

Name _____

The Journey Within: A Summer Backpacking Adventure

Open-Ended Response Answer Key

1. Henry served as a mentor to Emily, offering wisdom and insight. His advice helped her appreciate the journey itself and the importance of connections with others and nature.
2. Emily's experiences in nature and mindfulness allowed her to connect with her inner self, leading to personal growth and emotional well-being.
3. The Appalachian Trail played a significant role in Emily's decision to study environmental science in college, as it fueled her love for the outdoors and nature.
4. The theme of self-discovery in Emily's story is evident through her introspection, personal growth, and newfound perspective on life. Examples include her practice of mindfulness and journaling and her realization about the journey's significance.

