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SEL Story 004

BEING GIRLY

Social-Emotional Learning: **Self Awareness, Self Management**

Reading Strategy: **Inferring**

SEOT: **Tinker** (Embrace different life experiences)

version: v2022-10-23

START HERE

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INSTRUCTIONS:

- Print this PDF file. It has all of the handouts.
- Look at the bottom of the handouts to see which version it is.
- Grades below are estimated using [Hemingway Editor](#).

WHAT'S IN THIS PDF:

- This title page and File Table of Contents (links to files)
- Handout A - grade 4
- Handout B - grade 6
- Handout C - grade 8
- Handout D - grade 10
- Answer key to questions in the handout
- BONUS Answer Key for teachers using the Inferring reading strategy graphic organizer.
(The graphic organizer is available in the [Inferring Reading Bundle](#))
- About Educircles, License, Copyright, Sources, Changelog

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Instructions

What's in this
PDF

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Print this PDF

(it has all of the handouts)

File Table of Contents

What do I need	File Name	File type	Get the file
SEL Story + SEOT Lesson Embrace Different Life Experiences (TINKER) + Discussion Questions	Handout A - Grade 4 <ul style="list-style-type: none">• Reading time: 7 min 41 sec• Speaking time: 15 min 22 sec• 1922 words, 196 sentences, 29 paragraphs <i>virtual online handout:</i>	PDF	one-click copy
		Google Docs	one-click copy
		Microsoft Word ⁽¹⁾	one-click copy
		Easel by TpT	one-click copy
	Handout B - Grade 6 <ul style="list-style-type: none">• Reading time: 6 min 59 sec• Speaking time: 13 min 58 sec• 1750 words, 151 sentences, 29 paragraphs <i>virtual online handout:</i>	PDF	one-click copy
		Google Docs	one-click copy
		Microsoft Word ⁽¹⁾	one-click copy
		Easel by TpT	one-click copy
	Handout C - Grade 8 <ul style="list-style-type: none">• Reading time: 6 min 13 sec• Speaking time: 12 min 26 sec• 1555 words, 111 sentences, 29 paragraphs <i>virtual online handout:</i>	PDF	one-click copy
		Google Docs	one-click copy
		Microsoft Word ⁽¹⁾	one-click copy
		Easel by TpT	one-click copy
	Handout D - Grade 11 <ul style="list-style-type: none">• Reading time: 6 min 04 sec• Speaking time: 12 min 08 sec• 1517 words, 83 sentences, 29 paragraphs <i>virtual online handout:</i>	PDF	one-click copy
		Google Docs	one-click copy
		Microsoft Word ⁽¹⁾	one-click copy
		Easel by TpT	one-click copy
Answers	Answers Answers to discussion questions in handout (included)	PDF	one-click copy
	BONUS Answers Sample answers for the Inferring reading strategy graphic organizer <i>(not included)</i> If you would like a copy of this graphic organizer, please upgrade to the Inferring Bundle	PDF	one-click copy

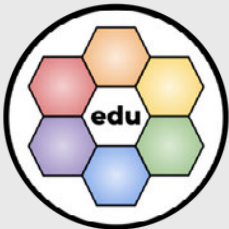
Google Docs

Word

Easel by TpT

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BEING GIRLY

SEL Story #004



Paragraphs
match

1. Ballet, Beauty, and Being Girly

2. Naomi McGregor started ballet when she was four years old. She competed in the Miss Northern Ireland beauty pageant. Also, McGregor gave a TEDx talk. She talked about why girls should not be engineers. In other words, McGregor is a great ambassador. She's a role model for Science, Technology, Engineering, and Mathematics (STEM).
3. Sometimes, McGregor speaks at STEM events. She talks to young students. Their first guess is that she is a teacher or a pop star. Actually, McGregor is the CEO and founder of a company called Movetru. Movetru is an innovative tech startup. That means they invent new technology. Very few kids want to become engineers at the start of her speech. But McGregor shares her story and experience. In the end, she asks the class who is interested in STEM. Many young girls and boys raise their hands.
4. Movetru is a tech startup that has won awards. Their idea is to invent smart clothing to sell at stores. We live in a world of smartphones and smart homes. Their idea is groundbreaking. Their product could help reduce physical injuries. Movetru dreams of being in everyone's home. One day, they want to be as common as a smartwatch. But first, the company has to create a "minimum viable product." That means a product with a few features to prove the idea can work.
5. Many movement-based injuries are caused by physical stress or repetitive actions. But this type of injury can be preventable. MoveTru's clothing line would look cool. The athletic clothes would fit well. It would be close to your skin. It would almost be like a second skin. There would be a set of sensors put into the fabric. As you move, the sensors would send motion data to your smartphone. The app would then show you areas of growing concern based on how you move. These areas could be problem spots. Maybe some of your muscles and bones are getting stressed. What if you change your physical activities? You could talk with a coach or physiotherapist. Perhaps you do some prehabilitation exercises. These are exercises you do before you get hurt. If specific muscles get stronger, you might not get an injury. (Rehabilitation is the opposite. Rehabilitation exercises help you get better after you get hurt.)

Handout
A
page 1

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Simple words
Simple sentence structure

Sophisticated vocabulary
Complex sentence structure

6. McGregor was 14 years old and working towards a career in ballet when she hurt her knee. She asked eight different specialists for help. It took over three years before they could finally figure out the problem. Experts told her she would never be able to dance again. However, McGregor found a way to keep going. She continued practicing and teaching ballet. Her love of ballet was a big influence in her life.
7. "It taught me how to be creative, how to work in a team, how to stand on a stage. Most importantly, ballet taught me resilience and grit - that nothing is perfect, that hard work and repetition is the only way to succeed, that failure is only temporary."
8. If only the technology McGregor is inventing right now was around when she was a teen. Her life might be different. Maybe today, she would be a professional dancer! "My injury could have been prevented in the first place; and let alone prevented, if I then invested after my injury, I could have actually had a rehabilitation time a whole lot shorter. Allowing my body to recover at a faster speed at such a young age would have been fundamental."
9. Innovation means coming up with new goods and services that you can sell. Movetru might be a game-changer. Why? Well, right now, physiotherapists diagnose physical injuries. They also give you exercises to rehabilitate and recover. Their goal is to help you improve. Sometimes they help with ongoing aches. They can also help you recover from intense injuries. Movetru clothing is a brand-new tool. It would collect motion data. Right now, physiotherapists can only use what they see and what patients tell them to figure out what is wrong. But the Movetru app would give them a new option. The Movetru app would show movement data in a brand new way. This could help physiotherapists make decisions.
10. There are so many exciting possibilities! But first, Movetru needs to make a product to sell. So they are focusing their efforts on just one idea. Right now, their first product is for elite athletes. Movetru wants to help them recover from injury. The company received some funding to pay for startup costs. But the money won't last long. Movetru must prove the business can work. If it does work, then they can focus on working on helping other people.
11. McGregor thinks it's essential to be more than one thing. That's the point of her TEDx talk. The title of her talk is "Why Women Shouldn't Be Engineers." The idea for the title comes from something a person told her while at work. This person said to her that women shouldn't be engineers.
12. "Looking back, I find myself agreeing. Women shouldn't be engineers because there is no such thing as just an engineer. There is no box or stereotype that confines the creative capabilities of STEM. There, the mathematician can be a baker, the artist can be a scientist, and this ballerina can be an engineer. It is not one or the other but a beautiful combination of both."
13. McGregor finished high school. She wanted to go to university. At first, she chose business. But something felt wrong. It didn't get her excited. At the last moment, she switched to engineering.

