

HD 490 Portfolio and Senior Project

One option for your Senior Project: “My Academic Autobiography”

Write a 8-10 page narrative describing some or all of the following things as well as anything else you want to include:

1. Where I went to high school and when I graduated; what I thought I wanted to do and be then
2. Where and when I started college (or community college) and what was my major then
3. Where and when and with whom did I travel during my college years or before
4. When and why I came to Sonoma State University
5. Where I worked or volunteered (or interned) during my college years and how I balanced my work and my studies and how this shaped my aspirations
6. Where I lived while attending classes at SSU and who else is in my household, parents, siblings, mate and/or children and how I balanced my responsibilities
7. How and why I decided on Human Development as a major and another discipline (if any) as a minor
8. My relationships with other majors or other students as friends and/or colleagues – what did I learn from them
9. Books that have influenced by thinking - which, when, how
10. Theories or frameworks that have influenced my thinking - which, when, how
11. People (in my life and/or historical or fictional) that have influenced my thinking - who, when, how
12. My biggest challenge in school; my biggest triumph
13. The ideas and information from my classes that were most compelling and significant to me and why
14. How and why my priorities and values have changed over this period
15. How I see myself and my family in relation to the life cycle
16. Where I plan to go from here
17. Describe your ideal job or graduate program and write a cover letter and resume or personal statement/letter that demonstrate that you are ideal for that position or graduate program.

See LEGACY: HOW TO WRITE A PERSONAL HISTORY by Linda Spence for more ideas.