00:00:00  
*Speaker 1:* Give me a sense of comfort, because being first lady, it wasn't the easiest job for you, so I will always oh, I was at the top of my class and I was a class officer. I was a leader when I sat down with my high school counselor, somebody who didn't know me, but was assigned to work with students to help them apply to college. And I told them my intention was to apply to Princeton. That counselor told me, I don't think you're Princeton material. The person whose job it was to help young people reach their dreams when it came to college saw me. And whatever she saw in me told her that my dreams were too high. And that cut me in a way that even though I continued on, I applied. Obviously, you know, I got in, but I still remember that story. I remember that feeling of doubt, just another adult sort of placing a barrier on me, the country athletes who were always asked myself, am I good enough? And I write about that. That's a question that has dogged me for good pity of the United States. And I think that many women and definitely many young girls of all backgrounds walk around with that question about how I overcame that is how I overcome anything, hard work. So whenever I doubted myself, I, I just told myself, let me put my head down and do the work and I would let my work speak for itself. And I still find that I do that. I still feel that at some level I have something to prove because of the color of my grade and seventh grade, I always mess up the equivalent. But when before you get into high school, because a lot of times in order to even qualify, you have to take a certain set of courses. And if you don't, if you don't know that you need four years of math or a cup to build up just a set of courses and experiences to even qualify to apply, sometimes kids don't apply because they've missed the boat. So I think we have to start working on that pipeline much earlier. We can't wait until somebody is two years out of high school ready to go to college. We need to start talking to them early. And that includes not just conversations, but visits. You know, kids need to be able to walk around these hallowed halls and sit in the dining hall and learn what it feels like to live in a dormitory and to sit in a lecture. You know, we need to expose them to the terminology of these schools. I found that when I went to Princeton, you know, things like we had precepts and what was a precept? Well, it was a small discussion group. I had never heard of that. I'd never heard of a syllabus because we didn't use that language in the public school system. Even some of the sports were, you know, intimidating because they weren't ones that I was familiar with. And we can easily and quickly change that matters is something big and huge and powerful and mighty starting to take care of you. And so that means taking care of your space, your health, your education, protecting your heart is an important investment for the bigger picture. And then think about who's just who's around you, who can you really influence. And everyone can influence some of yourselves. You're just a mystery to them. So when you're a teenager, kids who are in lower levels, you have power over how they see themselves in a way that even I don't because you have access to them on a regular basis. So I would urge you to think about who do you have access to right now, today that is looking to you for guidance. They see you as a role model because I guarantee you there is someone in your life right now who thinks that the sun rises and sets. You can also have an impact on the men in your life because oftentimes there their fathers or grandfathers, her brothers, who aren't quite sure that investing in a girl's education is worth it. And some mothers think that as well. Well, you're living example in your communities of the power of an education. And so vocalize that vocalize within your communities what this means to you, articulate your passion to them, try to change some hearts and minds so that so that the next little girls coming up in your communities don't run into the same kind of barriers in the resistance that maybe you experienced because you're coming back as a success, a parent, because she placed that investment in me at a young age. And some parents who aren't who don't have that experience and are afraid of sending their girls out there aren't thinking further down the road. So you're not trained. You know, if you're not exposed, bring the message down to to to others. It isn't simple. It is complicated. And change takes a long time. And I think that. Also, something that is a bit of a disappointment with every girl in this school investing in what I write about in my book is that I didn't get here on my own. I didn't get here because I was some miracle kid that had dust sprinkled on me and things just happened. There were people in my life who saw potential in me, people who didn't have to make the investment, who held the hand out and showed me the way. And some of them were because I get a lot out of it, too. I mean, one of the best things I do is spend time with younger people because they keep me focused. They as I said at the top of this conversation, you all keep me clear and focused. I feel fulfilled in helping you achieve your goals. It's the most fulfilling senior people throughout the White House from the chief of staff to the head of conversation. You know, I never underestimate the value. I write this in the