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SEL Story 005

# BORN HERE

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

Reading Strategy: **Inferring**

SEOT: **Strategy** (Be terrified of regret; Prove them wrong)

version: v2022-11-06

## START HERE

👉 Need a hand? Email me! [Mike@educircles.org](mailto:Mike@educircles.org)

### 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 Be Terrified Of Regret  Prove Them Wrong (STRATEGY) + Discussion Questions	<b>Handout A - Grade 4</b> <ul style="list-style-type: none"><li>• Reading time: 5 min 59 sec</li><li>• Speaking time: 11 min 58 sec</li><li>• 1496 words, 129 sentences, 29 paragraphs</li></ul> <i>virtual online handout:</i>	PDF	<a href="#">one-click copy</a>
		Google Docs	<a href="#">one-click copy</a>
		Microsoft Word <sup>(1)</sup>	<a href="#">one-click copy</a>
		Easel by TpT	<a href="#">one-click copy</a>
	<b>Handout B - Grade 6</b> <ul style="list-style-type: none"><li>• Reading time: 5 min 44 sec</li><li>• Speaking time: 11 min 28 sec</li><li>• 1435 words, 99 sentences, 29 paragraphs</li></ul> <i>virtual online handout:</i>	PDF	<a href="#">one-click copy</a>
		Google Docs	<a href="#">one-click copy</a>
		Microsoft Word <sup>(1)</sup>	<a href="#">one-click copy</a>
		Easel by TpT	<a href="#">one-click copy</a>
	<b>Handout C - Grade 8</b> <ul style="list-style-type: none"><li>• Reading time: 5 min 23 sec</li><li>• Speaking time: 10 min 46 sec</li><li>• 1348 words, 75 sentences, 29 paragraphs</li></ul> <i>virtual online handout:</i>	PDF	<a href="#">one-click copy</a>
		Google Docs	<a href="#">one-click copy</a>
		Microsoft Word <sup>(1)</sup>	<a href="#">one-click copy</a>
		Easel by TpT	<a href="#">one-click copy</a>
	<b>Handout D - Grade 10</b> <ul style="list-style-type: none"><li>• Reading time: 5 min 25 sec</li><li>• Speaking time: 10 min 50 sec</li><li>• 1358 words, 73 sentences, 29 paragraphs</li></ul> <i>virtual online handout:</i>	PDF	<a href="#">one-click copy</a>
		Google Docs	<a href="#">one-click copy</a>
		Microsoft Word <sup>(1)</sup>	<a href="#">one-click copy</a>
		Easel by TpT	<a href="#">one-click copy</a>
Answers	<b>Answers</b> Answers to discussion questions in handout (included)	PDF	<a href="#">oneclick copy</a>
	<b>BONUS Answers</b> Sample answers for the Inferring reading strategy graphic organizer <b>(not included)</b>  If you would like a copy of this graphic organizer, please upgrade to the <a href="#">Inferring Bundle</a>	PDF	<a href="#">one-click copy</a>

Google Docs

Word

Easel by TpT

(1) If the fonts look messed up in Microsoft Word, please [watch this video](#)

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Click the link to edit a file

# BORN HERE

SEL Story #005



Paragraphs  
match

## 1. Where You Born Here In This Country?

- When Deshauna Barber was 19 years old, a stranger asked her if she was born in this country. She was offended right away. But the conversation she had with the stranger would change her future.
- Barber worked at Target. She worked in the women's clothing section. This was during the summer of 2009. A customer stared at her for twenty minutes from across the aisle. Then, the stranger asked Barber if she was born in this country.
- "She says the most offensive thing to me that you can say to a person of color in the United States of America. She asks me, were you born in this country and I was immediately offended. I put my hands on my hips and said, 'Yeah, I was born in this country.'"
- The lady was a pageant recruiter. She thought Barber was the most beautiful girl she had ever seen. The next day, Barber agreed to meet at Starbucks. The lady showed up with a huge stack of pageant magazines. They talked about what beauty pageants were all about. Barber grew up in a military family. She was already in the US Army Reserves. Barber was working towards finishing a military scholarship at university. As you can imagine, beauty pageantry was not a big part of her life growing up.
- Barber was incredibly open-minded. She decided to compete in the District of Columbia State pageant three months later. Barber didn't win. But she fell in love with competing in pageants. If she won at the state level, she would go against other state winners to try to become Miss USA. The winner of Miss USA goes on to represent the country at the international level. Miss USA competes against other countries to try to become Miss Universe.

Handout  
A  
page 1



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Simple words  
Simple sentence structure

Sophisticated vocabulary  
Complex sentence structure



7. The next year, Barber competed again in her state pageant. She lost. Barber tried again for a third, fourth, and fifth year. She failed each time. Barber was determined. She wanted to keep going. So, she decided to compete in her sixth pageant. She made it to the semi-finals before losing. After six failed attempts, Barber spoke with the lady who convinced her to compete in the first place. "I call her on the phone and said, 'You told me I could be the next Miss USA,' and she says, 'Dashana, keep working, keep working, don't quit, keep going back.'"
8. In December 2015, Barber won her state competition. She earned the title of Miss District of Columbia. A few months later, in June 2016, Barber competed and won Miss USA. She became the first soldier serving in the military to win Miss USA. She was also the ninth African American to win the title.
9. Barber was Miss USA for one year. She got a lot of attention during this time because she was Miss USA. She used this attention to talk about mental health in the Armed Forces. She speaks up for soldiers who have post-traumatic stress disorder (PTSD.) A few months later, Barber was in the 2016 Miss Universe competition. She went against 86 countries, and she finished in the top nine.
10. Today, Dr. Deshauna Barber has a LinkedIn social media account. Her headline lists a lot of the great things she's done. It says Army Veteran, Former Miss USA, and Motivational Speaker. It also lists President of Service Women's Action Network and Diversity and Inclusion expert. You learn more about what she has done if you read her profile. Barber served her country as a captain in the US Army Reserve. She's a STEM graduate. She has a Bachelor of Science degree in Business Management. Barber also has a Master of Science degree in Computer Information Systems. She even has a doctorate in Organizational Leadership. Finally, Barber travels around the world. She is a motivational speaker.
11. One of her messages is that sometimes, the person you are right now isn't ready to be the person who wins. This message means you don't have what you need to succeed yet. You have to keep working. You have to become better if you want to win.
12. Barber admits that she used to give up a lot when she was a kid. Her first real commitment was in middle school. She made the track team. Barber needed running shoes, so her mom bought her size nine shoes. At the time, her feet were only a size five. Her mom bought large Nike runners that she could grow into. During track practice, Barber twisted her ankle. She fell to the ground because her shoes were too big.
13. "I couldn't run at the speed that I wanted to because I didn't fit the shoes I was wearing at the time." Barber explains what she learned about life.
14. "Now many of us have goals we're trying to achieve, but the person we are right now is not the person that we need to be when we cross the finish line to our dreams. So we must walk and pace ourselves on this journey to our goals because we haven't grown enough in ourselves to fit the shoes that we need to achieve our aspirations."