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Simple words
Simple sentence structure

Sophisticated vocabulary
Complex sentence structure

14. University was not easy. A lot of people encourage girls to go into STEM. There are scholarships for girls to study science, technology, engineering, or mathematics. But you don't often hear how isolating and hard STEM can be. Engineering is an industry that can discriminate against girls. For the first few years, McGregor's grades dropped. She wasn't motivated. Why would she ask questions in class to help her learn? She already felt singled out. It's hard being one of the only girls there.
15. "Whenever I was in university, jokes are made about being female; jokes are made that - you don't talk about dance in front of other people. And I just don't accept that. Let's encourage freedom of any hobbies that somebody has."
16. At university, McGregor kept going. She continued to practice and teach ballet. She studied hard. Things were tough, but she didn't give up. One day, she decided to apply for a scholarship. McGregor filled out her application thinking like an engineer. She wasn't accepted. The following year, she applied for the same scholarship. This time, she wrote the application by being her true self. She was someone who loved two opposite things: arts and engineering. This time, she got in.
17. McGregor was doing a Master's in Product Design Engineering. She had to write a dissertation for her degree. A dissertation is a long research essay. McGregor was inspired by her ballet background. She wondered why there wasn't a better way to recover from injury. She did some research. It turns out there isn't a lot published about ballet and engineering. But from this research grew an idea. What if there was a product that could measure body movement? You could provide high-quality data to specialists. This tool could help them to figure out what was wrong quickly. This idea could go beyond ballet; it could apply to any sport or even to everyday life.
18. McGregor graduated from engineering. She had a job lined up, but she turned it down. She wanted to see what could become of her idea. If Movetru is successful, it could change what we wear. One day, you and I might be wearing smart clothing. That smart clothing could help us avoid preventable injuries.
19. "I call myself a girly girl engineer. I used to believe this was a negative that should be hidden. Then, I started to realize that when I was authentic, it worked. We have to be ourselves, be unique, and embrace what makes us us."
20. Sometimes, McGregor's ballet students say they need to put school first. "The 15 year old doing exams would say, 'Oh well, I have to put my academics first.'" McGregor remembers when people told her the same thing.
21. "But, if I didn't dance as much and I gave up my dance, I wouldn't be in the position of owning my own business right now. So, I just think you really don't know how much benefit it is to keep a diverse mindset, a diverse friendship group, a diverse network... and just using all parts of your brain. So, your academic side, your creative side - it just allows you to be more open to opportunity."



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Handout A page 3



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Simple words
Simple sentence structure

Sophisticated vocabulary
Complex sentence structure

22. McGregor is successful today because she likes both sides of her life. She enjoys ballet and engineering. She's okay with being academic and creative. Ballet and engineering seem to be opposites. But, joining these opposites helps McGregor to develop ideas. These ideas are creative and innovative. The ideas are new, and that helps society move forward. They also inspire the next generation of people who will change the world.

23. **Being Girly from an SEOT perspective**

24. We can learn a lot of life lessons from this story. McGregor calls herself a girly girl engineer. That's because she loves being a ballerina and an engineer. Let's break apart the story. Let's explore how to become more creative and innovative.

25. **TINKERING IDEA: Embrace different life experiences**

26. We often get trapped in one identity. We start to think of ourselves as one thing. As adults, usually, it's our job that defines us. I am a teacher. I am a musician. I am an accountant. I am a manager.

27. It's also easy for students to get grouped as well. He's a good student. She's an athlete. They're the class clown. How people see us and how we see ourselves can trap us. We might change and start acting in a certain way to live up to our reputation. This is called a self-fulfilling prophecy. We might begin to believe our reputation is who we really are deep down inside. We might start to think that some people are good at reading, and some aren't, and that's the way it is. But, of course, growth mindset research suggests that we can continually improve. We can get better if we take action. We can try new strategies. We can learn from experiences. We can put in the effort.

28. McGregor was a ballet dancer. She was also an engineer. She won a scholarship when she was her true self. Ballet and engineering can seem very different. McGregor holds on to both sides of her world. Her business idea came by mixing her ballet life and her engineering life.

29. It's important to have a lot of different experiences. This gives us more life memories to think about when we try to solve problems. Finding new solutions to problems is easier if you have more dots to connect. Each hobby and interest you do is like adding a new dot. Doing different things can help you come up with new ideas. You might not be able to see these new ideas if you only focus on one part of your life.



Strategies, Effort, Optimize, Tinker.

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Name _____ Class _____ Date _____

BEING GIRLY

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Questions

1. Why does Naomi McGregor say that women shouldn't be engineers? [RECALL]

2. Why is McGregor a great role model for Science, Technology, Engineering, and Mathematics (STEM)? [UNDERSTAND]

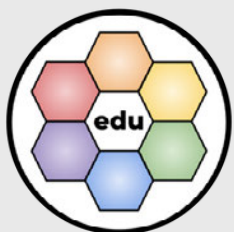
3. Give an example of two things you are interested in but are somehow very different. (Think about something you try to keep separate in your life.) Explain how these things are different. Also, explain how your example might be similar to McGregor's experience with ballet and engineering.

(Please only share what you're comfortable sharing in a school setting. If McGregor had been asked this question, she might not have been ready to share her love of ballet at university.) [APPLY]

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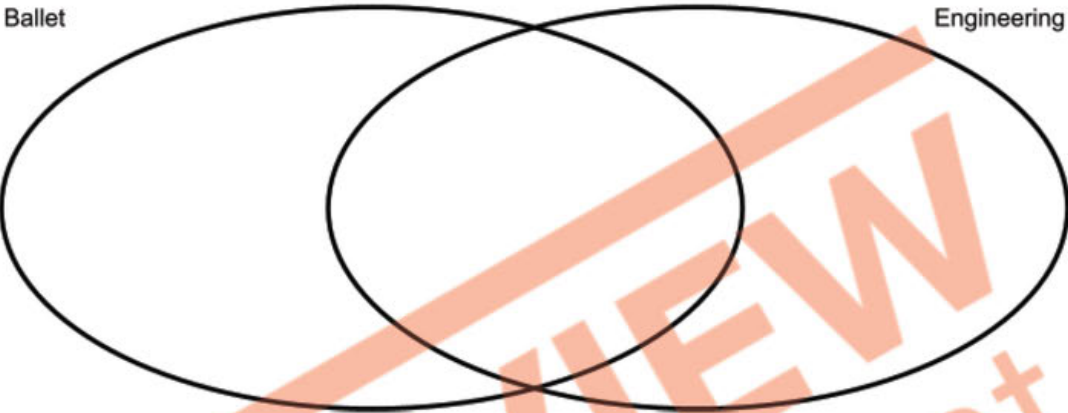
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Questions

4. Based on the information from the article and your own knowledge, how do you think ballet is similar to engineering? How might ballet be different from engineering? Use a Venn diagram to compare and contrast ballet with engineering. [ANALYZE]

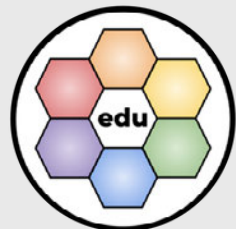


5. The article states that McGregor is successful today because she embraced both sides: academics and the arts. But, teachers and parents often tell students that doing well in school is a priority. When is it important to prioritize only one thing in your life? Use evidence from the text and your own thinking to support your answer. [EVALUATE]

6. Think about how McGregor combined two seemingly different parts of her life to come up with a new idea. Create a way you might be able to connect the two areas of your life identified in Question #3. What would need to happen for you to combine these two areas of your life? [CREATE]

