



Exploring Leadership

ADAPTABILITY: OPEN-MINDEDNESS

It's no secret—teens often argue with their parents. You may not agree on curfews, chores, or phone rules, and that's totally normal. But when you practice open-mindedness, something amazing can happen. You begin to understand where others are coming from. You grow in patience, empathy, and maturity. Being open doesn't mean you give in—it means you're willing to listen, think, and sometimes even see things in a new way.

CONVERSATION STARTERS:

Show the video: "[IB Trait: Open Minded](#)" (1:02 minutes) on YouTube. Then ask: "When was the last time you changed your mind about something? What helped you see things differently?"

Being open-minded means you're willing to consider ideas that are different from your own. Studies say this helps build empathy, respect, and stronger communication. It helps you see the "why" behind someone's actions. Open-mindedness matters at home, at school, and in the world. This activity lets you stretch your thinking and practice stepping into someone else's shoes.

KEY OBJECTIVES:

- Practice open-minded thinking strategies for common arguments.
- Try arguing a common disagreement from the opposite side.

WHAT YOU'LL NEED:

- Lined paper and pencils
- A computer or projector to show the YouTube video called "[IB Trait: Open Minded](#)"

EXPLORATION ACTIVITY:

This activity helps you practice open-mindedness by stepping into your parent's shoes and arguing their side of a disagreement. As an alternative, you can debate why your least favorite candy or fruit is actually the best—it's all about seeing things from a new perspective.

- Think of a common issue where you and your parents or guardians don't agree.
 - (Examples: curfew, chores, homework, screen time, etc.)
- On a sheet of paper, draw two columns. Label one side "I think..." and the other side "My parents think..."
- Write your opinion on one side and what you believe your parents' side of the issue is on the other.
- Pair up with someone you trust. Take turns sharing your lists and explaining each side.
- Now it's time to role-play. You act as your parent and your partner will act as you.
- Then switch roles—act out your partner's disagreement while they play the parent.
- Talk about how it felt to argue from someone else's point of view.

ALTERNATE ACTIVITY

- Have the participants think of their least favorite candy or fruit.
- Pair them with someone in the group. Have each participant try to convince the partner that the least favorite candy or fruit is actually the best.
- Have them use their imagination and try to come up with reasons someone might love it, even if they don't.
- After both partners take a turn, share how it felt to argue for something you don't agree with.

FACILITATOR TIPS:

- Keep the topics focused on common parent-child issues and avoid anything political or sensitive.
- For students with non-traditional family circumstances, ask them to choose someone close—like a guardian, grandparent, or trusted adult—they sometimes disagree with.



REFLECTION QUESTIONS:

Ask the below open-ended questions to your group to engage in a discussion about what happened during the activity.

- How did stepping into your parent’s shoes change how you saw the argument?
- How was your partner’s version of the argument like or different from yours?
- What was hard about being open-minded during the activity?
- What surprised you most when seeing the other side?

APPLICATION DISCUSSION:

- When are some times in real life that you could remind yourself to see the other side of an issue?
- How could being open-minded help you at school, at home, or with friends?
- What would it take for you to change your mind about something you feel strongly about?



CONCLUSION:

As Bill Nye said, “Everyone you will ever meet knows something that you don’t.” That’s why open-mindedness is such a superpower. When you stay open to new ideas, you keep growing and learning. You build bridges instead of walls. You become a better teammate, friend, and leader. So the next time you face a disagreement, ask yourself—can I try seeing this through someone else’s eyes?

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