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# Handout A page 2



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Simple words  
Simple sentence structure

Sophisticated vocabulary  
Complex sentence structure



15. Barber tried to become Miss District of Columbia for seven years. She failed six times. Sometimes, she speaks to graduates at her old school. Barber tells them we should not fear failure. Instead, we should be afraid of regret. After all, they will be turned down many times when they first apply for a job.
16. "The reality of life is that we will all hear more nos than we hear yeses and we will fail a lot and I mean a whole lot, but what I ask of you today is to not take no for an answer. Don't be afraid of nos - be afraid of the possibility of a yes that you have prematurely destroyed because you decided to quit before the clock strikes twelve o'clock."
17. Barber is afraid of losing a dream because she gave up too early. But she also uses rejection as fuel. Getting turned down only makes her want her dreams more. She takes time to look for reasons to work harder. She tells people "to work, to not stop here, to believe so heavily in your aspirations that you too will not fear the word no, but instead, you would choose to welcome this."

# Handout A page 3



SEL Story 005 Born Here - Handout A - Page 3 of 6  
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Simple words  
Simple sentence structure

Sophisticated vocabulary  
Complex sentence structure

**18. Born Here from an SEOT perspective**

19. Let's break apart this story of perseverance. What strategies can we learn to help us achieve our goals? This article has two methods that work well together. We can use these opposite ideas to push and pull ourselves to success.



**20. Strategy Idea #1: Be Terrified Of Regret (push factor)**

21. A push factor is when you push away from something bad. For example, war pushes you away from your home country. It forces you to move to safety.
22. In this article, Barber says we should be afraid of regret. She thinks we should be afraid of the things we're missing out on if we stop too soon. We should use that fear of missing out to push ourselves toward what we want.
23. In 2017, Barber spoke with some students finishing school. She shared some of her the things she learned in life. "I ask only one thing of you all after you leave this graduation. Do not fear failure. But, please be terrified of regret. Giving up is the birth of regret."
24. Barber lost her state pageant for six years. If she had given up after the sixth failure, she would never have become Miss USA. Barber likely would have spent her life wondering if she could have won. She probably would regret that she didn't keep trying.
- 25. Strategy Idea #2: Prove Them Wrong (pull factor)**
26. A pull factor is something you want. It draws you closer to something. For example, sometimes parents move to a country with a better education system. They want to give their kids better chances of having a good life.
27. Naysayers are people who say you can't do something. In this article, proving these people wrong can be a strong pull factor. We want to prove them wrong so much we're willing to keep going and try harder. If someone tells you no, you can't do something, use that rejection to push you into action. Getting told no might light a fire in your soul that makes you want to work harder.
28. "I love a good no. Please tell me no. Telling me no is like adding fuel to a fire that is now set ablaze because of your single no - I love additional reasons to work harder. Please give me a reason."
29. Be so good, they can't ignore you. Showing the world you were right can give you a lot of energy. This energy can help you win.

# Handout A page 4



Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

# BORN HERE

SEL Story #005



## Questions

1. Who was the lady talking to Deshauna Barber in the story, and what did they talk about? [RECALL]

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2. Why was Barber offended when the lady asked if she was born here? Why might the lady ask that question? [UNDERSTAND]

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3. Give an example of an assumption or mistake that people make about you. What is the assumption? Why is the assumption incorrect? Why do you think people assume that mistake in the first place? (Please choose a different assumption than the one given in the text about being born in this country.) [APPLY]

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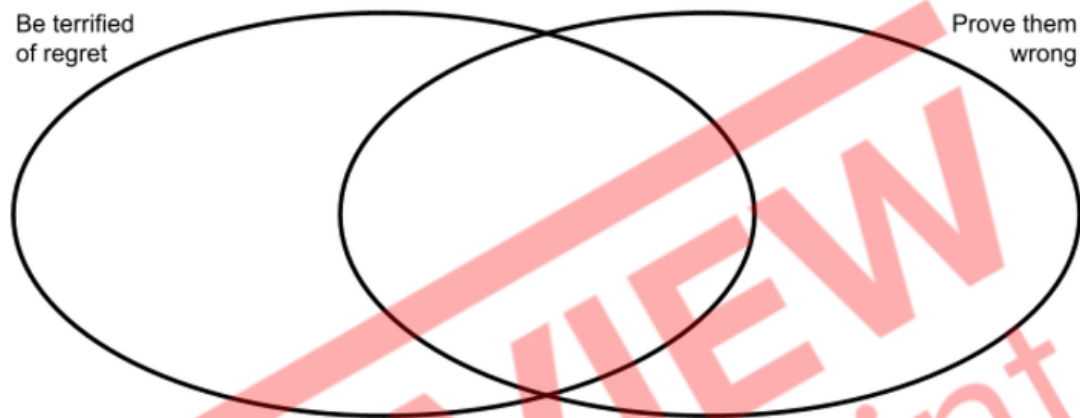
Handout  
A  
page 5



# Questions



4. Based on the information from the article and your own knowledge, how do you think the strategy of being "terrified of regret" is similar to the strategy of "prove them wrong?" How might the two strategies be different? Use a Venn diagram to compare and contrast the two strategies. [ANALYZE]



5. Barber competed in her state beauty pageant and failed for six years. It's hard to fail at something for so long and keep going. Look at your analysis from question #4. Which strategy do you think was more effective in helping Barber to compete in the seventh year? Use evidence from the text and your own thinking to support your answer. [EVALUATE]

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6. Think of something you have been working on for a while but haven't succeeded yet.[CREATE]
- a) Create a self-talk script using the "be terrified of regret" strategy (*pep talk to yourself #1*):

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- b) Create another self-talk script using the "prove them wrong" strategy (*pep talk #2*):

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- c) Which method do you find gives you more energy? Why do you think that is?

