**MENTAL HEALTH**

1. What is your definition of mental health?
2. How does going to a large public university like UCLA impact one's mental health?
3. What are some ways to cope with the pressure to succeed academically? What are some ways to cope with the pressure to “succeed” or “make something of yourself” in life?
4. What are some stigmas around talking about mental health?
5. How did you feel about the depiction of mental health challenges in BoJack Horseman?
6. In your experience, how are mental health issues affecting college students?
7. How do you practice self-care?
8. How does your community impact your mental health or overall wellness?

**FIRST-GENERATION STUDENTS**

1. A first-generation college student is defined as someone whose parents did not receive a bachelor’s degree in the U.S. What does it mean to you to be a first-gen?
2. What are some challenges first-gen students may face in a large public university like UCLA?
3. How does a first-gen identity empower students?
4. How do you keep a balance between academics and personal/familial responsibilities?
5. In what ways has your community supported you in achieving your goals?

**PARENTING**

1. What are some challenges with being a parent while attending college?
2. What are some of the benefits of being a parent in college? How do parents find strength while raising children and going to school or working?
3. How could parenting positively affect a person's mental health? How could parenting negatively affect a person's mental health?
4. What are some societal pressures that mothers face while raising children?
In what ways do diverse LGBTQIA+ identities intersect with, and affect, mental health?

BoJack’s friend Todd is asexual. Based on this portrayal, what are your current understandings of asexuality? What questions do you have and how will you engage in becoming more knowledgeable about asexual and aromantic folxs?

BoJack has a community that support his mental health journey, but also hold him accountable for his negative behaviors. What is the importance of community when navigating the intersections of sexuality and mental health?

What unique stigmas can asexual or aromantic folxs encounter today?

1. Have you ever struggled with doing the right thing? Why or why not?
2. How do you “atone”/make amends when you have done something wrong?
3. What makes an apology sincere to you?

CULTURAL IDENTITY

Is it important to you to have a strong cultural identity? Why or why not?

How did you discover your cultural identity? Was it through food, celebrations, pop culture, taking academic courses, language?

Which parts of your cultural identity are you still navigating or learning about?

If you could teach or share with others one thing about your culture, what would it be?

How does your cultural identity affect your perception of mental health? Are there stigmas associated with mental health as part of your cultural identity?

1. In what ways do diverse LGBTQIA+ identities intersect with, and affect, mental health?
2. BoJack’s friend Todd is asexual. Based on this portrayal, what are your current understandings of asexuality? What questions do you have and how will you engage in becoming more knowledgeable about asexual and aromantic folxs?
3. BoJack has a community that support his mental health journey, but also hold him accountable for his negative behaviors. What is the importance of community when navigating the intersections of sexuality and mental health?
4. What unique stigmas can asexual or aromantic folxs encounter today?
TOXIC RELATIONSHIPS
1. In what ways does pop culture affect our perceptions of healthy or toxic relationships? What are some examples?
2. How can someone find resources or support for toxic relationships?
3. How do you prioritize yourself in relationships (not limited to romantic relationships)?
4. How do you make compromises in relationships (not limited to romantic relationships)?

SOCIAL MEDIA
1. How is social media beneficial to society?
2. How has social media negatively affected society?
3. What are some ways you ensure your social media usage is healthy?
4. How much information do you think is appropriate to put on social media?
5. How does social media affect your mental health?

SUBSTANCE ABUSE
1. What stigmas are associated with individuals who have struggled with substance abuse?
2. How can a college environment make the road to recovery from substance abuse more challenging? How can it provide additional support in the recovery process?
3. How can you support someone who is struggling with substance abuse?  
   UCLA Collegiate Recovery Program Resources: https://www.collegiaterecovery.ucla.edu/Resources

TRANSFORMATION & REINVENTING ONESelf
1. How do you feel you have changed since being a college student?
2. Do you believe self-transformation ever ends? Do people ever stop changing?
3. Do you feel human beings can evolve from their mistakes or are we meant to just repeat the same mistakes throughout our life? Why?
4. Is self-transformation a conscious or unconscious act?
5. What do you want your legacy to be in life?