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Questions

Name _____ Class _____ Date _____

BEING GIRLY

SEL Story #004



1. Ballet, Beauty, and Being Girly

2. Momi McGregor started ballet when she was four years old. She was a contestant in the Miss Northern Ireland beauty pageant. Also, McGregor gave a TEDx talk. She talked about why girls should not be engineers. In other words, she's a great ambassador for Science, Technology, Engineering, and Mathematics (STEM).
3. Sometimes, McGregor speaks to young students at STEM events. Their first guess is that she's a teacher or a pop star. Actually, she's the CEO and founder of an innovative tech startup called Movetru. Very few kids want to become engineers at the start of her speech. But McGregor shares her story and experience. In the end, many young girls and boys raise their hands to say they are interested in STEM.
4. Movetru is an award-winning tech startup. They are trying to bring ground-breaking smart clothing to the marketplace. Movetru dreams of one day becoming very common. They want to be a household product like a smartwatch. This new company is developing a new product to reduce physical injuries. Their first task is to create a "minimum viable product." That means a product with enough features to prove the concept can work.
5. Many movement-based injuries are caused by physical stress or repetitive actions. But this type of injury can be preventable. MoveTru's clothing line would be fashionable. The athletic clothes would be close to your skin - almost like a second skin. There would be a series of sensors woven into the fabric. The sensors would send real-time motion data to your smartphone. The app would then show you areas of growing concern caused by how you move. These areas might be forcing extra stress on some of the muscles and bones in your body. You could adjust your physical activities by connecting with a coach or physiotherapist. Maybe you do some prehabilitation exercises. These exercises strengthen specific muscles before you get injured. (Rehabilitation exercises help you recover after you get hurt.)

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Paragraphs
match

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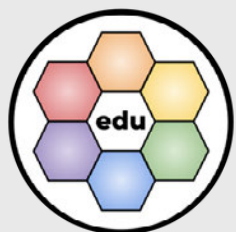
Simple words
Simple sentence structure

Sophisticated vocabulary
Complex sentence structure

6. McGregor was 14 years old and working towards a career in ballet when she injured her knee. She went to eight different specialists to get help. It took over three years before they could eventually diagnose the specific issue. Experts told her she would never be able to dance again. However, McGregor found a way to continue practicing and teaching ballet. Her love of ballet was a big influence in her life.
7. "It taught me how to be creative, how to work in a team, how to stand on a stage. Most importantly, ballet taught me resilience and grit - that nothing is perfect, that hard work and repetition is the only way to succeed, that failure is only temporary."
8. If only the technology McGregor is inventing right now already existed when she was a teenager. Her life might be different. She might have been able to continue to pursue a career in ballet. "My injury could have been prevented in the first place; and let alone prevented, if I then invested after my injury, I could have actually had a rehabilitation time a whole lot shorter. Allowing my body to recover at a faster speed at such a young age would have been fundamental."
9. Innovation is about bringing new goods and services to stores. Movetru might be a game-changer. Why? Well, right now, physiotherapists diagnose physical injuries. They also give you exercises to rehabilitate and recover. Their goal is to help you improve. Sometimes the problems are ongoing aches, but they can also help you recover from intense injuries. Movetru clothing would collect motion data. Usually, physiotherapists use what they see and what patients tell them to figure out what is wrong. But the Movetru app would let them see how patients are actually moving. The Movetru app would show the data in a brand new way to help physiotherapists make decisions.
10. There are so many exciting possibilities! But first, Movetru needs to bring a product to market. So they are narrowing their scope and efforts to just one idea. Right now, they are working on a product for elite athletes to help them recover from injury. The company received some funding to pay for startup costs. Movetru must prove the business can work before it can potentially start working on other ideas.
11. McGregor thinks it's essential to be more than one thing. That's the punch line of her TEDx talk. The title of her talk comes from something a person told her while at work. This person said to her that women shouldn't be engineers.
12. "Looking back, I find myself agreeing. Women shouldn't be engineers because there is no such thing as just an engineer. There is no box or stereotype that confines the creative capabilities of STEM. There, the mathematician can be a baker, the artist can be a scientist, and this ballerina can be an engineer. It is not one or the other but a beautiful combination of both."
13. After McGregor finished high school, she applied to go to university. At first, she chose business. But something felt wrong. It didn't get her excited. At the last moment, she switched to engineering.

Handout B

page 2



Simple words
Simple sentence structure

Sophisticated vocabulary
Complex sentence structure

14. University was not easy. Yes, there's a lot of encouragement for girls to go into STEM. But what's often not discussed is how isolating and challenging it can be. Engineering is an industry that can discriminate against girls. For the first few years, McGregor's motivation and grades dropped. Why would she ask questions in class to help her understand the material? She already felt singled out. It's hard being one of the few females in the program.
15. "Whenever I was in university, jokes are made about being female; jokes are made that - you don't talk about dance in front of other people. And I just don't accept that. Let's encourage freedom of any hobbies that somebody has."
16. At university, McGregor continued to practice and teach ballet. She continued her academics. Even though things were tough, McGregor continued to try. One day, she applied for a scholarship and filled out her application thinking like an engineer. She wasn't accepted. The following year, she applied for the same scholarship. This time, she wrote the application from a perspective that reflected who she truly was. She was someone who loved two opposite things: arts and engineering. This time, she got in.
17. Students had to write a dissertation during her Master's in Product Design Engineering degree. A dissertation is a long research essay. McGregor was inspired by her ballet background. She wondered why there wasn't a better way to recover from injury. There were not many published research articles about ballet and engineering. But from this research grew an idea. What if there was a product that could measure body movement? You could provide high-quality data to specialists. The information could help them make a diagnosis quicker. This idea could go beyond ballet; it could apply to any sport or even to everyday life.
18. McGregor graduated from engineering. She had a job lined up, but she turned it down. She wanted to see what could become of her idea. If Movetru is successful, it could change what we wear. One day, you and I might be wearing smart clothing that can help us reduce preventable injuries.
19. "I call myself a girly girl engineer. I used to believe this was a negative that should be hidden. Then, I started to realize that when I was authentic, it worked. We have to be ourselves, be unique, and embrace what makes us us."
20. Sometimes, McGregor's ballet students say they need to put academics first. "The 15 year old doing exams would say, 'Oh well, I have to put my academics first.'" McGregor remembers when people told her the same thing.
21. "But, if I didn't dance as much and I gave up my dance, I wouldn't be in the position of owning my own business right now. So, I just think you really don't know how much benefit it is to keep a diverse mindset, a diverse friendship group, a diverse network... and just using all parts of your brain. So, your academic side, your creative side - it just allows you to be more open to opportunity."

Handout B page 3



Simple words
Simple sentence structure

Sophisticated vocabulary
Complex sentence structure

22. The truth is that McGregor is successful today because she likes both sides of her life. She enjoys ballet and engineering. She's okay with being academic and creative. Joining seemingly polar opposites allows her to develop creative and innovative ideas. These ideas help move society forward. They also inspire the next generation of change-makers.

23. **Being Girly from an SEOT perspective**

24. We can learn a lot of life lessons from this story. McGregor calls herself a girly girl engineer because she is both a ballerina and an engineer. Let's analyze the story to explore how to become more creative and innovative.



Strategies. Effort. Optimize. Tinker.

25. **TINKERING IDEA: Embrace different life experiences**

26. We often get trapped in one identity or another. As adults, usually, it's our job that defines us. I am a teacher, a musician, an accountant, or a manager.

27. It's also easy for students to get grouped as well. He's a good student, she's an athlete, and they're the class clown. How people perceive us and how we see ourselves can trap us in a self-fulfilling prophecy. We might start to believe our reputation is who we really are deep down inside. We might begin to think that some people are good at reading, and some aren't, and that's the way it is. But, of course, growth mindset research suggests that we can continually improve. We can get better if we adopt strategies, learn from experiences, and put in the effort.