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# Handout A

## page 6



# Questions

# BORN HERE

SEL Story #005



Paragraphs  
match

## 1. Where You Born Here In This Country?

- When Deshauna Barber was 19 years old, she was asked by a stranger if she was born in this country. Barber was immediately offended. But the conversation she had next would forever change the shape of her future.
- Barber worked at Target in the women's clothing section during the summer of 2009. A customer stared at her for twenty minutes from across the aisle. Then, she asked Barber if she was born in this country.
- "She says the most offensive thing to me that you can say to a person of color in the United States of America. She asks me, were you born in this country and I was immediately offended. I put my hands on my hips and I said yeah, I was born in this country."
- The lady turned out to be a pageant recruiter. She thought Barber was the most beautiful girl she had ever seen. The next day, Barber agreed to meet at Starbucks. The lady showed up with a huge stack of pageant magazines to explain what beauty pageants were all about. Barber grew up in a military family, she was already in the US Army Reserves, and she was working towards completing a military scholarship at university. As you can imagine, beauty pageantry was not part of her world growing up.
- Barber was incredibly open-minded as she decided to compete in the District of Columbia State pageant three months later. She lost the competition, but she fell in love with competing in pageants. If she had won the state crown, she would compete against other state winners to become Miss USA. The winner of Miss USA goes on to represent the country at the international level. Miss USA goes against other countries to try to win the title of Miss Universe.

Handout  
B  
page 1



Simple words  
Simple sentence structure

Sophisticated vocabulary  
Complex sentence structure

7. The following year, Barber competed again in her state pageant and lost again. She competed in a third, fourth, and fifth year but failed each time. Barber was determined to keep going, so she decided to compete in her sixth pageant. She made it to the semi-finals before getting eliminated. After six failed attempts, Barber spoke with the lady who convinced her to compete in her first pageant. "I call her on the phone and said, 'You told me I could be the next Miss USA,' and she says, 'Dashana, keep working, keep working, don't quit, keep going back.'"
8. In December 2015, Barber won her state competition and earned the title of Miss District of Columbia, USA. A few months later, in June 2016, she competed and won at the national level. She became the first soldier serving in the military to win Miss USA. She was also the ninth African American to win the title.
9. During her time as Miss USA, Barber used her position to raise awareness about mental health in the Armed Forces. She speaks up for soldiers who have post-traumatic stress disorder (PTSD.) A few months later, Barber competed against 86 countries for the 2016 Miss Universe title. She finished in the top nine.
10. Today, Dr. Deshauna Barber has a LinkedIn social media account. Her headline lists a lot of her accomplishments. It says Army Veteran, Former Miss USA, and Motivational Speaker. It also lists President of Service Women's Action Network and Diversity and Inclusion expert. If you read her profile, it provides more details. Barber served her country as a captain in the US Army Reserve. She's a STEM graduate with a Bachelor of Science degree in Business Management. Barber also has a Master of Science degree in Computer Information Systems. She even has a doctorate in Organizational Leadership. Finally, Barber travels around the world as a motivational speaker.
11. One of her messages is that sometimes, the person you are right now isn't ready to be the person who wins. This message means you don't have what you need to succeed yet. You have to keep working and growing.
12. Barber admits that she used to give up a lot when she was a kid. Her first real commitment was in middle school when she made the track team. Barber needed running shoes, so her mom bought her size nine shoes. At the time, she was only a size five. Her mom bought large Nike runners that she could grow into. During track practice, Barber twisted her ankle. She fell to the ground because her shoes were too big.
13. "I couldn't run at the speed that I wanted to because I didn't fit the shoes I was wearing at the time." Barber goes on to explain the life lesson.
14. "Now many of us have goals we're trying to achieve, but the person we are right now is not the person that we need to be when we cross the finish line to our dreams. So we must walk and pace ourselves on this journey to our goals because we haven't grown enough in ourselves to fit the shoes that we need to achieve our aspirations."

# Handout B page 2



Simple words  
Simple sentence structure

Sophisticated vocabulary  
Complex sentence structure



15. Barber competed in her state pageant for seven years. She failed six times. When she speaks to graduates at her old school, she tells them we should not fear failure, but we should be terrified of regret. After all, they will hear hundreds of rejections when they first apply for a job.
16. "The reality of life is that we will all hear more nos than we hear yeses and we will fail a lot and I mean a whole lot, but what I ask of you today is to not take no for an answer. Don't be afraid of nos - be afraid of the possibility of a yes that you have prematurely destroyed because you decided to quit before the clock strikes twelve o'clock."
17. Barber is afraid of losing a dream because she gave up too early. But she also uses rejection to fuel her drive to go after what she wants. She takes time to look for reasons to work harder. She tells people "to work, to not stop here, to believe so heavily in your aspirations that you too will not fear the word no, but instead, you would choose to welcome this."

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Simple words  
Simple sentence structure

Sophisticated vocabulary  
Complex sentence structure

## 18. Born Here from an SEOT perspective

19. Let's break apart this story of grit and perseverance to discover some strategies that might help us achieve our goals. This article has two methods that work well together, and we can use these opposite approaches to push and pull ourselves to success.



