**  
**Eva Grunburg**

As a left midfielder playing my final year of Varsity Soccer at Cathedral Catholic High School, our team has won several championships. My hobbies include writing, running/exercising, volunteering, reading, graphic design, sign language, shopping, and spending time with family and friends. I plan to attend the University of California Santa Barbara.

**Episode Map** Write, draw, label, or note key ideas while the speaker shares them during the interview.



### Episode 4

#### MARITA REDONDO



Marita is an American former tennis player and San Diego native who was active during the 1970s and early 1980s. Marita enjoyed success at the US Open, the French Open, and Wimbledon, reaching a ranking of 14th in the world.

In 1973, at age 17, she played in the Wightman Cup, an annual women's team tennis competition between the US and Great Britain, partnering with Chris Evert in the first doubles. Redondo played World Team Tennis for the Los Angeles Strings in 1974 and the San Diego Friars in 1975.

Marita was inducted into the San Diego Tennis Hall of Fame in 2012.

**Provide 1 example for each Social-Emotional area that Marita Redondo used in her life & career.**



**Self-Awareness**



**Relationship Skills**



**Responsible Decision Making**



**Self Management**



**Social Awareness**



**Listening Challenge: Check the boxes as you listen & write the answer.**

- |  |  |
|--|--|
| <input type="checkbox"/> Where did Marita grow up?                                   | <input type="checkbox"/> Who did Marita turn to for help?                          |
| <input type="checkbox"/> What inspired Marita to go into professional tennis?        | <input type="checkbox"/> What is a life lesson that Marita would give to students? |
| <input type="checkbox"/> What are some skills that helped Marita with juggling life? |  |