28. McGregor was a ballet dancer. She was also an engineer. She won a scholarship when she was her true self. McGregor holds on to both sides of her very different worlds. Her business idea came from combining her ballet life and her engineering education.

29. It's important to have diverse and varied experiences. This gives us more life experiences to think about. When we try to solve problems, it's easier to connect the dots and find solutions in new ways. Sometimes hobbies and interests seem to be very opposite. But doing different things can help you come up with new ideas. You might not see these ideas if you only followed one part of your identity.

Handout B

page 4



Name _____ Class _____ Date _____

BEING GIRLY

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Questions

1. Why does Naomi McGregor say that women shouldn't be engineers? [RECALL]

2. Why is McGregor a great role model for Science, Technology, Engineering, and Mathematics (STEM)? [UNDERSTAND]

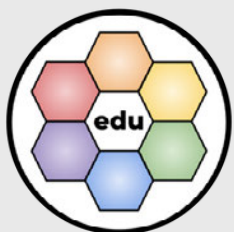
3. Give an example of two things you are interested in but are somehow very different. (Think about something you try to keep separate in your life.) Explain how these things are different. Also, explain how your example might be similar to McGregor's experience with ballet and engineering.

(Please only share what you're comfortable sharing in a school setting. If McGregor had been asked this question, she might not have been ready to share her love of ballet at university.) [APPLY]

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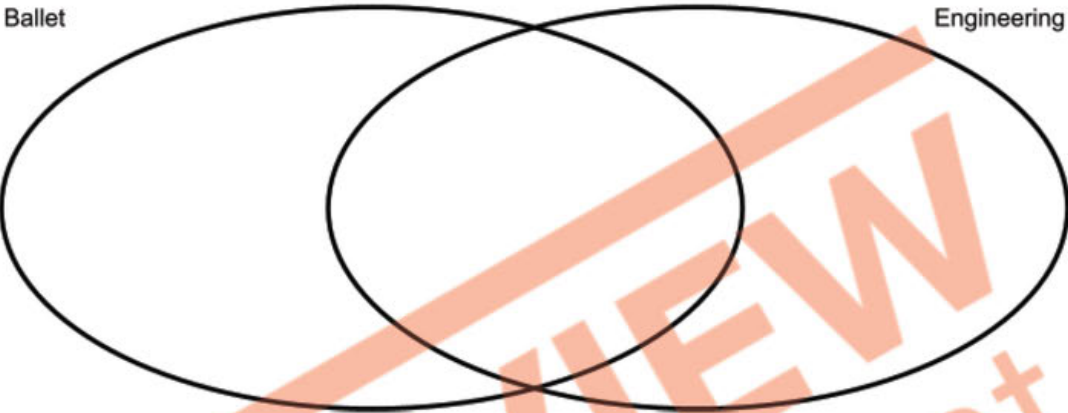
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Questions

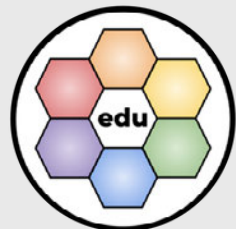
4. Based on the information from the article and your own knowledge, how do you think ballet is similar to engineering? How might ballet be different from engineering? Use a Venn diagram to compare and contrast ballet with engineering. [ANALYZE]



5. The article states that McGregor is successful today because she embraced both sides: academics and the arts. But, teachers and parents often tell students that doing well in school is a priority. When is it important to prioritize only one thing in your life? Use evidence from the text and your own thinking to support your answer. [EVALUATE]

6. Think about how McGregor combined two seemingly different parts of her life to come up with a new idea. Create a way you might be able to connect the two areas of your life identified in Question #3. What would need to happen for you to combine these two areas of your life? [CREATE]

Handout
B
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Questions

Name _____ Class _____ Date _____

BEING GIRLY

SEL Story #004



1. Ballet, Beauty, and Being Girly

2. Naomi McGregor started ballet when she was four years old. She was a contestant in the Miss Northern Ireland beauty pageant. Also, McGregor gave a TEDx talk about why girls should not be engineers. In other words, she's an epic ambassador for Science, Technology, Engineering, and Mathematics (STEM).
3. When McGregor speaks at STEM events to young students, their first guess is that she's a teacher or a pop star. Actually, she's the CEO and founder of an innovative tech startup called Movetru. Very few kids want to become engineers at the start of her speech. But, after sharing her experience, many young girls and boys raise their hands to express an interest in STEM.
4. Movetru is an award-winning tech startup. They are trying to bring ground-breaking smart clothing to the marketplace. Movetru dreams of eventually becoming a common household product like a smartwatch. This new company is developing a proof of concept minimum viable product that could reduce physical injuries.
5. Many movement-based injuries caused by physical stress or repetitive actions are preventable. MoveTru's clothing line would be a fashionable second skin you wear with a series of sensors woven into the fabric. The sensors would send real-time motion data to your smartphone. The app would then highlight areas of growing concern in your movement patterns. These areas might be causing undue stress on your musculoskeletal system. By connecting with a coach or physiotherapist, a person could adjust their physical activities or do prehabilitation to strengthen specific muscles and avoid injury in the first place.

Paragraphs
match

Handout C page 1

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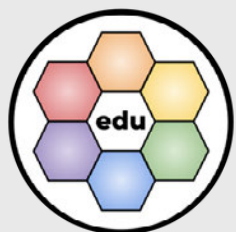
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Simple words
Simple sentence structure

Sophisticated vocabulary
Complex sentence structure

6. McGregor was 14 years old and working towards a career in ballet when she injured her knee. It took eight different specialists three years before they could eventually diagnose the specific issue. Experts told her she would never be able to dance again. However, McGregor found a way to continue practicing and teaching ballet; it significantly influenced her life.
7. "It taught me how to be creative, how to work in a team, how to stand on a stage. Most importantly, ballet taught me resilience and grit - that nothing is perfect, that hard work and repetition is the only way to succeed, that failure is only temporary."
8. If the technology McGregor is working to invent right now already existed when she was a teenager, her life might be different. She might have been able to continue to pursue a career in ballet. "My injury could have been prevented in the first place; and let alone prevented, if I then invested after my injury, I could have actually had a rehabilitation time a whole lot shorter. Allowing my body to recover at a faster speed at such a young age would have been fundamental."
9. Innovation is about bringing new goods and services to market, and Movetru is potentially a game changer. Physiotherapists diagnose ailments and provide rehabilitation exercises. The goal is to help you improve chronic aches and recover from acute injuries. Motion data collected from Movetru clothing could help physiotherapists go beyond using only visual observation and patient description to assess patients. They could instead use real-time movement data to drive decisions.
10. Although the possibilities are exciting, Movetru first needs to bring a product to market. So they are narrowing their scope and efforts to focus on elite athlete rehabilitation. The company received some funding to pay for startup costs. They need to create a viable business model before they can potentially expand to other markets.
11. McGregor thinks it's essential to be more than one thing. That's the punch line of her TEDx talk. The title of her talk comes from something a person told her while at work: women shouldn't be engineers.
12. "Looking back, I find myself agreeing. Women shouldn't be engineers because there is no such thing as just an engineer. There is no box or stereotype that confines the creative capabilities of STEM. There, the mathematician can be a baker, the artist can be a scientist, and this ballerina can be an engineer. It is not one or the other but a beautiful combination of both."
13. After McGregor finished high school, she applied to go to business at university. But something felt wrong. It didn't catch her enthusiasm. At the last moment, she switched to engineering.