### 20. Strategy Idea #1: Be Terrified Of Regret (push factor)

21. A push factor is when you push away from something terrible. For example, war pushes you away from your home country and forces you to migrate to safety.
22. In this article, Barber says we should be terrified of regret. This means trying to be afraid of the opportunities you're missing out on if you stop too soon. Use that terror of missing out to push yourself toward your goal.
23. In 2017, Barber spoke with graduating students and shared some of her life experiences. "I ask only one thing of you all after you leave this graduation. Do not fear failure. But, please be terrified of regret. Giving up is the birth of regret."
24. Barber failed to win her state pageant for six years. If she had given up after the sixth failure, she would never have become Miss USA. Barber likely would have spent her life wondering what might have been. She probably would have regretted that she didn't keep trying.
- ### 25. Strategy Idea #2: Prove Them Wrong (pull factor)
26. A pull factor is something that draws you closer to something. For example, sometimes parents move to a country with a better education system because they want to give their kids more opportunities in life.
27. In this article, proving naysayers wrong can be a powerful pull factor. We can use that desire to prove them wrong to overcome obstacles and keep going. When you're told "no" by someone, that you can't do something, that rejection might be just the push you need to light a fire in your soul that fuels your passion.
28. "I love a good no. Please tell me no. Telling me no is like adding fuel to a fire that is now set ablaze because of your single no - I love additional reasons to work harder. Please give me a reason."
29. Be so good, they can't ignore you. With this strategy, showing you were correct can be a powerful driving force to help you succeed.

# Handout B page 4



Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

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SEL Story #005



## Questions

1. Who was the lady talking to Deshauna Barber in the story, and what did they talk about? [RECALL]

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2. Why was Barber offended when the lady asked if she was born here? Why might the lady ask that question? [UNDERSTAND]

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3. Give an example of an assumption or mistake that people make about you. What is the assumption? Why is the assumption incorrect? Why do you think people assume that mistake in the first place? (Please choose a different assumption than the one given in the text about being born in this country.) [APPLY]

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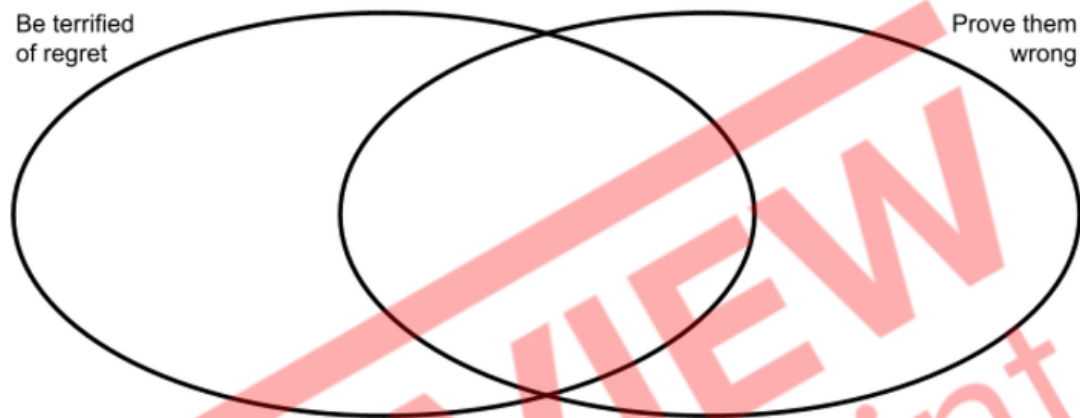
Handout  
B  
page 5



# Questions



4. Based on the information from the article and your own knowledge, how do you think the strategy of being "terrified of regret" is similar to the strategy of "prove them wrong?" How might the two strategies be different? Use a Venn diagram to compare and contrast the two strategies. [ANALYZE]



5. Barber competed in her state beauty pageant and failed for six years. It's hard to fail at something for so long and keep going. Look at your analysis from question #4. Which strategy do you think was more effective in helping Barber to compete in the seventh year? Use evidence from the text and your own thinking to support your answer. [EVALUATE]

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6. Think of something you have been working on for a while but haven't succeeded yet.[CREATE]
- a) Create a self-talk script using the "be terrified of regret" strategy (*pep talk to yourself #1*):

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- b) Create another self-talk script using the "prove them wrong" strategy (*pep talk #2*):

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- c) Which method do you find gives you more energy? Why do you think that is?

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# Handout B

page 6



# Questions

# BORN HERE

SEL Story #005



Paragraphs  
match

## 1. Where You Born Here In This Country?

- When Deshauna Barber was 19 years old, she was asked by a stranger if she was born in this country. Barber was immediately offended, but the conversation she had next would forever alter the trajectory of her future.
- Barber worked in Target's women's clothing section during the summer of 2009. A customer stared at her for twenty minutes from across the aisle before asking Barber if she was born in this country.
- "She says the most offensive thing to me that you can say to a person of color in the United States of America. She asks me, were you born in this country and I was immediately offended. I put my hands on my hips and I said yeah, I was born in this country."
- The lady turned out to be a pageant recruiter who thought Barber was the most beautiful girl she had ever seen. The next day, Barber agreed to meet at Starbucks, and the lady showed up with a foot-tall stack of pageant magazines to explain what beauty pageants were all about. Barber grew up in a military family, was already in the US Army Reserves, and working towards completing a military scholarship at university. As you can imagine, beauty pageantry was not part of her world growing up.
- Barber was incredibly open-minded as she decided to compete in the District of Columbia State pageant three months later; she lost but fell in love with competing in pageants. If she had won the state crown, she would compete against other state winners for the title of Miss USA. The winner of Miss USA goes on to represent the country on the international stage to compete in the Miss Universe competition.

Handout  
C  
page 1

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Simple words  
Simple sentence structure

