

MONARCH PRODUCTIONS PRESENTS

CHARACTER DEVELOPMENT

DERIVED FROM THE DOCUMENTARY FILM

JUST A KID FROM

FALL RIVER

THE LIFE AND STORY OF MARC MEGNA

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We want teachers/instructors/educators to be involved, especially with the pre-processing discussion/questions, and following up with the processing questions as well. Here are some of our recommendations regarding the implementation of this curriculum with your students, athletes, colleagues, and/or participants of any grouping:

- View the film in advance to familiarize yourself with the content. This will prepare you for generating discussions before watching each section of the film with your participants.
- Pre-processing questions will create an environment that will help your participants focus on that specific topic/issue at hand. You can use these questions for pre-processing discussions to gather the participants' thoughts before watching the film (sections), and then review the questions again to process how their thoughts might have adjusted after watching each section of the film. Or feel free to generate your own pre-processing discussions.
- Take your time. There is a wealth of knowledge and experience to gain from each section of the film. One of the programs that just completed the film and curriculum took several weeks to go through the entire thing. At the beginning of the implementation of the film and curriculum, the teacher said none of the students would speak up. By the end of the film they didn't have enough time in the class to get through all of their desired discussions!
- Be sure to make yourself available for one-on-one discussions outside of the official class/regulated time. Some participants may not be comfortable discussing certain issues in a group setting. Providing a safe environment for them to discuss those issues is vital to them overcoming insecurities, doubts, worries, and many other issues.

While we do hope that you and your students/participants enjoy the film overall, we also want to make sure you understand that we did not create this film and curriculum for you, as an educator/teacher/instructor to sit back and take a break. This was created for you to provide an activity for those under your tutelage to realize their own full potential even when life doesn't go the way they wanted it to. That will only happen when you put in the time and effort to properly process the film, the curriculum and the discussions that you and your students/participants will incur throughout the duration of the program.

Please feel free to reach out to us if you should need any assistance or have any questions for us. We want you and your participants to get the most out of this package and to enjoy the process! DREAM BIG, NEVER QUIT!

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KNOW YOUR ENVIRONMENT



0:00:00 - 5:30:12

1. Do you think some people will **judge** you according to what area or neighborhood you live in?
2. Do you think your **success** in life will be dictated by which type of neighborhood or environment you are from? Explain your answer.
3. Why do many of the kids from fall river have a “chip on their shoulder”?
4. *“Coming from this city **humbles** you, it shows you where rock bottom can be.”* What do you think this quote means?
5. *“Drugs or violence, you grow up around that...you can fall into that trap, not being able to find your way out of it...”* Do you think if a kid lives in an environment with drugs and violence that they too will live a life of drugs and violence? Explain your answer.
6. *“Fall River taught me a lot of things. The streets taught me as much as the classroom.”* How can someone gain something **positive** by living in a **negative** environment?
7. What **advice** would you give to a kid who lives in a really bad situation? What insight from your own personal experiences could you share to let a kid know that they can **grow, learn** and be successful despite their environment?

FATHERLESS



5:30:12 - 6:51:12

1. How would you explain the meaning of the word “**father**”?
2. Do you think it’s important for a child to have a father figure in their life? Explain your answer.
3. What do you think some of the **responsibilities** of a father should be?
4. “*We just saw what children see.*” What is Marc’s brother referring to in regard to his parent’s relationship?
5. “*You don’t know what you don’t have because our mother took care of everything.*” List some of the responsibilities a single parent **mother** might have.
6. “*Marc had no one to look up to.*” Do you think it’s important for a **child** to have someone to “look up to”?
7. What advice would you give to a child who does not have a father figure in their life? You can provide your own personal experiences to give advice.

BULLYING

 6:51:12 - 10:24:13

1. How would you define the word “**Bullying**”?
2. Do you know anyone who has been bullied? Describe the situation.
3. *“My brother wouldn’t tell anyone....he kept it inside of him.”*
What advice would you give to someone who “keeps it inside of him”?
4. What did Marc say he did with all of the **anger** that built up inside of him as a result of the bullying?
5. How can someone turn a “negative situation’ into something “positive”?
6. “I am crying because I should’ve been a better brother to my brother”
What does Marc’s brother mean by this comment?
7. *“We all have something **special** inside us and you should never let anyone treat you that way....ever.”* Do you agree with Marc’s statement? Explain your answer.
8. What advice would you give to a student who is being bullied? Share any of your personal experiences you have had with bullying. You can also use some of the advice that Marc shared in his video.

