

5-8 pages

## Autobiography

A part of developing a personal profile includes writing an autobiography—your history. You will be given the opportunity to reflect upon the forces that have shaped your life and share the significance that various experiences had on your educational and professional development. Students who write an autobiography become more aware of how life decisions have been influenced by their worldview. Worldviews will be considered later in the course.

To compose your autobiography, you will need a method or a guide. It will be most helpful if you approach your autobiography with some sort of organization. As a result, you will be expected to use the headings listed below. Some suggested questions to assist in the expression of your thoughts are also provided.

### 1. Birth and Early Childhood (Approximately 1 page)

Background information regarding your formative years can help you determine what influenced your outlook on life, what you may have accomplished, and what you may have overcome.

- When and where were you born?
- What work did your parents do?
- What was the overall nature of your childhood?
- What were the significant happenings that formed your early perceptions?
- What kind of impact did your early school years have on you?

### 2. Young Adult Years (Approximately 1 page)

Your teen years are when you started to formulate life plans, developed goals, refined relationships, began work experiences, and completed academic preparations.

- Did you go to college, business school, trade school, or the military?
- What were your experiences and what did you learn?
- What social and cultural situations had an impact on your life?
- What philosophy of life or worldview did you develop during this period?
- What goals and dreams did you set for yourself?
- Did you establish any pattern for a career?

### 3. Career Years (Approximately 2-4 pages)

Describe your career years. Tell what, when, and how you learned from each work experience. Be specific.

- How did you get interested in your line of work?
- Have you had any supervisory responsibilities?
- What have you learned from your successes? Your failures?
- Have you been self-employed and owned your own business?
- What have been your responsibilities and duties?
- What training and education have you received to perform your work?
- What do you like most and least about your work?
- Have you received any special recognition, honors, or awards?
- What was most rewarding of the various jobs you held?
- How did you solve problems at work and home?
- In what ways have you grown personally through your work?
- In what volunteer activities have you participated and what was learned?

Chapter 6:  
Academic Skills

Chapter 7:  
Service Learning

Chapter 8:  
Critical Thinking

Chapter 9: Worldviews

Chapter 5:  
Academic Foundat

#### 4. **The Present** (Approximately 1-2 pages)

Describe your current life situation.

- As a mature individual, where are you today?
- Have you changed?
- Are you happy with your current status?
- What if anything has changed in your life?
- What kind of a person are you today?
- What are your educational, vocational, and personal plans?
- Where are you going from here?
- What things are you still looking forward to accomplishing?
- What training and education do you need?
- What are your values?
- Have your religious or political beliefs or activities changed?
- What do you want from your future?
- What role will education play in your future dreams and aspirations?

Your autobiography should:

1. Give special attention to those events that have impacted your life, such as marriage and family, religious commitments, community involvement, and life-style choices. Include reasons for major life transitions and factors influencing personal growth.
2. Include your educational and life goals. You should state what those goals are and what role education will play in their fulfillment. You may want to include a statement of how the College of Professional Studies and Dallas Baptist University might help you reach your goals.

### Understanding Your Personality Type

It is likely that you previously completed a personality profile. Most of us don't need a personality profile to know that we tend to be either extroverted or introverted in social settings. However, you may have less clarity in regard to how you process information (sensing vs. intuitive), decision-making processes (thinking vs. feeling), and how you manage your life (structured vs. open and flexible). Knowledge of your personality type can be useful in making vocational choices. Some entities use personality type in assessing the compatibility of a prospective hire with the entity's focus or purpose.

Your PRST 3301 instructor may require you to complete a personality profile as a part of the course. If not, you can access information on the topic at [http://www.personalitypathways.com/MBTI\\_intro.html](http://www.personalitypathways.com/MBTI_intro.html).

### Identifying Personal Values and Sources of Self Esteem

You probably have a fair sense of what your values are. Yet, one of your key tasks in college is to define more consciously your own approach to life and articulate your values. College is an opportunity to locate and test those values by analyzing their full implications, comparing them with the values of others, and giving voice to your beliefs.