

M.I.C. a speaker series @ COSTA
MAKE IT COUNT

THE ART OF CONVERSATION AND THE IMPORTANCE OF LISTENING, March 7

Student Curators: Samantha Frias, Christine Garrison, Adam Kim

Adult Speaker: Mr Cameron Chow, English Teacher, Football Coach

Student Speakers: 3 members of Comedy Sports

THE BENEFITS FROM FAILURE, March 21

Student Curators: Lauren Chao, Rachel Clinton, and Ella Scalabrini

Adult Speaker #1: Ms. Stacy Cabrera , English, Philosophy and Capstone teacher at Mira Costa
The three main thinking points.

- o Avoid missed opportunities and always try new experiences.
- o How do we learn to enjoy the uncomfortable? (Sports relish the “no pain no gain” attitude --
- how can we get academia to embrace the struggle?)
- o How do we get over the fear of failure?

Adult Speaker #2: Doug McIntyre, Radio talk show host will discuss how failure is the price of a success. He will talk about overcoming failure from personal experience as well as using historical examples. “Getting out of your own way”, “It’s not how many times you get knocked down, but how many times you get up.”
“Defining success in your own terms....”

THE 17 YEAR OLD BRAIN & HOW IT IS AFFECTED BY STRESS, April 11th

Student Curators: Henry Householder, Peri Nathan, Megan Seth

Adult Speaker: Dr. Deborah Budding

Student Speaker: Yusaf Abdul-Cader

Video: <https://www.dropbox.com/s/6r2jryx7xzi5vde/Teen%20brains.pptx?dl=0>