SELF ESTEEM

 10:24:13 - 16:26:09

1. How do you define “Self Esteem”?
2. *“We all have something special inside of us.”* Why do you think it’s important for someone to feel good about themselves?
3. As a result of the teasing and bullying from others, Marc became angry. How did he channel his anger into a positive way?
4. *“Marc was much more **discipline** than other kids his age.”* What are some of the changes Marc made in his lifestyle?
5. *“Marc was not a **gifted** athlete....everything he had he had to work for.”* What does this statement mean?
6. *Marc would tell himself “everyone is better, more **talented**...I just have to work harder.”* How does Marc’s “**no excuses**” approach apply to anyone’s situation in life? List examples of how this quote can apply to other aspects of your life.
7. Marc was able to completely **transform** his self esteem and his body image. He was able to take a negative and turn it into a positive. Do you think anyone could make this change to their self esteem? What advice would you give to someone who is struggling with self esteem and body image issues?

PEER PRESSURE



16:26:09 - 18:54:17

1. How would define the term “peer pressure”?
2. Give a few examples of peer pressure you are aware of.
3. Can “peer pressure” ever be a good thing? Explain your answer.
4. A famous football coach once said, *“If I want to know about a football player, then all I have to do is look at that player’s **friends**.”* What do you think the Coach means? Do you agree? Explain your answer.
5. A classmate of Marc’s, Chris Herren, went on to play major college basketball. He **developed** a **reputation** of being a big “partier”. How was Marc different?
6. If Marc would have given in to peer pressure and started hanging out with the kids who partied and weren’t **focused** on academics or athletics, do you think Marc would have been as successful as he was? Explain your answer.
7. Using your own experiences, what advice would you give to a kid who is making poor decisions by giving in to peer pressure?

LEVELING/BALANCING THE PLAYING FIELD (GOAL SETTING)

 18:54:17 - 26:08:00

1. Have you ever set a **goal** and developed a plan for **achieving** it? Describe how you did it.
2. Do you think goal setting is important in order to be successful?
3. When Marc was in high school, what was his “big” goal?
4. What was Coach Reid’s first memory of Marc when he would ask Marc a question during their initial meeting?
5. “*When Coach Reid saw Marc’s **determination**...he gave him a chance (to play college football)*” How would you define the word “determination”? How important do you think “determination” is when trying to successfully achieve a goal?
6. What was Marc’s mother’s response when he found out he was getting a college scholarship? Why do you think she felt that way?
7. What advice would you give to someone who has set a high goal for themselves, but has no **support** from anyone else? Can a person still be successful if they lack support from family/friends? Explain your answer.

TOUGH LOVE



28:32:23 - 35:36:01

1. What do you think the phrase “**tough love**” means?
2. Have you ever had an experience of someone showing you “tough love”? Explain your answer.
3. Why would someone feel the need to treat another person with “tough love”? What could possibly be their **purpose** in doing so?
4. Why do you think Coach Cullen was so hard on Marc?
5. *“I don’t think there could have been a better coach, at a better time, for Marc in Marc’s life.”* What do you think this quote means?
6. What are some examples of how a parent or guardian may show you “tough love”?
7. If the roles were reversed, and you were a parent, teacher, or coach.....would you use tough love to **motivate** a kid? Explain your answer.

NEVER GIVING UP



37:24:09 - 42:55:08

1. *"All the physical adversity was nothing compared to the academic adversity I faced in college."* What do you think "**adversity**" means? What does Marc mean from this quote?
2. How do you respond to adversity? Share personal experiences.
3. *"There was the expectations that athletes were to **perform** well in the classroom...I was certainly over my head."* What does Marc mean from this quote? Have you ever felt **overwhelmed** or that you would not be able to meet a goal or expectation?
4. *"When he started, it was tough. He didn't have the **background** that you need to be a successful college student."* What does this quote mean? What does he mean by "background"?
5. *"It's nice to say, I am so far behind, I don't know what I am doing. If I put in the work I am going to be fine. I felt completely lost and I didn't know what to do from there"* - What does Marc mean by this quote? Have you ever felt "lost" or that you wanted to give up? Explain your answer.
6. Who did Marc call when he was about to quit college? What advice did this person give to Marc?
7. What advice would you give to someone who is going to "quit"? Explain your response with personal experiences.