Handout C page 2



Simple words
Simple sentence structure

Sophisticated vocabulary
Complex sentence structure

14. University was not easy. Yes, there's a lot of encouragement for girls to enter STEM fields. But what's often not discussed is how isolating and challenging it can be in an industry that sometimes discriminates against you. For the first few years, McGregor's motivation and grades dropped. Why would she ask questions in class to help her understand the material if she already felt singled? It's hard being one of the few females in the program.
15. "Whenever I was in university, jokes are made about being female; jokes are made that - you don't talk about dance in front of other people. And I just don't accept that. Let's encourage freedom of any hobbies that somebody has."
16. At university, McGregor continued to practice and teach ballet, continued her academics, and continued to try. One day, she applied for a scholarship and filled out her application from an engineer's perspective. She wasn't accepted. The following year, she applied for the same scholarship. This time, she wrote the application from a perspective that reflected who she truly was. She was someone who embraced two opposite things: arts and engineering. This time, she got in.
17. Students had to write a dissertation during her Master's in Product Design Engineering. McGregor was inspired by her ballet background. She wondered why there wasn't a better way to recover from injury. There were not many published research articles about ballet in the engineering library. But from this research grew an idea. What if there was a product that could measure body movement? You could provide high-quality data to specialists to help them make a diagnosis quicker. This could go beyond ballet; it could apply to any sport or even to everyday life.
18. When McGregor graduated from engineering, she turned down a job she had lined up. She wanted to see what could become of her idea. If Movetru is successful, one day, you and I might be wearing smart clothing that can help us reduce preventable injuries.
19. "I call myself a girly girl engineer. I used to believe this was a negative that should be hidden. Then, I started to realize that when I was authentic, it worked. We have to be ourselves, be unique, and embrace what makes us us."
20. Sometimes, McGregor's ballet students say they need to prioritize academics. "The 15 year old doing exams would say, 'Oh well, I have to put my academics first.'" McGregor remembers a time when people told her the same thing.
21. "But, if I didn't dance as much and I gave up my dance, I wouldn't be in the position of owning my own business right now. So, I just think you really don't know how much benefit it is to keep a diverse mindset, a diverse friendship group, a diverse network... and just using all parts of your brain. So, your academic side, your creative side - it just allows you to be more open to opportunity."

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Handout C page 3



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Simple words
Simple sentence structure

Sophisticated vocabulary
Complex sentence structure

22. The truth is that McGregor is successful today because she embraces both sides of her life. She likes ballet and engineering; she is academic and creative. This fusion of seemingly polar opposites allows her to develop creative and innovative ideas. These ideas help move society forward as well as inspire the next generation of change-makers.

23. **Being Girly from an SEOT perspective**

24. We can learn a lot of life lessons from this story. This self-proclaimed girly girl engineer is both a ballerina and an engineer. Let's analyze the story to explore how to become more creative and innovative.



Strategies. Effort. Optimize. Tinker.

25. **TINKERING IDEA: Embrace different life experiences**

26. We often get trapped in one identity or another. As adults, usually, it's our occupation that defines us. I am a teacher, a musician, an accountant, or a manager.

27. It's also easy for students to get grouped as well: he's a good student, she's an athlete, they're the class clown. How people perceive us and how we see ourselves can trap us in a self-fulfilling prophecy. We might start to believe our reputation is who we intrinsically are. Some people are good at reading, and some aren't, and that's the way it is. But, of course, growth mindset research suggests that we can continually improve. We can adopt strategies, learn from experiences, and put in the effort to get better.

28. McGregor was a ballet dancer; she was also an engineer. She won a scholarship when she was her true self. McGregor embraced both sides of her very different worlds. Her business idea came from combining her experiences in ballet and her education as an engineer.

29. It's important to have diverse and varied experiences. That way, we have more life experience to draw upon when we try to connect the dots and find solutions in new ways. Seemingly opposite hobbies and interests might lead you to a place you could never have imagined from the pursuit of only one part of your identity.

Handout C page 4



Name _____ Class _____ Date _____

BEING GIRLY

SEL Story #004



Questions

1. Why does Naomi McGregor say that women shouldn't be engineers? [RECALL]

2. Why is McGregor a great role model for Science, Technology, Engineering, and Mathematics (STEM)? [UNDERSTAND]

3. Give an example of two things you are interested in but are somehow very different. (Think about something you try to keep separate in your life.) Explain how these things are different. Also, explain how your example might be similar to McGregor's experience with ballet and engineering.

(Please only share what you're comfortable sharing in a school setting. If McGregor had been asked this question, she might not have been ready to share her love of ballet at university.) [APPLY]

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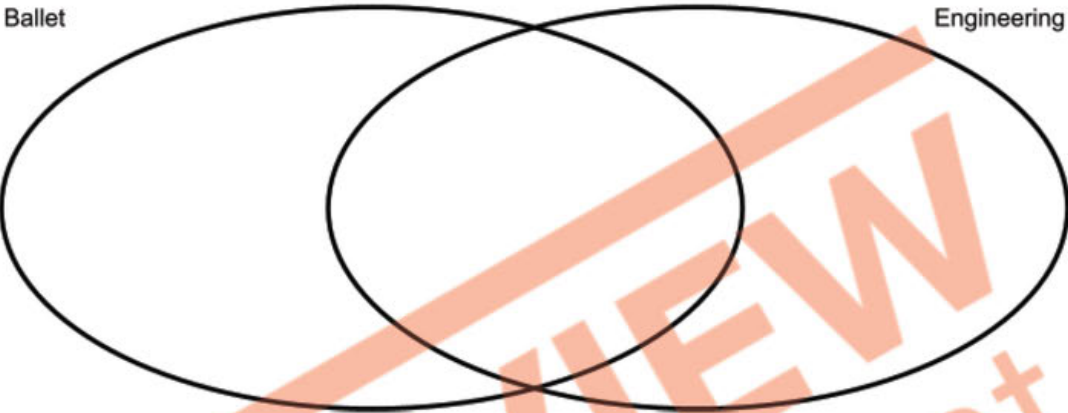
Handout
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page 5



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Questions

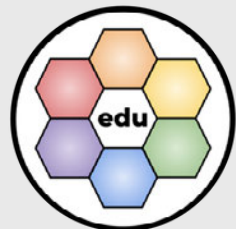
4. Based on the information from the article and your own knowledge, how do you think ballet is similar to engineering? How might ballet be different from engineering? Use a Venn diagram to compare and contrast ballet with engineering. [ANALYZE]



5. The article states that McGregor is successful today because she embraced both sides: academics and the arts. But, teachers and parents often tell students that doing well in school is a priority. When is it important to prioritize only one thing in your life? Use evidence from the text and your own thinking to support your answer. [EVALUATE]

6. Think about how McGregor combined two seemingly different parts of her life to come up with a new idea. Create a way you might be able to connect the two areas of your life identified in Question #3. What would need to happen for you to combine these two areas of your life? [CREATE]

Handout
C
page 6



Questions

Name _____ Class _____ Date _____

BEING GIRLY

SEL Story #004



1. Ballet, Beauty, and Being Girly

2. Naomi McGregor started ballet when she was four years old, was a contestant in the Miss Northern Ireland beauty pageant, and gave a TEDx talk about why girls should not be engineers. In other words, she's an epic ambassador for Science, Technology, Engineering, and Mathematics (STEM).
3. When McGregor speaks at STEM events to young students, their first guess is that she's a teacher or a pop star. Actually, she's the CEO and founder of an innovative tech startup called Movetru. At the start of her speech, very few kids want to become engineers, but after sharing her experience, many young girls and boys raise their hands to express an interest in STEM.
4. Movetru is an award-winning tech startup trying to bring ground-breaking smart clothing to the marketplace. With aspirations of eventually becoming a ubiquitous household product like a smartwatch, this fledgling company is developing a proof of concept minimum viable product that could reduce physical injuries.
5. Many movement-based injuries caused by physical stress or repetitive actions are preventable. MoveTru's clothing line would be a fashionable second skin you wear with a series of sensors woven into the fabric that sends real-time motion data to your smartphone. The app would highlight areas of growing concern in your movement patterns which might be causing undue stress on your musculoskeletal system. By connecting with a coach or physiotherapist, a person could adjust their physical activity regime or do prehabilitation to strengthen specific muscles and avoid injury in the first place.

