

THE PEOPLE WHO SHAPED ME

TALKING ABOUT INFLUENCES



WARM-UP

**THINK OF ONE PERSON WHO
HELPED YOU BECOME WHO YOU
ARE TODAY.**

WHO IS THIS PERSON?

**WHAT DOES IT MEAN
TO "SHAPE"
SOMEONE?**

SHAPE

**TO INFLUENCE OR FORM SOMEONE'S
CHARACTER, THINKING, OR PATH IN LIFE**

**EXAMPLE: MY GRANDMOTHER SHAPED MY VALUES
AND HOW I SEE THE WORLD.**

**KEY PHRASES FOR
TODAY**

**HAD A BIG IMPACT
ON ME**

HAD A BIG IMPACT ON ME

**DESCRIBING SOMEONE'S STRONG
EFFECT ON YOUR LIFE**

**EXAMPLE: MY FIRST BOSS HAD A BIG IMPACT ON ME. I
LEARNED SO MUCH FROM HER.**

INFLUENCED ME

INFLUENCED ME

**DESCRIBING HOW SOMEONE AFFECTED
YOUR CHOICES OR THINKING**

**EXAMPLE: MY BROTHER INFLUENCED ME TO STUDY
ABROAD.**

**SHOWED ME HOW
TO...**

SHOWED ME HOW TO...

**DESCRIBING A SKILL OR APPROACH
SOMEONE DEMONSTRATED**

**EXAMPLE: HE SHOWED ME HOW TO STAY CALM
UNDER PRESSURE.**

**THANKS TO
[PERSON], I...**

THANKS TO [PERSON], I...

**ATTRIBUTING A POSITIVE OUTCOME TO
SOMEONE'S INFLUENCE**

**EXAMPLE: THANKS TO MY TEACHER, I BECAME
INTERESTED IN HISTORY.**

**BECAUSE OF
[PERSON]...**

BECAUSE OF [PERSON]...

**EXPLAINING CAUSE AND EFFECT
RELATED TO SOMEONE'S INFLUENCE**

**EXAMPLE: BECAUSE OF MY COACH, I NEVER GAVE UP
ON MY GOALS.**

**IF IT WEREN'T FOR
[PERSON], I
WOULDN'T...**

**IF IT WEREN'T FOR [PERSON], I
WOULDN'T...**

**EXPRESSING HYPOTHETICAL GRATITUDE
FOR SOMEONE'S IMPACT**

**EXAMPLE: IF IT WEREN'T FOR MY FRIEND'S SUPPORT,
I WOULDN'T HAVE MOVED TO JAPAN.**

MADE ME REALIZE...

MADE ME REALIZE...

**DESCRIBING A SHIFT IN
UNDERSTANDING OR PERSPECTIVE**

**EXAMPLE: THAT EXPERIENCE MADE ME REALIZE
WHAT I TRULY WANTED TO DO.**

**HELPED ME
UNDERSTAND...**

HELPED ME UNDERSTAND...

**EXPLAINING HOW SOMEONE CLARIFIED
SOMETHING FOR YOU**

**EXAMPLE: MY FATHER HELPED ME UNDERSTAND THE
IMPORTANCE OF PATIENCE.**

STORY STRUCTURE

WHO THEY ARE → WHAT THEY

DID/SAID → HOW IT CHANGED

YOU → WHY YOU'RE GRATEFUL

RICHARD'S EXAMPLE

**MY HIGH SCHOOL ENGLISH
TEACHER, MR. ANDERSON, HAD A
BIG IMPACT ON ME.**

**HE SHOWED ME HOW TO THINK
CRITICALLY ABOUT LITERATURE.**

**THANKS TO HIM, I BECAME
INTERESTED IN TEACHING.**

**IF IT WEREN'T FOR HIS
ENCOURAGEMENT, I MIGHT NOT
BE HERE IN JAPAN TODAY.**

**HE MADE ME REALIZE THAT
TEACHERS CAN CHANGE LIVES.**

YOUR TURN: STORY PREP

**CHOOSE ONE PERSON WHO
INFLUENCED YOU**

**(FAMILY, TEACHERS, FRIENDS, BRIEF
ENCOUNTERS... ANYONE!)**

**WRITE KEY WORDS
ONLY**

(NOT FULL SENTENCES!)

INCLUDE THESE PARTS:

- 1. WHO THEY ARE**
- 2. WHAT THEY DID/SAID**
- 3. HOW IT CHANGED YOU**
- 4. WHY YOU'RE GRATEFUL**

MINGLING TIME!

INSTRUCTIONS

- Talk to 3 different partners
- Each conversation = 9-10 minutes
- Share your story (3 min) → Listen & ask questions (2-3 min) → Switch!
- Write one key detail on your record sheet

USEFUL FOLLOW-UP QUESTIONS

**WHAT'S THE MOST IMPORTANT
THING THEY TAUGHT YOU?**

**DO YOU STILL TALK TO THIS
PERSON?**

**HOW WOULD YOUR LIFE BE
DIFFERENT WITHOUT THEM?**

**HAVE YOU EVER THANKED THEM
DIRECTLY?**

GROUP SHARING TIME

DON'T SHARE YOUR STORY.

**INTRODUCE A STORY YOU HEARD FROM
A PARTNER.**

STRUCTURE:

"I TALKED TO [NAME]. THEY WERE INFLUENCED BY [PERSON]. THIS PERSON [WHAT THEY DID]. THANKS TO THEM, [PARTNER'S NAME] [OUTCOME]."

REFLECTION

**WHAT SURPRISED YOU ABOUT
THE STORIES YOU HEARD
TODAY?**

PHRASES TO REMEMBER

HAD A BIG IMPACT ON ME

**TAUGHT ME THAT... / SHOWED ME HOW
TO...**

THANKS TO [PERSON], I...

**IF IT WEREN'T FOR [PERSON], I
WOULDN'T...**

**MADE ME REALIZE... / HELPED ME
UNDERSTAND...**

**EXIT TICKET
QUESTIONS
(SEE HANDOUT)**