

Literacy 7

Turning Points

A Self Reflection Unit

"How wonderful it is that nobody need wait a single moment before starting to improve the world."

~ Anne Frank,
Diarist and
Concentration Camp Victim

Name: _____

Teacher: _____

Date: _____

Value/Character Words

Compile a list of words that describe you and the things you value.

My Traits:

My Values:

Value List

Select the five most important values you have from the previous activity.

List each:

1. _____
2. _____
3. _____
4. _____
5. _____

Select one value from the list above. Creatively draw that word to illustrate its value to you.

Value Statements

For each of the five values, write one sentence for each which starts with:

“What I know to be true about ? is...”

1. _____

2. _____

3. _____

4. _____

5. _____

Step 2: Promoting Reflection

Significant Events

Make a list of all the important events which have occurred in your life. These can be small events which you have made an impression or impact on your life. No particular order needed.

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____
9.	_____	_____
10.	_____	_____
11.	_____	_____
12.	_____	_____
13.	_____	_____
14.	_____	_____
15.	_____	_____
16.	_____	_____
17.	_____	_____
18.	_____	_____
19.	_____	_____
20.	_____	_____

Read your list. On the blanks on the right, place these in order of importance (1 being most important, 20 least).

Define Character

Make a list of the five people you admire you most.

Name each and list reasons you admire them.

1. _____

2. _____

3. _____

4. _____

5. _____

Who Am I?

Getting to know yourself.

“Just be Yourself.” What does that statement mean to you?

What stops people from “being themselves”?

Which traits should a person possess if they want to be true to themselves?

Which of these traits do you possess?

Which of your personal traits are most important? Why?

How did you get that way?

Group Discussion: Discuss each of the following questions in your groups. Place your notes on the space provided. Be prepared to discuss with class.

Do you think you were born the way you are or did you learn to be the way you are? If you learned, how did you learn it?

Who helped you figure it out?

What experiences have taught you something? What did you learn from each one?

Can small life events affect you in big way? Examples.

Who will I be?

In order to understand who we are and where we are going in this life, we need to also reflect on our past.

Me Then (approx. 5 years ago)	Me Now	Me Later (approx. 15-20 years from now)
What others said about me:	What others say about me:	What others will say about me:

What changes did I and will I need to make in order to become the *future* me?

Turning Points *Jigsaw*

Think of the many stories, novels, movies, etc. you have read/viewed. The characters in each have an experience which changed them.

Consider the following:

- What happened to the character? What was his/her turning point?
- What did s/he learn?
- How did s/he change?
- Do you know anyone who has had a similar experience?

Think about your own life. Which experiences have changed your life?