## Beyond the Interview



**Question 1:** What is the main challenge this person had to overcome and how did they overcome it?

**Question 2:** Is there something this person did that other people would have done differently?

**Question 3:** What 3 things did you find interesting about this interview?

**Question 4:** What are you still wondering about? What would you ask this person if you could have 5 more minutes?



**Favorite Quote**

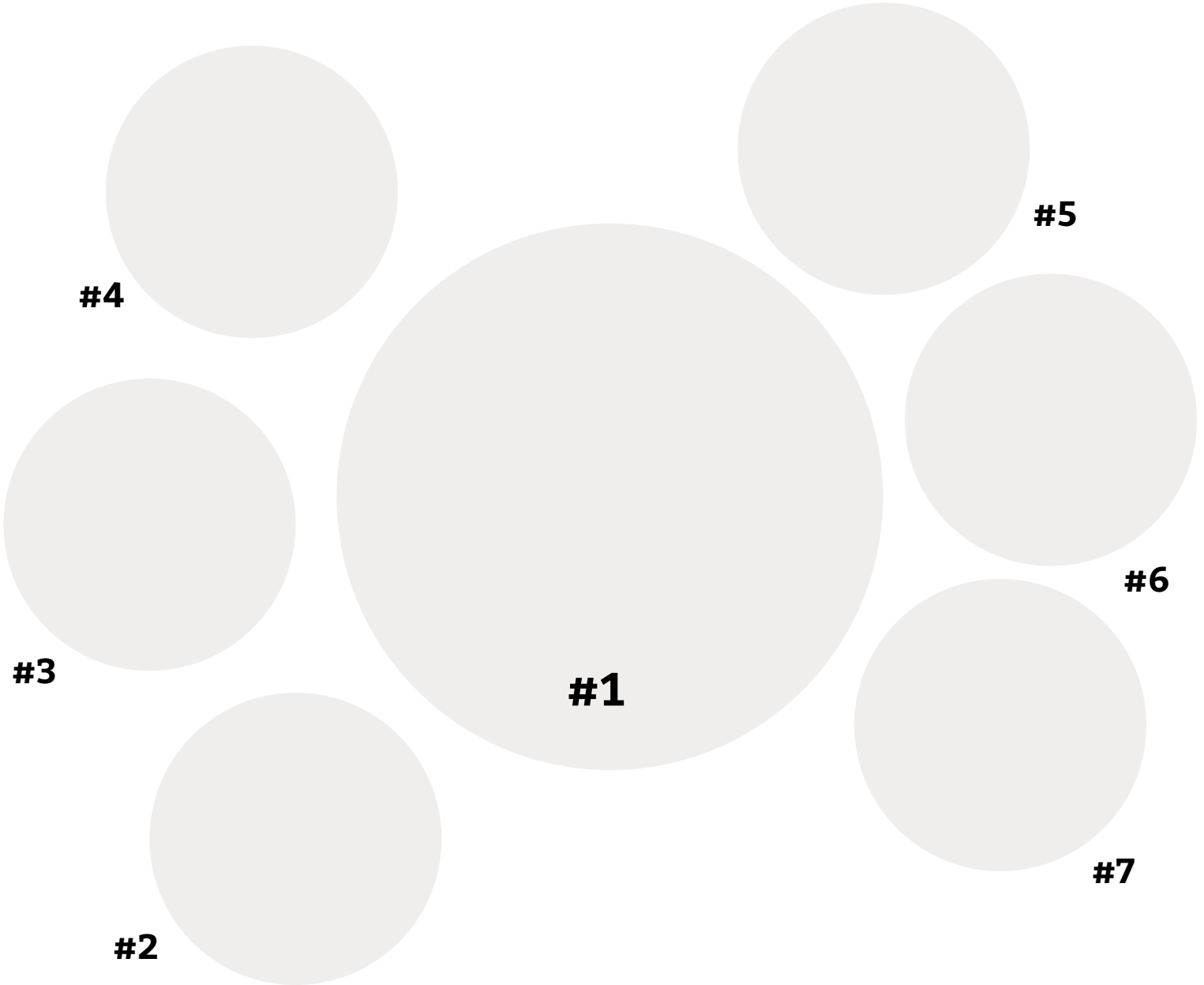
**Episode Notes**



**Vocabulary**



**Episode Map** Write, draw, label, or note key ideas while the speaker shares them during the interview.



**Co-Host  
Melania Attar**



As an honors student at the Academy of Our Lady of Peace, I worked hard to maintain excellent grades, play tennis, and practice piano. I am one of six children and help care for my siblings. I am pursuing a job in the medical field in the future, possibly in dermatology and plastic surgery.

### Episode 5

#### WALTER REDONDO



Walter is the fifth of nine children born into a Filipino American family from San Diego. He was a leading tennis player on the junior circuit, ranked top in the country for the 16's, ahead of his peer John McEnroe. On the professional tour, he reached a career-high by ranking 226 in the world. As a doubles player, he made it to round 16 at the 1981 Wimbledon Championships.

Since retiring, Redondo has transitioned into his new career as a successful painter and sculptor. He has been making art since he was very young. Over time, the process has become a tool of communication and brought growth in himself, faith in a higher power, and place in the world. To view Walter's work, visit: [walterredondo.com](http://walterredondo.com).

Provide 1 example for each Social-Emotional area that Walter Redondo used in his life & career.



Self-Awareness



Relationship Skills



Responsible Decision Making



Self Management



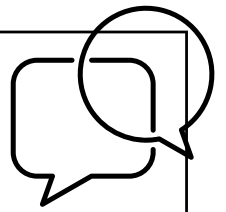
Social Awareness



**Listening Challenge: Check the boxes as you listen & write the answer.**

- What role model did Walter have as a kid?
- How has tennis impacted Walter's art career?
- What were Walter's high school experiences like?
- What made Walter make the move to art for a career?
- What were the biggest obstacles Walter faced?
- Walter says that pressure surfaces a trait. why do you think character is key?
- In preparing for a career, what is the most important skill?
- How does Walter describe empathy?