HARD WORK (GRIND)

 42:55:08 - 49:04:15

1. Do you feel that you work “**hard**” in the classroom or in extra-curricular activities? Explain.
2. *“The word “**grind**” is often misunderstood. It doesn’t mean doing something you like to do. It means to do something you **DON’T** like to do....”* Give an example of you or someone else “grinding” to achieve a goal.
3. What type of **impact** did Marc have on his teammates?
4. *“Marc is the type of person that you are not going to out work him. He made up his mind at an early age that he would not be outworked.”*
How important was Marc’s work ethic to his success on the football field and the classroom? Do you think he would have been as successful in both if he did not have this attitude?
5. *“There are few people I **respect** more in the world for their work ethic than Marc Megna because no challenge is too great for him.”- Todd McShay (ESPN Commentator)*
Do you think “**work ethic**” is based on talent or skill? Explain your answer.
6. How was Marc’s **personality** different in the classroom compared to the football field?
7. Do you think if a student is willing to “out work” other students, then they could become successful in the classroom? Explain your answer.

LEADERSHIP



53:30:13 - 56:02:13

1. How would you define someone as being a “leader”?
2. Do you think a **team** or group of people need a “leader” to be successful? Explain your answer.
3. “*Marc put our program on his back and allowed us to be a winner again.*” What do you think this quote means?
4. “*Marc is one of the most **accountable, dependable** guys I have ever been around.*” What does it mean to be “accountable”?
5. Do you think a leader needs to be liked by his teammates? Explain your answer.
6. “*Leadership is not a **position** or **title**...it is a an action and example.*” Do you agree with this quote? Explain your answer.

THE REWARD



56:02:16 - 1:00:04:07

1. *“There is only one story for me. It is going to be insanely challenging; tons of adversity. But you’re going to ride this thing out. And it doesn’t matter how it ends, but you will see it through. And that was the most important thing for me because I am laying the **foundation** for my life now.”* How would you define the word “adversity”?
2. What does Marc mean by “ride this thing out”?
3. Why do you think Marc thinks the **journey** is more important than the goal?
4. What are some examples of adversity in his **childhood** that Marc had to overcome during his journey?
5. How might the **obstacles** or adversity that Marc encountered in college have made him stronger in the long run?
6. Did Marc’s dream of becoming a professional football player happen overnight? Explain some of the **detours** his journey took in the NFL before he became a member of the Montreal Alouettes of the Canadian Football League.
7. What **lessons** can someone learn from Marc’s personal journey?

HUMILITY



1:18:32:14 - 1:22:38:02

1. What does the word “**humility**” mean?
2. Give an example of you or someone you know who demonstrates this **core value**.
3. *“I went from playing professional football at the highest level to being a trainer in a gym where no one knew me, I had no reputation, no clients or client roster, and I was being treated like a beginning trainer.”*
How might this be a difficult transition for some people? What do you think the major differences are from being a “professional football player” to a “beginning trainer”?
4. What does Marc mean by his comment *“I had to check my **ego** if I was going to be successful.”*?
5. *“I knew I had to do what was required....if they ask me to do something, I would do it with **enthusiasm** and do it better than anyone else.....and that is exactly what I did.”*
What do you think about Marc’s quote? Are you able to do something that you don’t like doing? What are some of the positive consequences of following Marc’s quote in life?
6. *“It’s not going to be easy, but nothing in life worth having is easy.”* Do you agree with this quote? Explain your answer.
7. *“Humility is not thinking less of yourself. It is thinking of yourself less.”* What do you think this quote means? Do you agree/disagree? Explain your answer.

EFFORT



1:22:38:02 - 1:25:30:06

1. How would you define the meaning of “**Effort**”?
2. How important is “effort” to someone’s success in life? Explain.
3. After hearing Marc list the things he has to do in one day, how would you describe an average day for Marc?
4. *“It is what it is. I think it’s that way for most successful trainers”* What do you think Marc means by this quote? Do you think this **attitude** is an indication as to why he is so successful? Explain your answer.
5. *“Marc is crazy. He is legitimately crazy...and that’s what I love about him. There are very few people that you can meet where you can say they are “crazy” but mean it in a positive light.”* What do you think this quote means?
6. *“Marc turns it up at the point when most people give up. Most people are the complete opposite. He finds that place where most people are dying and he gets going...that’s what motivates him.”* What do you think this quote means? How does this quote apply to all aspects of Marc’s life?
7. *“My **standards** changed, my **expectations** changed...what I was **capable** of in life changed.”* How does this quote explain how someone could be successful once they changed their “standards” and “expectations”?