Make a list:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

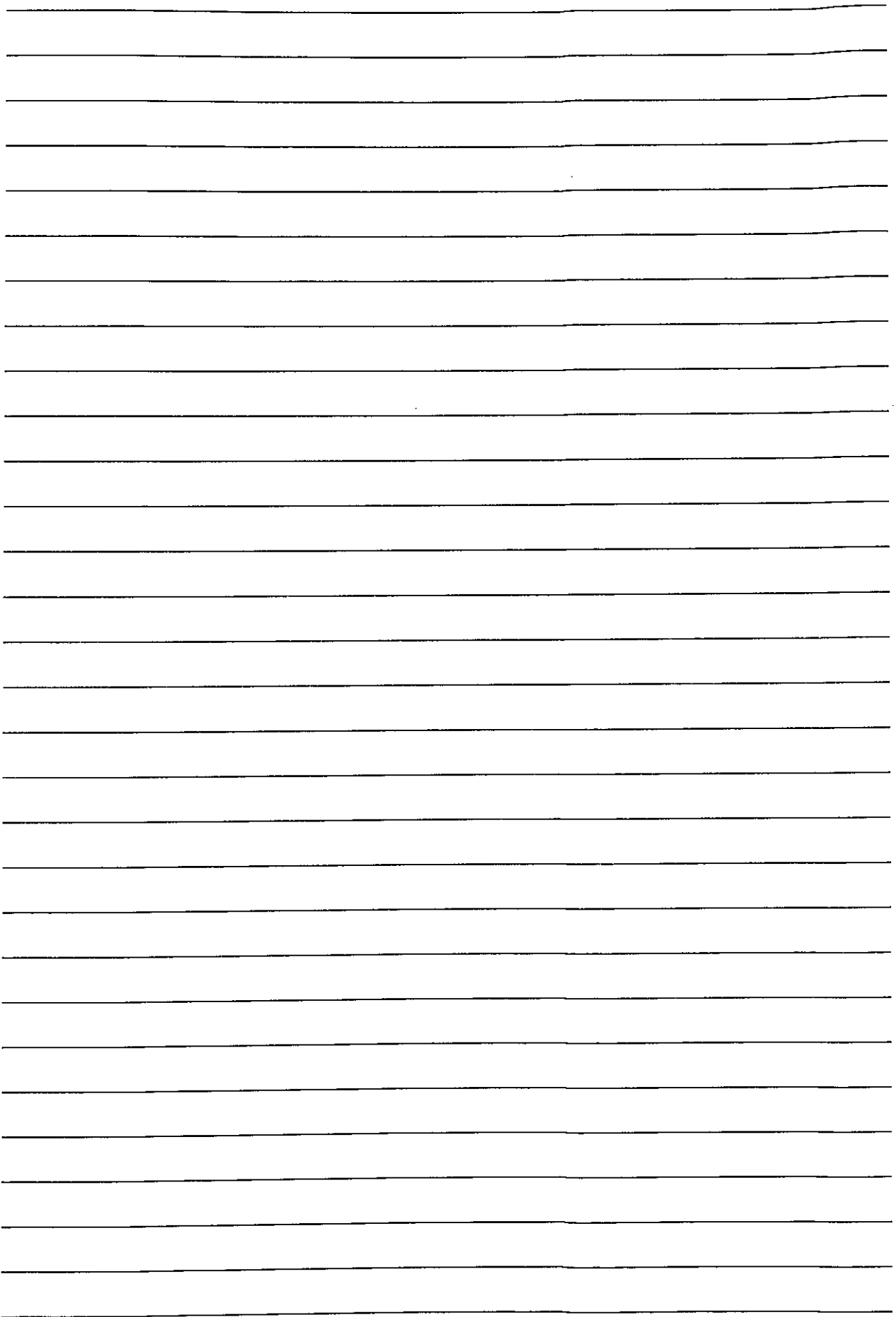
Step 4: Writing my Essay

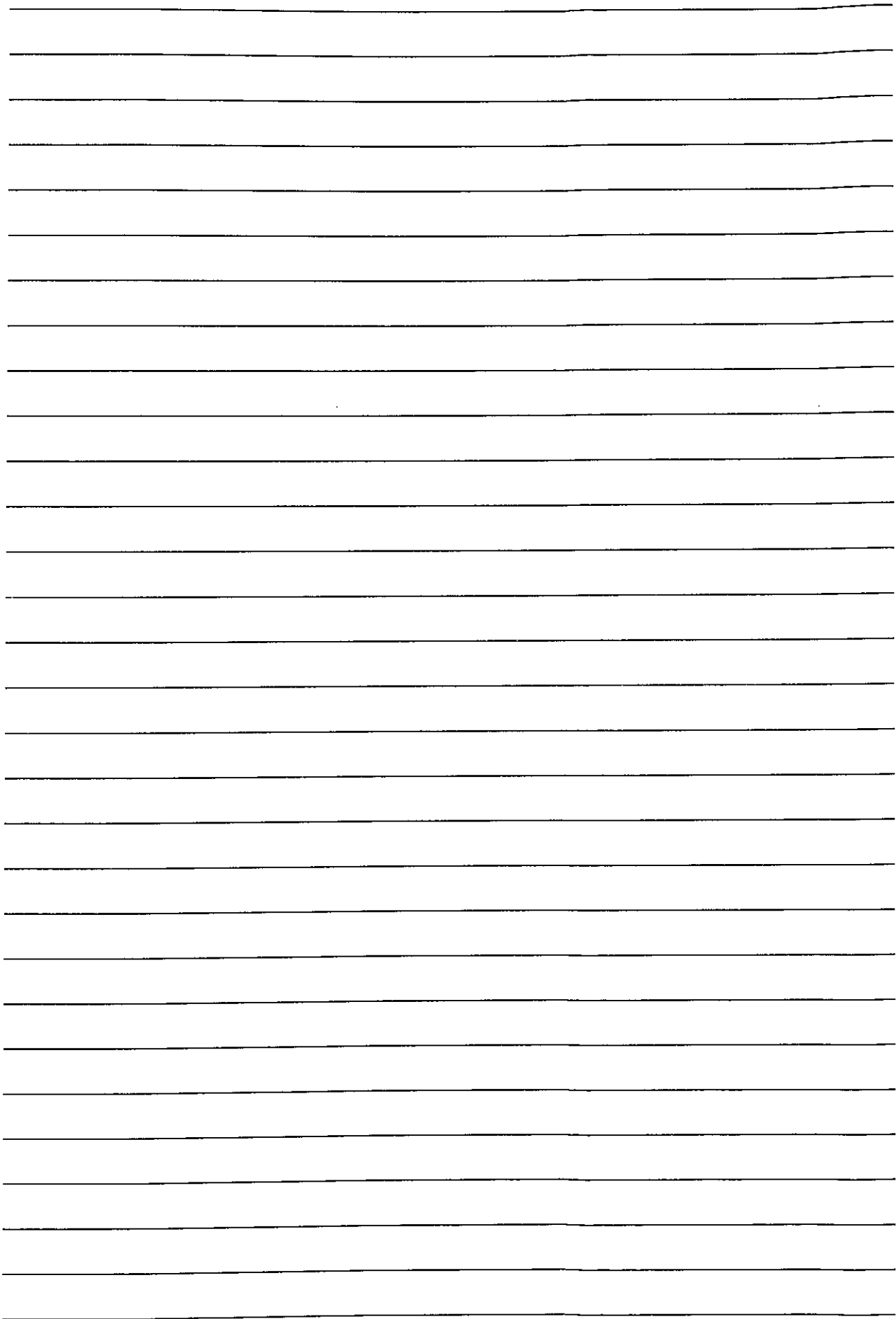
My Turning Point

Now it's time to write your essay about something which has changed you... your *turning point*.

Jot notes in the space provided. Try to add as many details as possible. You may not use all of them, but they may help trigger other points.

Who?	What?	When?
Where?	Why?	How?





****Read your draft. Edit and revise as necessary.**

Your final draft will be typed.