

# CASEY CONNOR // Reflection Guide

CELEBRITY DJ



**1. Casey Connor experienced the loss of both parents before she was out of her teens, first her mother and then her father. Casey said that the hardest thing she has ever had to do was to tell her sister the news of her mother's death.**

Who and what do you remember about being told of your loved one's death? What makes this time so difficult, so hard for Casey and for

others who must share the news about a loved one's death? What was the hardest thing for you after your loved one's death?

**2. Casey's father and older brother told her that they were "going to need her" to help care for her younger sister, June. Casey "stepped up" and assumed the responsibilities of a mother. She temporarily put her music and dance on hold to focus on her sister.**

How did the loss of your loved one affect the responsibilities and relationships in your family? In what ways did you "step up" in your family?

**3. When Casey's father died less than a year after her mother died, she became so focused on taking care of her sister June, that she wasn't able to think about her own grieving until years later.**

Sometimes things happen in life that "derail" us from grieving. In Casey's situation it was taking care of her sister and running a home as well as finishing her own high school education. To what extent have you been able to focus on your grieving process? Has anything derailed your grieving? How did you get back on track?

**4. Casey explains how her diverse taste in music came from her father. Inspired by his music collection, she gained an appreciation for all kinds of music. Later she created popular mashups, blending parts of different songs to create a new song. Her love of music and musical creativity made her feel as if her father was with her in some way.**

What are some talents or skills you've "received" from your loved one? Describe the times you felt your loved one was with you, perhaps guiding you, after they died.

**5. In the video, Casey describes how acting as a role model for kids who have lost their parents helps her to feel better.**

What gives Casey satisfaction when reaching out to younger kids who have gone through similar experiences? How can you be a role model for other young people who are grieving?

**6. Her advice to kids who have lost a parent or loved one is to never stop laughing and never stop smiling. She explains that by staying positive and high-spirited she was able to get through her grief.**

How does keeping a positive attitude help in dealing with your grief? If you have struggled to keep positive, what are some things that you can do to change that?

**7. Casey explains how you will always miss the person who died but that it does get easier and you do become stronger with time.**

Casey loves music and has made it her career. She knows a great deal about different songs and musical genres and the kinds of feelings that music can inspire. If Casey were your friend and you asked her to make a playlist for you to help grieve your loss, what songs would be on that list? What songs would be on your playlist now? How does music and time help people heal?