THE PROCESS



1:25:30:06 - 1:31:56:09

1. What does the word “expectations” mean? How can you personally raise your “expectations?”
2. What does the phrase mean “thinking outside of the box”?
3. *“I wanted to help people on a larger scale.”* What was Marc’s plan to do this?
4. *“You have to be **uncomfortable** to grow. If you are **comfortable** in what you are doing, then you won’t get anything out of the session. I would be just **maintaining**. I am not here to maintain. I want to get better in life.”*
What do you think this quote means? Describe how something can make you “uncomfortable” but is good for you in the long run.
5. *“It’s good to be surrounded by positive people who are like minded.”* What does this mean? Do you agree with the quote? Explain your answer.
6. *“He would be gone from 3am to 7pm...insane schedule...what most people don’t know is that for many years Marc only slept for about 4 hours a night.....I would see him push through **exhaustion**...”* to see his dream become a **reality**.
What would you be willing to **sacrifice** in order to achieve a dream?
7. Throughout this documentary, you have seen countless people in Marc’s life who have supported him. These are people he has maintained a **sincere** positive **relationship** with. How important is it to his success in life that he had the support of so many people? Do you think it’s important in your own life to **cultivate** positive relationships with people? Explain your answer.

COPING WITH LOSS



1:31:56:09 - 1:35:35:00

1. Have you ever lost someone close to you in your life? What impact did this have on you? Please share your personal experiences.
2. *“Usually when a person is that **sensitive**, and is that **driven**...it usually comes from the mom.”* Do you agree with this quote? Explain your answer.
3. *“One of my dreams was for my mother to attend my wedding, but also for her son to do well, to do something really special...that being Anatomy.”*
Why do you think it was so important for Marc to have his mother be a part of his eventual success in life?
4. *“No matter what you hear from friends and family, nothing will prepare you to lose the most important figure in your life.”* Do you agree with this quote? Please explain your answer.
5. Marc’s brother says, *“It brought us closer, made us tighter.”* What is Marc’s brother referring to? How can tragedy bring people together?
6. *“I really feel badly that there are kids similar to Marc that have single parenting, and how much (Marc) has missed out of life, and that is something that hurts every day.”*
Do you or someone you know have a single parent? Do you agree with this quote? Explain your answer.
7. *“Marc’s mother never gave up...she never gave up.”* What impact do you think his mother’s determination and “never give up” attitude had on Marc’s success in life?

DREAM BIG NEVER QUIT

1. What is the significance of Marc's motto: "Dream Big, Never Quit"? How does his life represent this quote?
2. What lessons could you learn from Marc's life and his "Dream Big, Never Quit" mentality?
3. What are some of the obstacles or adversity Marc has faced in his life (childhood to the opening of Anatomy)?
4. What impact do you think the obstacles he faced may have had on his success in life?
5. After watching, *Just A Kid From Fall River*, do you think anyone can be successful in life? What would it take for anyone to be successful? Explain your answer and defend your response with examples from the documentary.
6. Write a letter to Marc sharing your thoughts on his documentary. Include any specific events that stand out the most to you, lessons you have learned and what impact the movie may have had on you and your future goals in life.

KEY TERMS DEFINED

KNOW YOUR ENVIRONMENT

Judge - the ability to make a decision, or form an opinion objectively, authoritatively, and wisely, especially in matters affecting action; good sense; discretion

Success - the accomplishment of one's goals.

Humble/Humility - Not proud or arrogant; modest. To lower in condition, importance, or dignity

Positive - Desirable, good in nature.

Negative - Undesirable, disadvantage, drawback.

Advice - An opinion or recommendation offered as a guide to action, conduct.

Grow - To become mature or experienced enough for; to increase by development

Learn - To acquire knowledge of or skill in by study, instruction, or experience.

FATHERLESS

Father - To perform the tasks or duties of a male parent; act paternally.

Responsibilities - Answerable, or accountable for something within one's power, control, or management. A particular burden or obligation.

Mother - To perform the tasks or duties of a female parent; act maternally.

Child - A son or daughter, a descendant.