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Paragraphs
match

Handout D page 1



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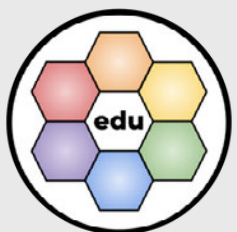
Simple words
Simple sentence structure

Sophisticated vocabulary
Complex sentence structure

6. McGregor was 14 years old and working towards a career in ballet when she injured her knee. It took eight different specialists three years before they could eventually diagnose the specific issue. Although experts told her she would never be able to dance again, McGregor found a way to continue practicing and teaching ballet; it became a significant influence in her life.
7. "It taught me how to be creative, how to work in a team, how to stand on a stage. Most importantly, ballet taught me resilience and grit - that nothing is perfect, that hard work and repetition is the only way to succeed, that failure is only temporary."
8. If the technology McGregor is working to invent right now already existed when she was a teenager, she might have been able to continue to pursue a career in ballet. "My injury could have been prevented in the first place; and let alone prevented, if I then invested after my injury, I could have actually had a rehabilitation time a whole lot shorter. Allowing my body to recover at a faster speed at such a young age would have been fundamental."
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13. When McGregor finished high school, she first applied to go to business at university, but something felt wrong. It didn't catch her enthusiasm. At the last moment, she switched to engineering.

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Handout D page 2



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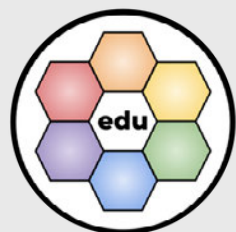
Simple words
Simple sentence structure

Sophisticated vocabulary
Complex sentence structure

14. University was not easy. Although there's a lot of encouragement for girls to enter STEM fields, what's often not discussed is how isolating and challenging it can be in an industry that sometimes discriminates against you. For the first few years, McGregor's motivation and grades dropped. Why would she ask questions in class to help her understand the material if she already felt singled out from being one of the few females in the program?
15. "Whenever I was in university, jokes are made about being female; jokes are made that - you don't talk about dance in front of other people. And I just don't accept that. Let's encourage freedom of any hobbies that somebody has."
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17. Students had to write a dissertation during her Master's in Product Design Engineering. McGregor was inspired by her ballet background and wondered why there wasn't a better way to recover from injury. There was not a lot of published information about ballet in the engineering literature. But from this research grew an idea. What if there was a product that could measure body movement? You could provide high-quality data to specialists to help them make a diagnosis quicker. This could go beyond ballet; it could apply to any sport or even to everyday life.
18. When McGregor graduated from engineering, she turned down a job placement to see what could become of her idea. If Movetru is successful, one day, you and I might be wearing smart clothing that can help us reduce preventable injuries.
19. "I call myself a girly girl engineer. I used to believe this was a negative that should be hidden. Then, I started to realize that when I was authentic, it worked. We have to be ourselves, be unique, and embrace what makes us us."
20. When McGregor teaches ballet, her students occasionally say they need to prioritize academics. "The 15 year old doing exams would say, 'Oh well, I have to put my academics first.'" McGregor remembers a time when people told her the same thing.
21. "But, if I didn't dance as much and I gave up my dance, I wouldn't be in the position of owning my own business right now. So, I just think you really don't know how much benefit it is to keep a diverse mindset, a diverse friendship group, a diverse network... and just using all parts of your brain. So, your academic side, your creative side - it just allows you to be more open to opportunity."

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Handout D page 3



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Simple words
Simple sentence structure

Sophisticated vocabulary
Complex sentence structure

22. The truth is that McGregor is successful today because she embraces both sides: ballet and engineering, academics and creativity. This fusion of seemingly polar opposites allows her to come up with creative and innovative ideas that help move society forward as well as inspire the next generation of change-makers.

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24. We can learn a lot of life lessons from this story about a self-proclaimed girly girl engineer who is both a ballerina and an engineer. Let's analyze the story to explore how to become more creative and innovative.



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26. We often get trapped in one identity or another. As adults, usually, it's our occupation that defines us: teacher, musician, accountant, manager.

27. It's also easy for students to get grouped as well: he's a good student, she's an athlete, they're the class clown. How people perceive us and how we see ourselves can trap us into a self-fulfilling prophecy where we start to believe that's who we intrinsically are. Some people are good at reading, and some aren't, and that's the way it is. But, of course, growth mindset research suggests that we can improve by adopting strategies, learning from experiences, and putting in the effort.

28. McGregor was a ballet dancer. She was also an engineer. She won a scholarship when she was her true self and embraced both sides of the apparent dichotomy. Her business idea was synthesized from her experiences in ballet and her education as an engineer.

29. The more diverse and varied experiences we have, the more we have to draw upon when we try to connect the dots and find solutions in new ways. Seemingly opposite hobbies and interests might lead you to a place you could never have imagined from the pursuit of only one aspect of your identity.

Handout D page 4



Name _____ Class _____ Date _____

BEING GIRLY

SEL Story #004



Questions

1. Why does Naomi McGregor say that women shouldn't be engineers? [RECALL]

2. Why is McGregor a great role model for Science, Technology, Engineering, and Mathematics (STEM)? [UNDERSTAND]

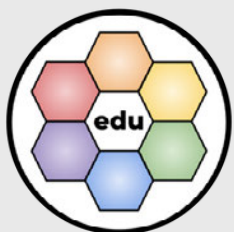
3. Give an example of two things you are interested in but are somehow very different. (Think about something you try to keep separate in your life.) Explain how these things are different. Also, explain how your example might be similar to McGregor's experience with ballet and engineering.

(Please only share what you're comfortable sharing in a school setting. If McGregor had been asked this question, she might not have been ready to share her love of ballet at university.) [APPLY]

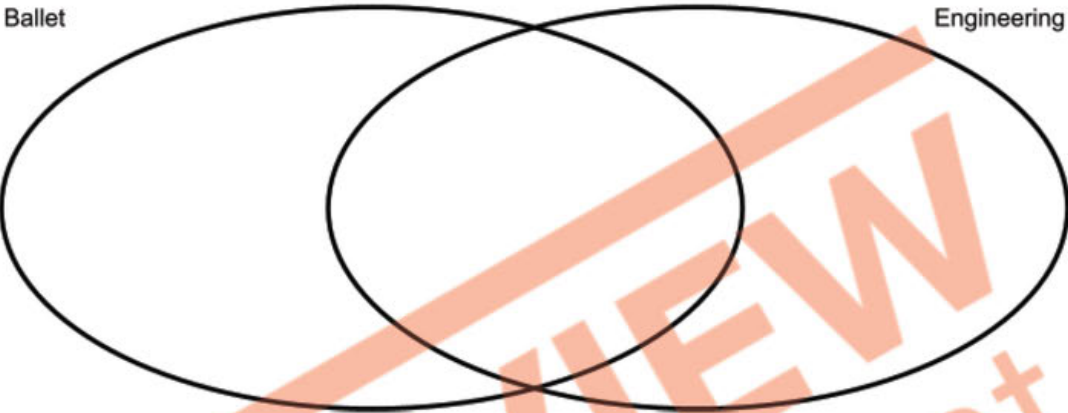
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page 5