## Beyond the Interview



**Question 1:** What is the main challenge this person had to overcome and how did they overcome it?

**Question 2:** Is there something this person did that other people would have done differently?

**Question 3:** What 3 things did you find interesting about this interview?

**Question 4:** What are you still wondering about? What would you ask this person if you could have 5 more minutes?



### Favorite Quote



### Vocabulary



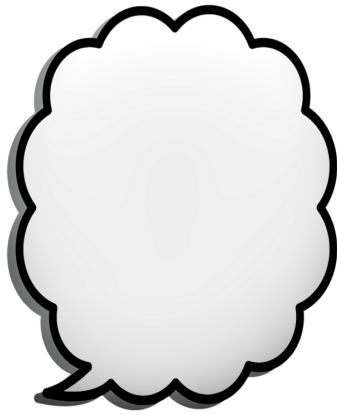
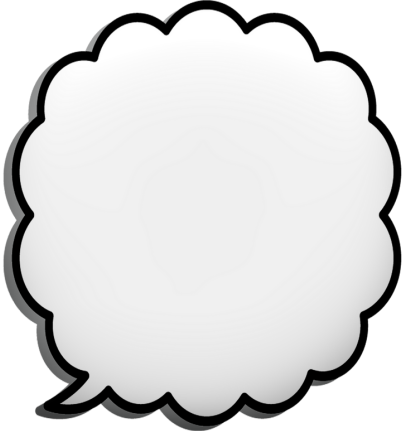
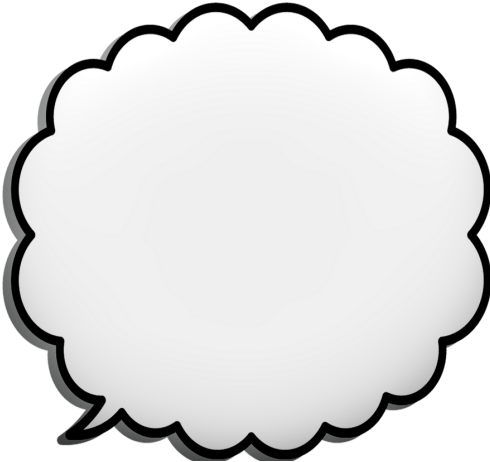
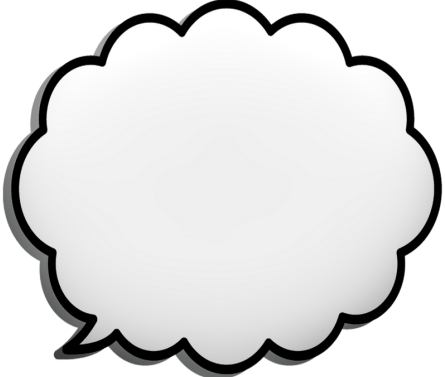
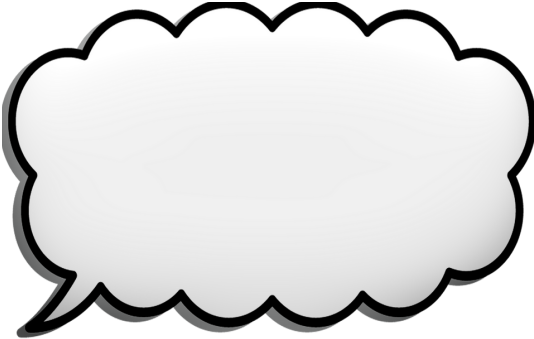
**Co-Host  
Noah Zomora**

Since I was four years old, I have loved playing tennis and have earned many trophies and awards while competing in local, regional, and national tournaments. I graduated from St. Augustine High School and am playing tennis for the University of California Irvine, pursuing a major in business. I also aspire to play on the ATP tour in the future.



**Episode Map**

Write, draw, label, or note key ideas while the speaker shares them during the interview.



### Episode 6

JASMINE WALKER



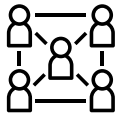
Jasmine is the epitome of strength, grit, resilience, and the power of purpose, faith, and focus. Her journey, inspirational to many, received a national spotlight on ESPN's E:60 program. Jasmine's journey took her from homelessness to success on the hardcourts of basketball.

While studying at Bethune-Cookman University and managing the women's basketball team, Jasmine is an honor roll student majoring in sports psychology.

Provide 1 example for each Social-Emotional area that Jasmine Walker used in her life & career.



Self-Awareness



Relationship Skills



Responsible Decision Making



Self Management



Social Awareness

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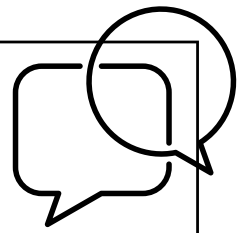
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**Listening Challenge: Check the boxes as you listen & write the answer.**

- Why was growing up hard for Jasmine?
- Why did Jasmine choose the college she did?
- What got Jasmine into basketball?
- Who supported Jasmine during her hard times?
- What was high school like?
- How did ESPN learn about Jasmine?
- What were some of the biggest challenges Jasmine faced?
- What does Jasmine share about making mistakes?

