

Name: _____

A lifeline is a way to help you examine how past experiences helped to shape your self-concept and your identity. You decide how to draw your lifeline and what milestones you will include. Start with your birth. Include events that are significant to you that you feel comfortable sharing (personal, academic, work experiences). What events have helped to shape your life and are a part of who you are today? Be sure to note both positive and negative experiences. Please include information about your exposure to various careers that had an impact on you (ie, a great teacher so you thought about becoming a teacher, a trip to the doctor that made you think about a career in healthcare, etc...).

Once you have completed your lifeline, use the back of this page to write a paragraph or two about what you learned about yourself.