Sophisticated vocabulary  
Complex sentence structure

7. The following year, Barber competed again in her state pageant and lost again. She competed in a third, fourth, and fifth year and failed repeatedly. Through sheer grit and determination, Barber decided to compete in her sixth pageant and made it to the semi-finals before getting eliminated. After six failed attempts, Barber reached out to the lady who convinced her to compete in her first pageant. "I call her on the phone and said, 'You told me I could be the next Miss USA,' and she says, 'Dashana, keep working, keep working, don't quit, keep going back.'"
8. In December 2015, Barber won her state competition to earn the title of Miss District of Columbia, USA. A few months later, in June 2016, she competed and won at the national level to become the first soldier serving in the military to win Miss USA and the ninth African American to win the title.
9. During her reign, Barber used her position as Miss USA to raise awareness about mental health in the Armed Forces. She advocates for soldiers who have post-traumatic stress disorder (PTSD.) A few months later, Barber competed against 86 countries for the 2016 Miss Universe title and finished in the top nine.
10. Today, Dr. Deshauna Barber's LinkedIn profile headline lists Army Veteran, Former Miss USA, Motivational Speaker, President of Service Women's Action Network, and Diversity and Inclusion expert. She served her country as a captain in the US Army Reserve. She's a STEM graduate with a Bachelor of Science degree in Business Management, a Master of Science degree in Computer Information Systems, and a doctorate in Organizational Leadership. She also travels the world as a motivational speaker.
11. One of her messages is that sometimes, the person you are right now isn't ready to be the person who wins. That means you have to keep working and growing.
12. Barber admits that she used to give up a lot when she was a kid. Her first real commitment was in middle school when she made the track team. Barber needed running shoes, so her mom bought her size nine shoes; at the time, she was a size five. Her mom bought large Nike runners that she could grow into. During track practice, Barber twisted her ankle and fell to the ground because her shoes were too big.
13. "I couldn't run at the speed that I wanted to because I didn't fit the shoes I was wearing at the time." Barber goes on to explain the life metaphor.
14. "Now many of us have goals we're trying to achieve, but the person we are right now is not the person that we need to be when we cross the finish line to our dreams. So we must walk and pace ourselves on this journey to our goals because we haven't grown enough in ourselves to fit the shoes that we need to achieve our aspirations."

# Handout C page 2



Simple words  
Simple sentence structure

Sophisticated vocabulary  
Complex sentence structure



15. Barber competed in her state pageant for seven years and failed six times. When she speaks to graduates at her alma mater, she tells the crowd we should not fear failure but be terrified of regret. After all, they will hear hundreds of rejections when first applying for a job.
16. "The reality of life is that we will all hear more nos than we hear yeses and we will fail a lot and I mean a whole lot, but what I ask of you today is to not take no for an answer. Don't be afraid of nos - be afraid of the possibility of a yes that you have prematurely destroyed because you decided to quit before the clock strikes twelve o'clock."
17. In fact, not only is Barber afraid of crushing a dream because she gave up prematurely, but she also uses rejection to fuel her drive to go after what she wants. She actively looks for additional reasons to work harder. Her challenge is for people "to work, to not stop here, to believe so heavily in your aspirations that you too will not fear the word no, but instead, you would choose to welcome this."

# Handout C page 3

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Simple words  
Simple sentence structure

Sophisticated vocabulary  
Complex sentence structure

## 18. Born Here from an SEOT perspective

19. Let's analyze this story of grit and perseverance to derive strategies we can adopt to help us achieve our goals. This article has two opposite but complementary strategies that we can use to push and pull ourselves to success.



### 20. Strategy Idea #1: Be Terrified Of Regret (push factor)

21. A push factor is when you push away from something negative. For example, war pushes you away from your home country, forcing you to migrate.
22. In this article, Barber advocates being terrified of regret. In this case, you move away from the painful fear of lost opportunity and use that terror to push yourself towards your goal.
23. In 2017, Barber shared some of her life experiences with graduating students. "I ask only one thing of you all after you leave this graduation. Do not fear failure. But, please, be terrified of regret. Giving up is the birth of regret."
24. Barber failed to win her state pageant for six years. If she had given up after her sixth rejection, she would never have become Miss USA. She likely would have spent her life wondering what might have been and regretting that she didn't keep trying.
- ### 25. Strategy Idea #2: Prove Them Wrong (pull factor)
26. A pull factor is something that draws you closer to something. For example, sometimes parents relocate to a country with a better education system because they want to provide more opportunities for their kids.
27. In this article, proving naysayers wrong can be a powerful pull factor because we can use that desire to prove them wrong to overcome obstacles. When you're told "no" by someone, that you can't do something, that rejection might be just the push you need to light a fire in your soul that fuels your passion.
28. "I love a good no. Please tell me no. Telling me no is like adding fuel to a fire that is now set ablaze because of your single no - I love additional reasons to work harder. Please give me a reason."
29. Be so good, they can't ignore you. With this strategy, vindication can be a powerful driving force to help you achieve success.

# Handout C page 4



Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

# BORN HERE

SEL Story #005



## Questions

1. Who was the lady talking to Deshauna Barber in the story, and what did they talk about? [RECALL]

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2. Why was Barber offended when the lady asked if she was born here? Why might the lady ask that question? [UNDERSTAND]

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3. Give an example of an assumption or mistake that people make about you. What is the assumption? Why is the assumption incorrect? Why do you think people assume that mistake in the first place? (Please choose a different assumption than the one given in the text about being born in this country.) [APPLY]

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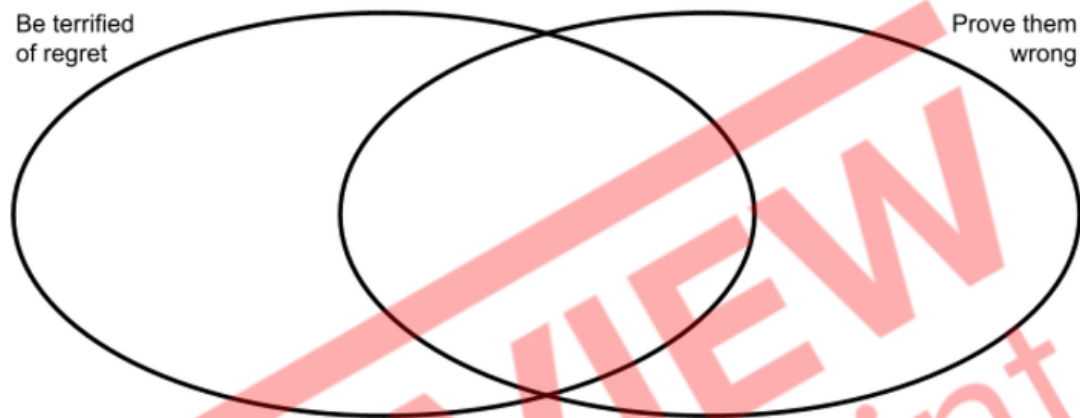
Handout  
C  
page 5



# Questions



4. Based on the information from the article and your own knowledge, how do you think the strategy of being "terrified of regret" is similar to the strategy of "prove them wrong?" How might the two strategies be different? Use a Venn diagram to compare and contrast the two strategies. [ANALYZE]



5. Barber competed in her state beauty pageant and failed for six years. It's hard to fail at something for so long and keep going. Look at your analysis from question #4. Which strategy do you think was more effective in helping Barber to compete in the seventh year? Use evidence from the text and your own thinking to support your answer. [EVALUATE]

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6. Think of something you have been working on for a while but haven't succeeded yet.[CREATE]
- a) Create a self-talk script using the "be terrified of regret" strategy (*pep talk to yourself #1*):

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- b) Create another self-talk script using the "prove them wrong" strategy (*pep talk #2*):

---

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- c) Which method do you find gives you more energy? Why do you think that is?

