

“College Crisis” (Role Play #4)

Moderator reads “Background & Intro” and facilitates the discussion questions between scenes with assistance from the classroom teacher as necessary.

Background: Sophie and Kate are sisters, just a year apart in age, and very close. Four years ago, when she was a freshman in high school, Sophie attempted suicide. Sophie has recently gone to college far away and she misses everyone at home. Sophie feels isolated and has not made many friends yet. She has been struggling academically and she feels like a failure.

Intro: Kate calls her sister for a phone conversation.

Scene One

Kate: Hi Sophie, it’s Kate. I’m glad I caught you this time. I missed talking to you the other day.

Sophie: I’ve been busy. College is harder than I thought it would be.

Kate: Why is it so hard? You’re so smart.

Sophie: The classes are harder and the professors don’t have time to give extra help. Plus, I haven’t made many friends. I feel so ...overwhelmed.

Kate: You mean like how you felt when you were a freshman in high school?

Sophie: I almost feel worse. This is so much harder. Everyone at home expects so much from me.

Kate: Have you talked to mom or dad?

Sophie: I don’t want to disappoint them. I just feel like giving up.

Kate: Sophie, I love you and I’m worried about you. Are you suicidal?

Sophie: (mumbles) ...I don’t really know how I feel.

Kate: Look, I am really worried about you. Maybe we should talk about it.

Sophie: I’m sorry, I can’t right now. I’ve got to go to class in ten minutes. I’ll call you back after class.

Kate: You promise? What time will you call?

Sophie: I promise. In an hour and a half...look, I PROMISE.

Between Scene Questions

1. What warning signs did Sophie exhibit?
2. What steps did Kate take to intervene?
3. What could Kate do to get help?

Scene Two

Moderator / Intro: Sophie calls Kate back after class. During Sophie's class, Kate talked to their mom.

Sophie: Hi.

Kate: I'm glad that you called me back.

Sophie: I just didn't want to worry you.

Kate: Well, I am worried. I talked to mom about it.

Sophie: You did what? What did she say?

Kate: She's worried too, very worried in fact. We're here for you and we want to help.

Sophie: How can you help me? You're so far away.

Kate: Well, I can stay on the phone with you. What about going to the campus health center?

Sophie: No way! I don't want to talk to a complete stranger. How would that help? Besides, I don't know anyone over there and I don't want anyone to see me go in there.

Kate: Don't you remember when you talked to a counselor last time? That helped.

Sophie: I guess.

Kate: Sophie, Mom has just been on the other phone with the health center. They thanked her for calling. They are expecting you and want you to ask for a counselor named "Anne." If you don't go in on your own, they will send someone to see you in your room. Why don't you walk to the health center while I stay on the phone, and when you get there we'll hang up and I'll wait for you to call back right after you meet and talk with Anne.

Sophie: Okay. I can't believe I'm doing this. I'm scared-keep talking...

Kate: Mom said they sounded very nice at the health center...and we'll both be waiting to talk to you right after you meet "Anne." Just think...only 3 more weeks and you'll be home on break. I can't wait to see you, Sophie.

Discussion Questions (for Moderator)

1. What were the three steps that Kate took to help Sophie? How did she take these steps?
2. What challenges did Kate have to overcome to help Sophie?
3. What would you do if your friend resisted help?

*Role Play created by the LA Players from Lincoln Academy in Newcastle, Maine © 2004
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