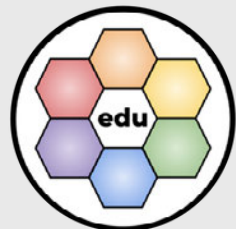
4. Based on the information from the article and your own knowledge, how do you think ballet is similar to engineering? How might ballet be different from engineering? Use a Venn diagram to compare and contrast ballet with engineering. [ANALYZE]



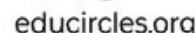
5. The article states that McGregor is successful today because she embraced both sides: academics and the arts. But, teachers and parents often tell students that doing well in school is a priority. When is it important to prioritize only one thing in your life? Use evidence from the text and your own thinking to support your answer. [EVALUATE]

6. Think about how McGregor combined two seemingly different parts of her life to come up with a new idea. Create a way you might be able to connect the two areas of your life identified in Question #3. What would need to happen for you to combine these two areas of your life? [CREATE]

Handout D page 6



Questions



BEING GIRLY

Reading Strategy: **Inferring**

SEOT: **Tinker** (Embrace different life experiences)

version: v2022-10-23

NOTE: I came up with these answers based on my lived experiences and professional experiences as a Grade 8 Teacher in Ottawa, Canada. Like all question and answer keys, this document contains bias. Teaching resources and discussion guides normalize power inequities, single stories, and social norms.

I create content. I'm part of a system that needs a little help to amplify stories and perspectives that we don't often hear. I have unconscious bias. I don't know what I don't know.

If you think an answer in this resource is missing, biased, or incorrect, please email me at Mike@educircles.org with your perspective. This way, I can update this document to benefit from each other's perspectives, lived experiences, and teaching experiences. (If you like this note, you'll love this [Who is Invisible](#) slideshow.)

1. Why does Naomi McGregor say that women shouldn't be engineers? [RECALL]

-

Ideas that demonstrate deeper understanding

-
- | Government | Percentage |
|---------------------|------------|
| Current government | 85% |
| Previous government | 15% |

SEL Story 004 Being Girly - Answers - Page 1 of 8

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page 1



Answers / Discussion Guide

2. Why is McGregor a great role model for Science, Technology, Engineering, and Mathematics (STEM)? [UNDERSTAND]

REVIEW

PRELIMINARY

do not print

1. [REDACTED]

2. [REDACTED]

3. [REDACTED]

4. [REDACTED]

5. [REDACTED]

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97. [REDACTED]

98. [REDACTED]

99. [REDACTED]

100. [REDACTED]

Government	Percentage
Current government	85%
Previous government	15%

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page 2



Answers / Discussion Guide

- 1. _____
 - 1. _____
 - 1. _____
 - 1. _____
 - 1. _____
 - 1. _____
 - 1. _____
 - 1. _____
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 - 1. _____

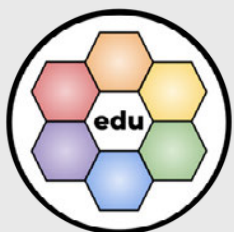
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(Please only share what you're comfortable sharing in a school setting. If McGregor had been asked this question, she might not have been ready to share her love of ballet at university.) [APPLY]

Answers will vary, but there are two things to look for.

- LOOK FOR #1: _____
- 1. _____
 - 1. _____
 - 1. _____
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 - 1. _____
 - 1. _____
 - 1. _____
 - 1. _____
 - 1. _____
 - 1. _____
 - 1. _____
 - 1. _____
 - 1. _____
 - 1. _____

page 3



LOOK FOR #2:

[Redacted text]

4. Based on the information from the article and your own knowledge, how do you think ballet is similar to engineering? How might ballet be different from engineering? Use a Venn diagram to compare and contrast ballet with engineering. [ANALYZE]

Answers will vary. You might decide to grade this question based on how many categories students find. Here are some possible talking points inferred from the text (see paragraph numbers.) Of course, your knowledge (or the students' knowledge) of ballet or engineering might give you other ideas! If you have ideas to add to this resource, please see the email address on the first page.

Category	Unique to Ballet	Both	Unique to Engineering
[Redacted]	[Redacted]		[Redacted]
[Redacted]	[Redacted]	[Redacted]	[Redacted]
[Redacted]	[Redacted]	[Redacted]	[Redacted]



	<p>1. What is the main problem that the girl is facing?</p> <p>2. How does she feel about this problem?</p> <p>3. What does she do to solve the problem?</p> <p>4. How does she feel after solving the problem?</p>	<p>1. What is the main problem that the girl is facing?</p> <p>2. How does she feel about this problem?</p> <p>3. What does she do to solve the problem?</p> <p>4. How does she feel after solving the problem?</p>	<p>1. What is the main problem that the girl is facing?</p> <p>2. How does she feel about this problem?</p> <p>3. What does she do to solve the problem?</p> <p>4. How does she feel after solving the problem?</p>
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SEL Story 004 Being Girly - Answers - Page 5 of 8

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Answers / Discussion Guide

5. The article states that McGregor is successful today because she embraced both sides: academics and the arts. But, teachers and parents often tell students that doing well in school is a priority. When is it important to prioritize only one thing in your life? Use evidence from the text and your own thinking to support your answer. [EVALUATE]

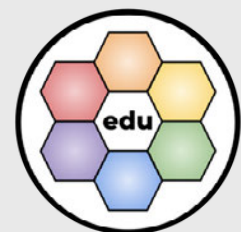
This is a tricky question because it asks students WHEN is it important to prioritize (as opposed to WHAT you should prioritize.) Possible opinions:

- [redacted]

There's no right or wrong answer, but here are three things to look for:

1. [redacted]

Evidence from text	Explanation / own thinking	
	You should do many things	You should focus on one thing
[redacted]	[redacted]	[redacted]
[redacted]	[redacted]	[redacted]
[redacted]	[redacted]	[redacted]



<p>[Redacted]</p> <p>[Redacted]</p> <p>[Redacted]</p> <p>[Redacted]</p>	<p>[Redacted]</p> <p>[Redacted]</p> <p>[Redacted]</p> <p>[Redacted]</p> <p>[Redacted]</p> <p>[Redacted]</p> <p>[Redacted]</p> <p>[Redacted]</p> <p>[Redacted]</p> <p>[Redacted]</p>	<p>[Redacted]</p> <p>[Redacted]</p> <p>[Redacted]</p> <p>[Redacted]</p> <p>[Redacted]</p> <p>[Redacted]</p> <p>[Redacted]</p> <p>[Redacted]</p> <p>[Redacted]</p> <p>[Redacted]</p>
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6. Think about how McGregor combined two seemingly different parts of her life to come up with a new idea. Create a way you might be able to connect the two areas of your life identified in Question #3. What would need to happen for you to combine these two areas of your life? [CREATE]

Answers will vary. Here are some things to look for:

- [Redacted]

[Redacted]

[Redacted]

[Redacted]
- [Redacted]

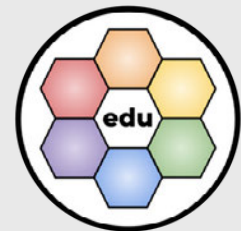
[Redacted]

[Redacted]

[Redacted]

Example issue (i.e. the differences)	Possible way to connect these worlds	How to make this happen / What needs to happen for this to work
<div>_____</div> <div>_____</div> <div>_____</div>	<div>_____</div> <div>_____</div> <div>_____</div>	<div>_____</div> <div>_____</div> <div>_____</div>
<div>_____</div> <div>_____</div> <div>_____</div>	<div>_____</div> <div>_____</div> <div>_____</div>	<div>_____</div> <div>_____</div> <div>_____</div>
<div>_____</div> <div>_____</div> <div>_____</div>	<div>_____</div> <div>_____</div> <div>_____</div>	<div>_____</div> <div>_____</div> <div>_____</div>

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Answers / Discussion Guide


INFERRING

Inferring is a comprehension strategy we use to figure out what the text is really saying, even though it doesn't actually say it like this. We infer all the time in real life. Someone might say one thing, but their body language might tell us a different message.