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# Handout C page 6



## Questions

Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

# BORN HERE

SEL Story #005



Paragraphs  
match

## 1. Where You Born Here In This Country?

- When Deshauna Barber was 19 years old, a stranger inquired if she was born in this country. Barber was immediately offended, but the subsequent conversation would forever alter the trajectory of her future.
- Barber worked in Target's women's clothing section during the summer of 2009. A customer studied her for twenty minutes from across the aisle before inquiring whether Barber was born in this country.
- She says the most offensive thing to me that you can say to a person of color in the United States of America. She asks me, were you born in this country and I was immediately offended. I put my hands on my hips and I said yeah, I was born in this country.
- Unbeknownst to Barber, the lady was a pageant recruiter convinced Barber was the most beautiful girl she had ever seen, a beauty to behold. The following day, Barber reluctantly agreed to meet at Starbucks, and the lady showed up with a foot-tall stack of pageant magazines to explain the realities of the beauty pageant industry. Barber grew up in a military household, was already enlisted in the US Army Reserves, and was completing a military scholarship at university. As one might imagine, beauty pageantry, pomp, and circumstance were not a part of her upbringing.
- Barber was incredibly open-minded as she decided to compete in the District of Columbia State pageant three months later; she lost but discovered a passion for pageants. Had she won the state crown, Barber would progress to compete against other state winners for the national title of Miss USA. The winner of Miss USA continues to the international stage to represent the country in the Miss Universe competition.

Handout  
D  
page 1

SEL Story 005 Born Here - Handout D - Page 1 of 6

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Simple words  
Simple sentence structure

Sophisticated vocabulary  
Complex sentence structure

7. The following year, Barber competed again in her state pageant and lost again. She vied for beauty royalty in a third, fourth, and fifth year and failed repeatedly. Through sheer grit and determination, Barber decided to compete in her sixth pageant and made it to the semi-finals before getting eliminated. After six failed attempts, Barber reached out to the lady who initially convinced her to compete in her first pageant. "I call her on the phone and said, 'You told me I could be the next Miss USA,' and she says, 'Dashana, keep working, keep working, don't quit, keep going back.'"
8. In December 2015, Barber won her state competition to earn the title of Miss District of Columbia, USA. A few months later, in June 2016, she competed and won at the national level to become the first soldier serving in the military to win Miss USA and the ninth African American to win the title.
9. During her reign, Barber used her position as Miss USA to advocate for mental health in the Armed Forces, raising awareness for soldiers who have post-traumatic stress disorder (PTSD). A few months later, Barber competed against 86 countries for the 2016 Miss Universe title, and although she failed to achieve the top crown, Barber managed to finish in a respectable top nine.
10. Today, Dr. Deshauna Barber's LinkedIn profile headline lists Army Veteran, Former Miss USA, Motivational Speaker, President of Service Women's Action Network, and Diversity and Inclusion expert among her many accomplishments. She served her country as a captain in the US Army Reserve. She's a STEM graduate with a Bachelor of Science degree in Business Management, a Master of Science degree in Computer Information Systems, and a doctorate in Organizational Leadership. She is a highly sought-after professional who delivers motivational speaking engagements worldwide.
11. One of her messages is that sometimes, the person you currently are isn't prepared to be the person who can ultimately achieve your desired goal. That means you have to keep working, growing, and evolving.
12. Barber admits that she wasn't exceptionally tenacious in her childhood. Her first substantial commitment was in middle school when she made the track team. Barber needed running shoes, so her mom bought her size nine shoes; at the time, she was a size five. However, large Nike runners were more practical, given she could grow into them. During track practice, Barber twisted her ankle and collapsed because her shoes were oversized.
13. I couldn't run at the speed that I wanted to because I didn't fit the shoes I was wearing at the time. Barber goes on to develop her thesis.
14. Now many of us have goals we're trying to achieve, but the person we are right now is not the person that we need to be when we cross the finish line to our dreams. So we must walk and pace ourselves on this journey to our goals because we haven't grown enough in ourselves to fit the shoes that we need to achieve our aspirations.

# Handout D page 2



Simple words  
Simple sentence structure

Sophisticated vocabulary  
Complex sentence structure



15. Barber competed in her state pageant for seven consecutive years and was unsuccessful six times. When she delivers a commencement address to graduates at her alma mater, she provides practical advice for the crowd: we should not fear failure but be terrified of regret. After all, they will experience hundreds of rejections when first applying for a job.
16. The reality of life is that we will all hear more nos than we hear yeses and we will fail a lot and I mean a whole lot, but what I ask of you today is to not take no for an answer. Don't be afraid of nos - be afraid of the possibility of a yes that you have prematurely destroyed because you decided to quit before the clock strikes twelve o'clock.
17. In fact, Barber is afraid of shattering a dream so precipitately that she uses rejection as a catalyst to fuel her ambition to achieve desired outcomes. She actively looks for additional reasons to work harder. She throws down the gauntlet for people "to work, to not stop here, to believe so heavily in your aspirations that you too will not fear the word no, but instead, you would choose to welcome this."

# Handout D page 3



Simple words  
Simple sentence structure

Sophisticated vocabulary  
Complex sentence structure

## 18. Born Here from an SEOT perspective

19. Let's analyze this example of grit and perseverance to derive actionable strategies that might assist us in achieving our goals. This article exemplifies two opposite but complementary approaches we can implement to push and pull ourselves to success.



