

SOCIAL PSYCHOLOGICAL AUTOBIOGRAPHY

TITLE FOR AUTOBIOGRAPHY _____

OBJECTIVE: The purpose of this paper is to help you discover those things which have shaped your behavior up to this time and identify some things which you may be entirely unaware of. You should be able to formulate some hypotheses concerning your ATTITUDES; PERSONALITY TRAITS, AND PRESENT DEGREE OF ADJUSTMENT AND THE COPING BEHAVIORS YOU USE TO MEET THE "JOY AND JOLTS" OF YOU LIFE. In other words what is it that "makes me tick". IDENTIFY THE FEELINGS THAT CAUSED YOU TO BEHAVE THE WAY YOU DID! Write freely about anything. Above all be honest with YOU!

("THIS ABOVE ALL TO THINE OWN SELF BE TRUE"). -- Hamlet

THIS PAPER IS FOR YOUR PERSONAL GROWTH AND PERSONAL UNDERSTANDING! THIS IS YOUR PAPER AND YOUR PAPER ALONE.

HOW DID YOU FEEL ABOUT YOUR.....

A. IDENTIFICATION: sex, gender, age, organizations in and out of school.

B. ABILITY AND ACHIEVEMENT: grades, scholastic rank in school, study habits, learning styles, test scores.

C. PHYSICAL HEALTH: height, weight, (glasses? other?), defects or disabilities. Your attitude toward your own physical and personal health.

D. SCHOOL ACTIVITIES: extent of participation, offices held, friends.

E. INTERESTS AND GOALS: vocational objective, how you plan to accomplish these goals. outstanding hobbies. interests. skills. accomplishments. Your estimate of your greatest assets. future activities and events which you are looking forward to with pleasure.

F. PRESENT LIVING SITUATION: home. roommate. financial status. working conditions (if applicable) hourly wage, etc.

G. ** ATTITUDES **: present degree of adjustment., outlook for the future, divots in your life. Write about in factors that you are sensitive to, i.e. physique, complexion, and facial features. health. home situation. relation with students, parents etc.

H. PROBLEMS AND FEARS: what has caused this problem, worry, fear? Describe your attitudes about your fear / fears.

I. **PERSONALITY TRAITS: traits you recognize in yourself and ones that others use to identify you. Include traits which others might not easily recognize in you such as ambition, self-confidence, hard working, nervous, quick tempered, conceited, friendly, and dependable. Do others judge you correctly? Why or why not?

PRIOR HISTORY: List concisely, frankly and honestly under the following topics the factors that have influenced your personality to date:

1. FAMILY: parents (compatibility, occupation, age, attitudes towards you, financial status, other members of your family and your relationship to and with them.)
2. HEALTH HISTORY: accidents, physical anomalies, illnesses and any effect they have had upon your personal development.
3. Recreation and athletic history: games preferred, sports, honors. (Mention both joys and the jolts!!)
4. Social Life History: fears. dislikes. attractions. dreams.
5. Religious History: Affiliation and preferences. Influence of religion on your development and life. Attitudes about religion. Religions future role in your life?
6. History of your Inner Life: fears, dislikes, attractions, dreams, etc.
7. School History: honors, embarrassments, elementary school, significant teachers in your life. Attitude about school. Attitudes that have changed.
8. Summary: Comment on the most important factors in your development which have produced the "joys and jolts" of your life.

Note: In writing this autobiography, recall the roles which you have been called upon to play throughout your life. For example: student, sibling, son or daughter, worker, friend, confidant, boyfriend/girlfriend etc. What roles do you enjoy and which roles do you avoid?

What makes me tick?!: Question you will want to ask yourself

- ★ WHAT NEEDS ARE IMPORTANT IN YOUR LIFE?
- ★ TO WHAT EXTENT ARE THESE NEEDS BEING FULFILLED?
- ★ ARE YOU ASSERTIVE, AGGRESSIVE OR PASSIVE?
- ★ DO YOU WITHDRAW FROM THREATENING SITUATIONS?
- ★ DO YOU MEET YOUR PROBLEMS HEAD ON AS THEY COME?
- ★ DO YOU CONSIDER YOURSELF A MATURE PERSON?
- ★ HOW DO YOU HANDLE FRUSTRATION AND DISAPPOINTMENTS?
- ★ DO YOU FEEL YOU ARE MATURE?
- ★ HOW DO YOU HANDLE DISAPPOINTMENTS?
- ★ WHAT STAGE ARE YOU AT ON ERIKSON?
- ★ DO YOU FEEL THAT YOU ARE A CAPABLE AND LOVING PERSON?
- ★ HOW DO YOU FEEL ABOUT YOURSELF AND IN GENERAL ABOUT OTHERS?