An inference is something that isn't directly stated in the text. It's a new understanding that you make based on something written down and your own ideas, knowledge, and life experiences.

Title of today's text: Ballet, Beauty, and Being Girly

INFERRING



1. **Figure out what the text is really saying** even though it doesn't say it like this.


Evidence from the text

 +

your thinking

 =

an inference
2. **Your inference cannot be directly in the text.** It has to be something new that you figured out *based* on the text.
3. Use **Somebody Wanted But So** to think about the text and make inferences.
4. Use **It says, I say, And so** to explain your inference.

 **R₁** Reading for **MEANING**
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BONUS Answers (Inferring)

page 1

Before Reading

Before you read the article, look at the title and any illustrations. Let's turn our minds-on and activate any prior knowledge before we read. Use the **Somebody Wanted But So** graphic organizer to figure out something about the text. Then use the **It Says, I Say, And So** graphic organizer to develop your inference.

- 1. Write down the title of the article
 Ballet, Beauty, and Being Girly
- 2. Based on the title, create a Somebody Wanted But So.

Somebody	Wanted	But	So

- 3. Explain your inference using an It says, I say, And so...

It Says (Evidence in text)	I Say (Stuff I know / my thinking)	And So... (Inference)

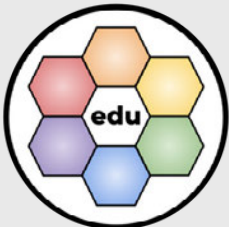
STOP and CHECK!

- ☐ I have ☐ evidence from the text ☐ my own thinking ☐ an inference
- ☐ My inference is not directly stated in the text (so far.)

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During Reading

Use the **Inferring** strategy as you read. Stop after every heading or paragraph to make an inference. When you fill out this page, you can start in any box and fill out with either graphic organizer first. Make sure your inference is not stated directly in the text.

1. Based on the text, create a Somebody Wanted But So.

Somebody	Wanted	But	So

2. Explain your inference using an It says, I say, And so...

It Says (Evidence in text)	I Say (Stuff I know / my thinking)	And So... (Inference)

STOP and CHECK!

- ☐ I have ☐ evidence from the text ☐ my own thinking ☐ an inference
- ☐ My inference is not directly stated in the text (so far.)
- ☐ I stopped after every heading or paragraph to make an inference.

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After Reading

Now that you have read the entire article, let's look at the big picture. (It's like looking back at the entire forest, instead of individual trees in the forest.)

1. Based on the entire text, create a Somebody Wanted But So.

Somebody	Wanted	But	So

2. Explain your inference using an It says, I say, And so...

It Says (Evidence in text)	I Say (Stuff I know / my thinking)	And So... (Inference)

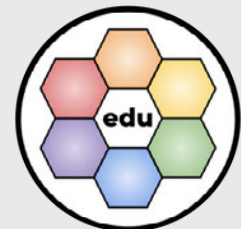
STOP and CHECK!

- ☐ I have evidence from the text (It Says)
- ☐ I explain what I know and how I figured out what the text really means (I say)
- ☐ I proved my inference (And so...)
- ☐ My inference is not directly stated anywhere in the entire text.

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Rubric - Inferring

Everyone will have different inferences because everyone has different life experiences. What we're looking for is how well supported your inference is by **evidence from the text**. We're also looking to see how well you **explain your thinking** that led you to your inference.

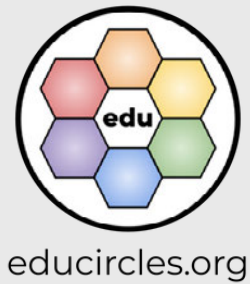
	Level 4	Level 3	Level 2	Level 1
R1. Reading for Meaning	You answered all of the guiding questions.	You answered all the guiding questions.	You tried to answer the guiding questions.	You answered few of the guiding questions.
Ideas	Your inference is supported by strong evidence from the text. You explained your thinking and background knowledge well. It's a very insightful inference that shows you really get the article.	Your inference makes sense and you have good evidence from the text. You explained your thinking and background knowledge.	Your inference is a little confusing because... ... there isn't enough evidence to support this idea or there are irrelevant details. ... you haven't explained your thinking enough to justify this idea.	I'm not sure how you came up with this inference. There's not enough evidence from the text or there are too many irrelevant details.

	Level 4	Level 3	Level 2	Level 1
R4. REFLECTING on reading skills and strategies	You answered all of the guiding questions.	You answered all the guiding questions.	You tried to answer the guiding questions.	You answered few of the guiding questions.
Ideas	You very clearly explain how you used this strategy with strong support.	You explained how you used this strategy and you have good support.	How you used this strategy is a little bit confusing because there's not enough support or there are irrelevant details.	It doesn't seem like you used this strategy based on what is given here. There's not enough support or there are too many irrelevant details.

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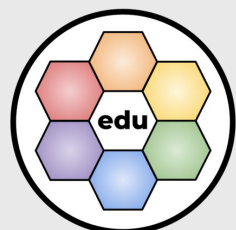
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Changelog

I occasionally update and improve these products over time. You know, add a new coat of paint, touch up a few words, fix any mistakes, etc.

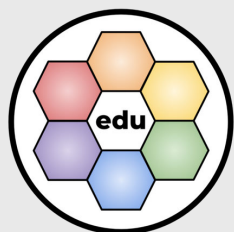
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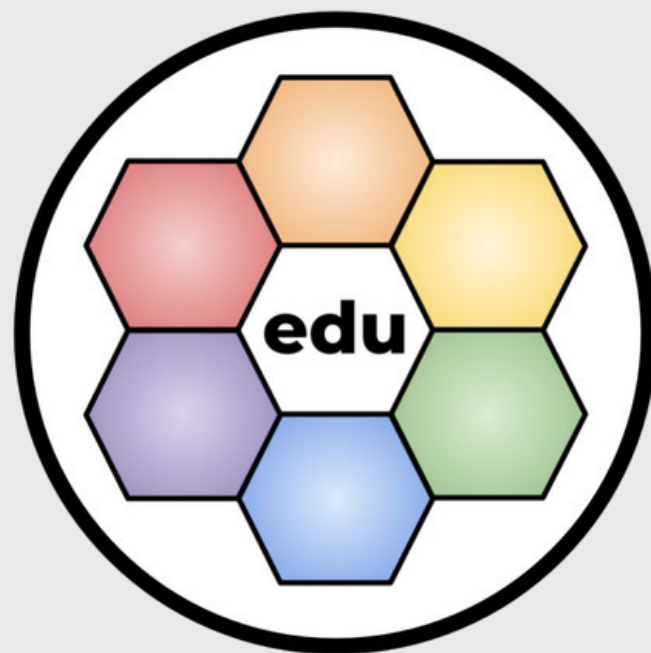
Initial Release: Version 2022-10-23

- Differentiated text (four grades)
- Single PDF (with File Table of Contents and all handouts)
- Bonus answer key for reading strategy

What's
Changed?



Changelog



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