### 20. Strategy Idea #1: Be Terrified Of Regret (push factor)

21. A push factor is something negative that instigates action on your part to escape an undesired outcome. For example, war necessitates migration away from your country of origin.
22. In this article, Barber advocates being terrified of regret. In this scenario, you resolve trepidation of lost opportunity by pushing yourself toward your desired outcome.
23. In 2017, Barber shared her life experiences with graduating students to inspire action: "I ask only one thing of you all after you leave this graduation. Do not fear failure. But, please be terrified of regret. Giving up is the birth of regret."
24. Barber failed to win her state pageant for six years. Had she given up after her sixth rejection, she would never have realized her dream of becoming Miss USA. She likely would have forever wondered about alternate realities had she endured a little more.

### 25. Strategy Idea #2: Prove Them Wrong (pull factor)

26. A pull factor is something that draws you towards something desirable. For example, sometimes parents relocate to a country with a superior public education system because they want to provide opportunities for their kids that they themselves were lacking.
27. In this article, proving naysayers wrong can be a compelling pull factor because we can use that desire to prove them wrong to overcome obstacles. When you're told "no" by someone, that you can't do something, that rejection might be just the push you need to ignite an inferno in your soul that fuels your passion.
28. I love a good no. Please tell me no. Telling me no is like adding fuel to a fire that is now set ablaze because of your single no - I love additional reasons to work harder. Please give me a reason.
29. Be so good, they can't ignore you. This strategy relies on one's quest for vindication to provide a compelling drive to maintain our efforts until we succeed.

# Handout D page 4



Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

# BORN HERE

SEL Story #005



## Questions

1. Who was the lady talking to Deshauna Barber in the story, and what did they talk about?  
[RECALL]

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2. Why was Barber offended when the lady asked if she was born here? Why might the lady ask that question? [UNDERSTAND]

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3. Give an example of an assumption or mistake that people make about you. What is the assumption? Why is the assumption incorrect? Why do you think people assume that mistake in the first place? (Please choose a different assumption than the one given in the text about being born in this country.) [APPLY]

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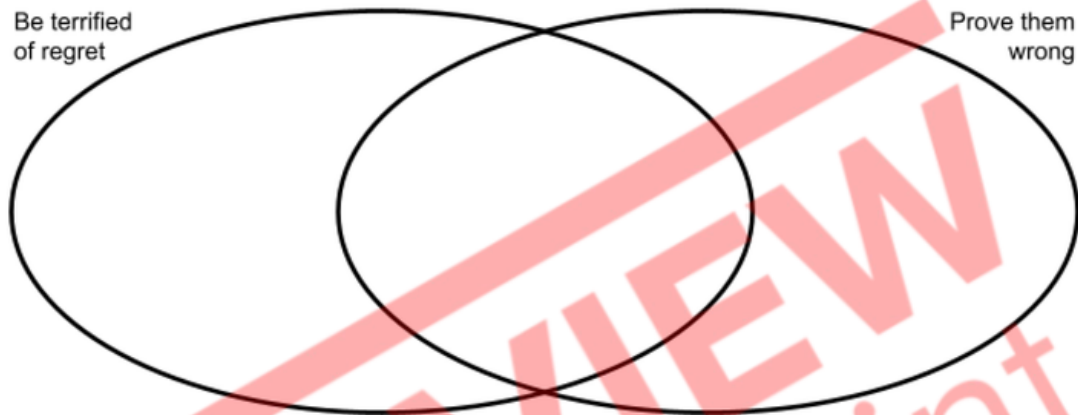
Handout  
D  
page 5



# Questions



4. Based on the information from the article and your own knowledge, how do you think the strategy of being "terrified of regret" is similar to the strategy of "prove them wrong?" How might the two strategies be different? Use a Venn diagram to compare and contrast the two strategies. [ANALYZE]



5. Barber competed in her state beauty pageant and failed for six years. It's hard to fail at something for so long and keep going. Look at your analysis from question #4. Which strategy do you think was more effective in helping Barber to compete in the seventh year? Use evidence from the text and your own thinking to support your answer. [EVALUATE]

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6. Think of something you have been working on for a while but haven't succeeded yet.[CREATE]
- a) Create a self-talk script using the "be terrified of regret" strategy (*pep talk to yourself #1*):

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---

- b) Create another self-talk script using the "prove them wrong" strategy (*pep talk #2*):

---

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- c) Which method do you find gives you more energy? Why do you think that is?

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# Handout D

## page 6



# Questions



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SEL Story 005

# BORN HERE

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

Reading Strategy: **Inferring**

SEOT: **Strategy** (Be terrified of regret; Prove them wrong)

version: v2022-11-06

## ANSWERS / DISCUSSION GUIDE

**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](mailto: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.)

### Questions

1. Who was the lady talking to Deshauna Barber in the story, and what did they talk about?  
(RECALL)

• [Redacted answer]

Answer that demonstrates deeper understanding:

• [Redacted answer]

SEL Story 005 Born Here - Answers - Page 1 of 8

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page 1



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# Answers / Discussion Guide





3. Give an example of an assumption or mistake that people make about you. What is the assumption? Why is the assumption incorrect? Why do you think people assume that mistake in the first place? (Please choose a different assumption than the one given in the text about being born in this country.) [APPLY]

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

- LOOK FOR #1: \_\_\_\_\_.
- LOOK FOR #2: \_\_\_\_\_
- LOOK FOR #3: \_\_\_\_\_
- LOOK FOR #4: \_\_\_\_\_

Please note: This might be a good opportunity to launch a conversation about stereotypes.