## Beyond the Interview



**Question 1:** What is the main challenge this person had to overcome and how did they overcome it?

**Question 2:** Is there something this person did that other people would have done differently?

**Question 3:** What 3 things did you find interesting about this interview?

**Question 4:** What are you still wondering about? What would you ask this person if you could have 5 more minutes?



### Favorite Quote



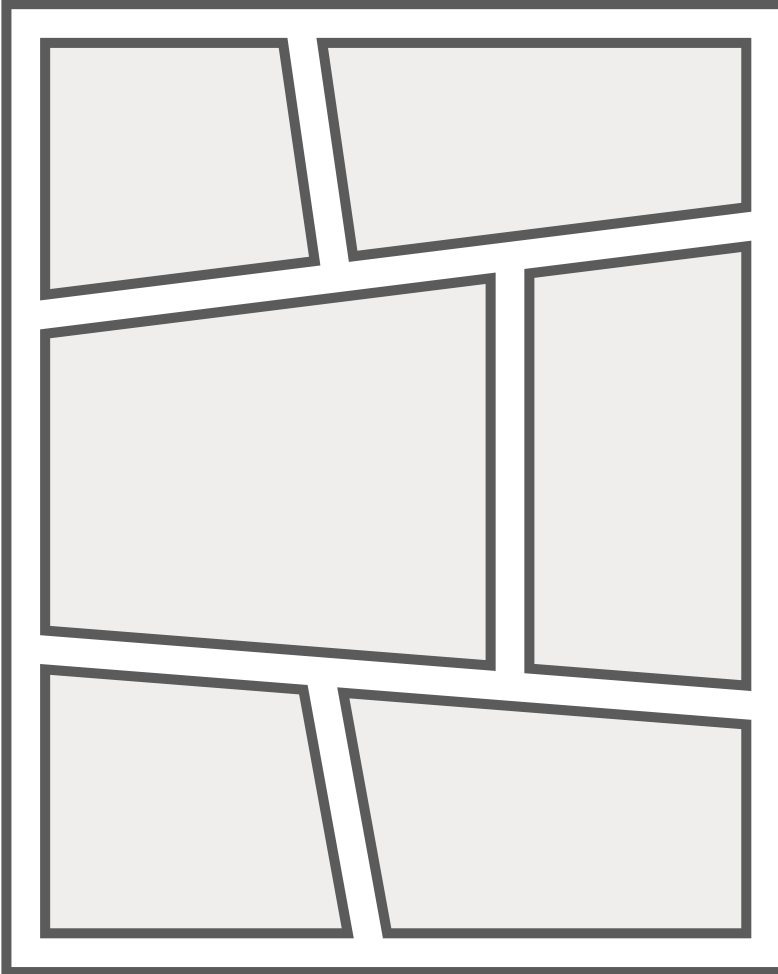
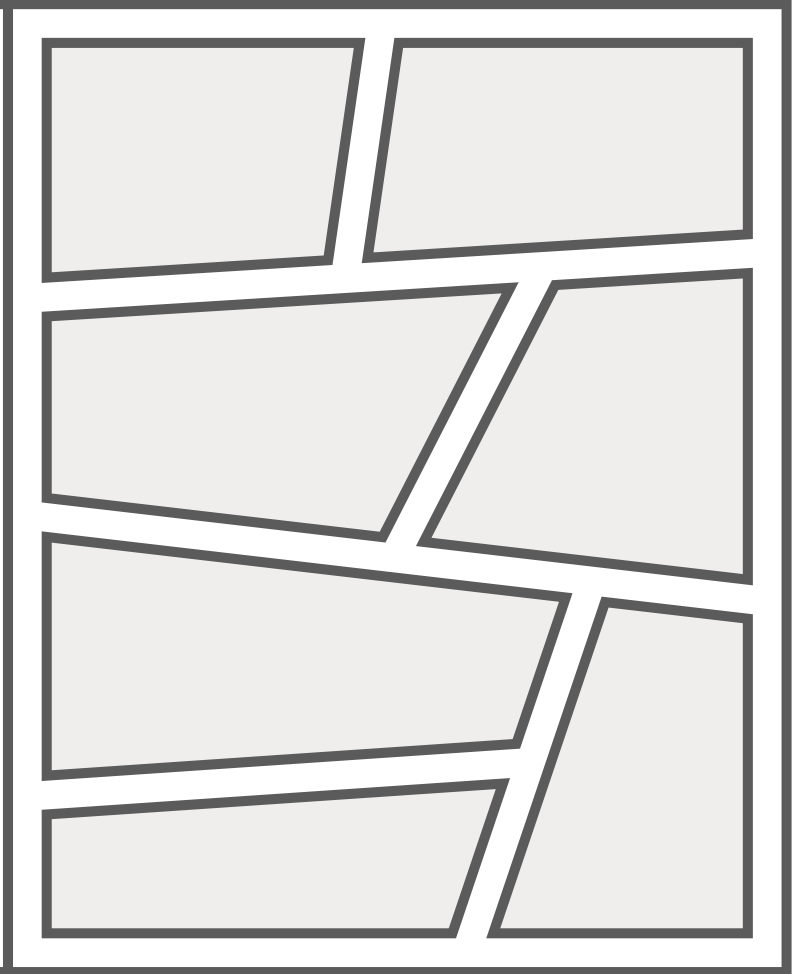
### Episode Notes

### Vocabulary



## Episode Map

Write, draw, label, or note key ideas while the speaker shares them during the interview.

	
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**Co-Host**  
**Darlene Castro**

As a graduate of Monarch School in San Diego, I am now attending Cal Poly Pomona University and pursuing a degree in Apparel Merchandising and Management. I am learning how to communicate with people in a business environment relating to apparel. Additionally, I aspire to open a store that will carry my personally designed line of clothing.



# Stay Tunned for Season 2

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**THANK  
YOU!**

A BIG Thank You to all of our partners who helped make this podcast and listening guide possible!

