

Discussion Questions for *Balance*
By Jean Stringam

- Adele seeks balance in her life between many conflicting impulses. What are the problems that seem to throw her off-balance?
- Trace Adele's Internet usage as it progresses from a place to look up information to a source for social networking. How does Adele's use of the Internet parallel personal changes?
- What similarities and differences do you see between the struggle Adele has in her relationship with her father and the one she has with her mother? How would you characterize the resolutions Adele reaches for each parent?
- Adele learns a great deal about elegance during this year in the crucible of adolescence. How does her love of beautiful words, clothes, and people correspond with her acute need for accuracy and honesty? Do those desires support one another or do they conflict?
- Self-esteem and personal worth are ongoing themes in the book, with a number of characters taking quite different positions. Identify the various ways of looking at self-esteem and personal worth. Evaluate what each person believes with what you've been taught or have experienced.
- Adele spends the year trying to come to terms with her new discovery of sexuality as it affects her own life and various people in her family. Describe the trajectory of her discovery from her initial rejections of the subject matter to her eventual understanding.
- Adele's parents take some fairly stark positions on the use of contemporary technology in the family. How do the parents grow and learn along with Adele's changes?