- \_\_\_\_\_

Assumptions / mistakes people make about me	Why it's a mistake	Why they might assume that.
• _____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____





5. Barber competed in her state beauty pageant and failed for six years. It's hard to fail at something for so long and keep going. Look at your analysis from question #4. Which strategy do you think helped Barber to go back and compete in the seventh year? Use evidence from the text and your own thinking to explain your answer. [EVALUATE]

This is a tricky question because it's impossible to know what Barber was thinking. What matters is how students justify their thinking based on evidence from the text. Possible opinions:

- [redacted]

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

1. [redacted]
2. [redacted]
3. [redacted]

Opinion #1: [redacted]

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





Opinion #2: \_\_\_\_\_

It Says (Evidence in text)	I Say (Stuff I know / my thinking)	And So... (Inference)
<ul style="list-style-type: none"><li>_____</li><li>_____</li><li>_____</li></ul>	<ul style="list-style-type: none"><li>_____</li></ul>	<ul style="list-style-type: none"><li>_____</li><li>_____</li><li>_____</li></ul>
<ul style="list-style-type: none"><li>_____</li><li>_____</li><li>_____</li></ul>	<ul style="list-style-type: none"><li>_____</li><li>_____</li><li>_____</li><li>_____</li><li>_____</li><li>_____</li><li>_____</li></ul>	<ul style="list-style-type: none"><li>_____</li><li>_____</li><li>_____</li><li>_____</li><li>_____</li><li>_____</li><li>_____</li><li>_____</li></ul>
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page 6



<div>[REDACTED]</div>	<div>[REDACTED]</div>	<div>[REDACTED]</div>
<div>[REDACTED]</div>	<div>[REDACTED]</div>	<div>[REDACTED]</div>
<div>[REDACTED]</div>	<div>[REDACTED]</div>	<div>[REDACTED]</div>

page 7

## SEL Story 005 Born Here - Answers - Page 7 of 8

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# Answers / Discussion Guide

6. Think of something you have been working on for a while but haven't succeeded yet. Create a self-talk script using the "be terrified of regret" strategy to drive you to your goal. Create another self-talk script using the "prove them wrong" approach to motivate you to win. Which method do you find gives you more energy? Why do you think that is? [CREATE]

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

- [redacted]
- [redacted]
- [redacted]
- [redacted]
- [redacted]

Example Goal	BE TERRIFIED of REGRET Push factor	PROVE THEM WRONG Pull factor
[redacted]	[redacted]	[redacted]
[redacted]	[redacted]	[redacted]
[redacted]	[redacted]	[redacted]






# 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: Were You Born Here In This Country?

**INFERRING**



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

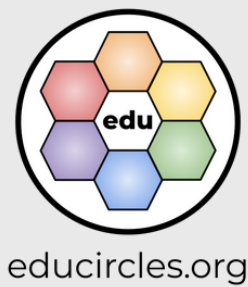
Evidence from the text	+	your thinking	=	an inference
------------------------	---	---------------	---	--------------
2. **Your inference cannot be directly in the text.** It has to be something new that you figured out *based* on the text.
3. Use **Somebody Wanted But So** to think about the text and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

 **R<sub>1</sub>** Reading for **MEANING**  
comprehension strategy  
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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  
  Were You Born Here In This Country?
- 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
			(inference, not directly stated)
			(inference, not directly stated)

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)

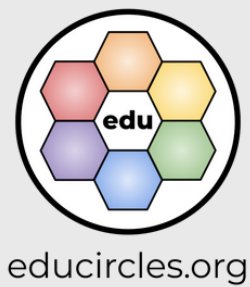
**STOP and CHECK!**

- ☐ 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)

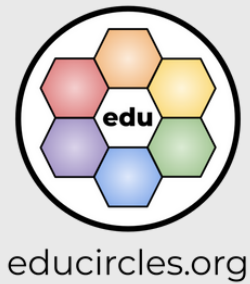
**STOP and CHECK!**

- ☐ 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.

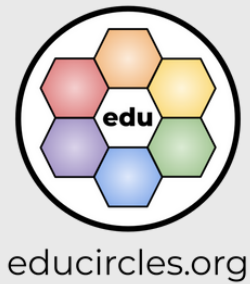
	Level 4	Level 3	Level 2	Level 1
<b>R1.</b> <b>Reading for Meaning</b>	You answered all of the guiding questions.	You answered all the guiding questions.	You tried to answer the guiding questions.	You answered few of the guiding questions.
<b>Ideas</b>	Your inference is supported by strong evidence from 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
<b>R4.</b> <b>REFLECTING on reading skills and strategies</b>	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.
<b>Ideas</b>	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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SEL Story 005 Born Here - START HERE - Page 3 of 5

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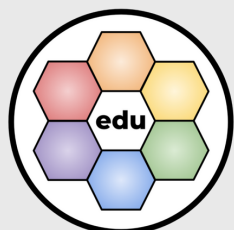
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## Changelog

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.

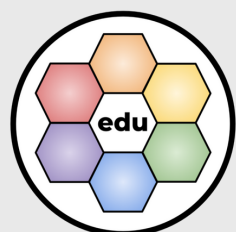
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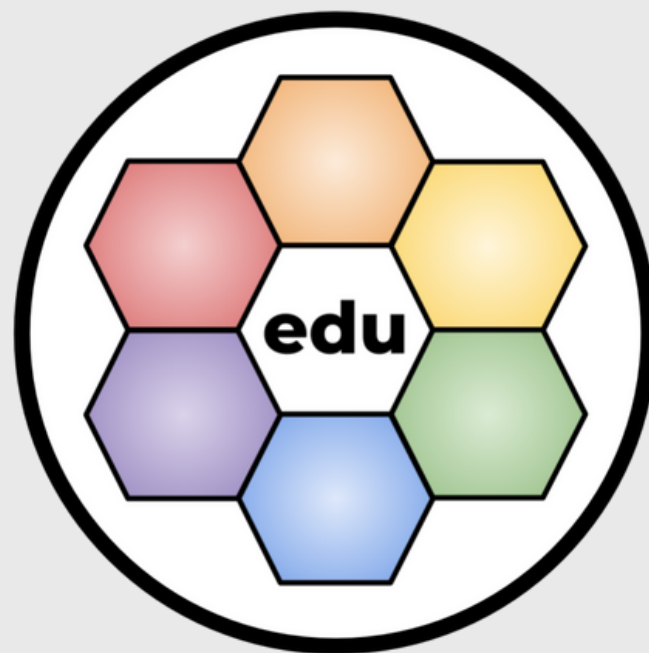
- Download the most recent version: [SEL Story 005 - Born Here](#)
- How to update (or know if you need to update): [HELP \(SEL Story 005\)](#).

## Initial Release: Version 2022-11-06

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

What's  
Changed?





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