book of showing children my regard, which is why I take time out when I see kids, because I think even if I'm with you in a photo line or on a rope line, that maybe there's one thing I can say to you that you're beautiful, that you're smart, that I see you. You know that I believe in you. Yeah, I don't know you, but sometimes a kid just needs to hear that. And that doesn't have to come from the first lady. It's powerful when it does come from the first lady. But coming from you, coming from all of you to someone who looks up to you, it means the same thing. So my expectation for all of you is that you find a way to mentor and maybe now is not the time. But at some point in your life, when you get to a place where you have the space. My hope is that you make that time and that you continue to look for the mentors in your life, because I still look for mentors even today. There anybody who knows more than me, I'm going to sit them down and they are going to become my friend and I'm going to ask for help. I did it when I came into the White House. One of the first people I sat down with were other living first ladies. I made women who get up and work and do the hard work, the unpleasant, unfulfilling work of just making a living and then come home. The importance that the men in my life played in in making me a strong woman because I also had a father and a brother to men and we don't have many men in this room is that we don't want to downplay the importance of men holding young girls in high, solid male presence has as a role model. But then there are the friendships, especially when I started when when kids came into the scene because many of my girlfriends were working mothers like me. And you guys are you guys cannot relate to the stories and the struggles of all that comes when children show up in your life. It will be the greatest joy. I don't think that children were meant to be raised in isolation. You know, we need help. We need help from our aunties and our our mothers and our girlfriends. And to believe that you have to do it all on your own. I've done none of this on my own. I've done this with the help and support and love and emotion you all to start practicing that kind of sisterhood if you're not already, which means that we as women, we don't have the luxury of of tearing each other down. You know, we we just simply don't have the luxury. There are enough barriers out there. There are enough people out there ready to tear us down said. So that's one thing that we can do better as women is that we can take past eight years or past ten years. Now I'm losing track and they see different possibilities for themselves. You know, I can pinpoint problems that we have in the world come from lack of knowledge, you know, people who are just underexposed to all the different ways there are to be human. And we judge people based on our limited understanding of the world. And I always try to hold out empathy for those who were in that position, because I know have your ideas challenged and to learn how to be analytical, you know, then it's understandable that you would be afraid of something different from you, you know, but the only way we break through that is to educate ourselves and to educate the next generation, you know, to open them up to new ideas. I mean, there you have to learn how to be a critical thinker. It doesn't just happen. So someone can't analyze what Brexit means if they don't know how to think critically about the issues. You know, if you if you're. Not a strong reader, others raising children don't know how to keep them alive or not expose them to diseases or to feed them when they're hungry, if they can't raise a living to bring resources in. We all struggle. So it's hard, you know, when when people look to the leader, the president of the United States in our country and say, why don't you fix education first and foremost, where the message is, for example, that kids are getting from their parents are that education is important. And regardless of what kind of school you go to or what kind of neighborhood you're from, you're going to get up and you're going to go to school and you're going to be on time and you're going to learn what you can in the environment that you can until we fix the problem. But you can change policy. But to make sure that. We elders are giving our young people a reason to hope, you know, that's why when people talk about my motto, when they go low, we go high. You know, in these times, people have asked me the most oppressed, sometimes feel the most disenfranchised of the populations that are being governed. We will struggle. Don't work that way at home. You know, sometimes some people pick up more slack on a moment by moment basis. It's sort of a long term view of equity. So what I found in my relationship with my husband, that there were times that I was doing more of the parenting, more of the just it doesn't work if this makes sense to you to go into a partnership thinking I'm broken and my partner will make me whole. So it's sort of like the relationship doesn't fix all the stuff that is are the the holes that individuals have, which is why I think education is so important, because being out there and going to college and learning about yourself and trying new things, all of that makes you a better partner in whatever relationship you choose to be in, because you will have you will have explored yourself in ways that will help you add value, but.