BULLYING

Bullying - A blustering, mean, or predatory person who, from a perceived position of relative power, intimidates, abuses, harasses, or coerces people, especially those considered unlikely to defend themselves

Anger - A strong feeling of displeasure and belligerence aroused by a wrong; wrath.

Special - Of a distinct or particular kind or character: having a specific or particular function, purpose.

SELF ESTEEM

Self-esteem - A realistic respect for or favorable impression of oneself; self-respect.

Discipline - Training to act in accordance with rules; drill.

Gifted - Having great special talent or ability.

Talented - Having talent or special ability; gifted.

Excuse(s) - An explanation offered as a reason for being excused; a plea offered in extenuation of a fault or for release from an obligation, promise.

Transform - To undergo a change in form, appearance, or character.

PEER PRESSURE

Peer Pressure - Social pressure by members of one's peer group to take a certain action, adopt certain values, or otherwise conform in order to be accepted.

Friend - A person attached to another by feelings of affection or personal regard.

Develop - To bring out the capabilities or possibilities of; bring to a more advanced or effective state: to grow, expand, generate or evolve.

Reputation - How a person is viewed by a community or the general public; usually relies on the person's character, integrity and seen behavior.

Focus - To concentrate; to direct one's attention or efforts to a specific task or goal.

LEVELING THE PLAYING FIELD

Goal - The result or achievement toward which effort is directed.

Achieving - To bring to a successful end; carry through; accomplish.

Determination - The act of coming to a decision; fixing or settling a purpose.

Support - To assist or serve as a foundation for a person(s).

TOUGH LOVE

Tough Love - A display of love using intense demands to pull the most potential out of someone.

Purpose - The reason for which something exists or is done, made, used. Intended or desired result.

Motivate - To provide with a motive, or a cause; a reason to act.

NEVER GIVE UP

Adversity - Unfavorable fortune or fate; a condition marked by misfortune, calamity, or distress.

Perform - To go through or execute in the proper, customary, or established manner.

Overwhelmed - To feel covered, buried or overpowered by a mass or excessive amount of anything (i.e. stress, tasks, responsibilities, etc.)

Background - One's origin, education, experience, etc., in relation to one's present character, status.

HARD WORK

Hard - Difficult to execute, overcome or complete.

Grind - To persistently perform an excessive amount of unwanted hard work in order to reach a desired goal or outcome.

Impact - Having influence, whether positive or negative, on others.

Respect - To show regard or consideration for; acknowledge a person's worth.

Work Ethic - The level of importance that one incorporates into their work habits.

Personality - The organized pattern of behavioral characteristics of the individual.

LEADERSHIP

Leader - A guiding or directing head, as of a group, team, or movement.

Team - A group of individuals with a common goal.

Accountable - To consistently meet the standard(s) of which one is held.

Dependable - Worthy of trust; able to rely upon.

Position - A person's role within a group or organization.

Title - A descriptive heading or caption of one's position within a group or organization.

THE REWARD

Foundation - The basis or groundwork of anything. The strength of the foundation determines the stability of what it holds.

Journey - Passage or progress from one stage to another.

Childhood - The state or period of being a child.

Obstacles - Something that obstructs or hinders progress.

Detours - A redirection or alternate route from the main pathway.

Lessons - A useful piece of practical wisdom acquired by experience or study.

HUMILITY

Core Value - A founding virtue or quality to one's personal character.

Enthusiasm - Intense emotional interest; of lively behavior

EFFORT

Effort - Level of exertion or output of physical/mental power.

Standards - Something considered by an authority or by general consent as a basis of comparison; an approved model.

Expectations - Anticipating or looking forward to a specific outcome.

Capable - Having power and ability; efficient; competent.

THE PROCESS

Uncomfortable - Causing discomfort or distress; painful; irritating.

Comfortable - Being in a state of physical or mental comfort; contented and undisturbed; at ease.

Exhaustion - Extreme weakness or fatigue.

Reality - Real things, facts, or events taken as a whole; state of affairs.

Sacrifice - To surrender or give up, or permit injury or disadvantage to, for the sake of something else.

Sincere - Genuine, real. Free of deceit, hypocrisy, or falseness.

Relationship - A connection, association, or involvement.

Cultivate - To promote or improve the growth of by labor and attention.

COPING WITH LOSS

Sensitive - Aware of and responsive to the feelings of others.

Driven - Being under compulsion, as to succeed or excel.