

Personal History Timeline

For this autobiography assignment you will create a timeline of “my life so far”. Why? Because often students will claim “nothing interesting ever happened to me and I have nothing to write about”. You ARE interesting! This timeline will help you organize milestones in your life. It is also meant to generate conversation with your parent(s)/guardian(s) as they will have memories of your early years you do not.

Just as with any written biography or autobiography, only details meant for public consumption should be addressed. This is not a family tree project, nor is it meant to delve into family or personal “secrets” or private matters. More personal matters should stay personal unless you are asking for help. Be aware, I am a designated reporter (means I am legally required to report) for crimes, abuse, drugs, health issues etc..

Sometimes there are “gaps” in the information we have, even in this modern age. That’s ok. No penalty. But don’t skip ages/events because you didn’t feel like making the effort.

Exact dates are not required, but try to get as close as you reasonably can (month or season). Eg: “During the summer between 1st and 2nd grade we took a cross-country trip to six national parks and to see distant relatives.

Begin with the time of your birth. What is known/relevant from this time in your life? Suggestions: names and ages of parent(s) at time of your birth; jobs; where you lived (NOT a street address, just a general area); is there an interesting “birth story”?; any older siblings or pets? etc. In that first year, when did you sit up? First words? (someone usually wrote this down or will remember).

Then go year by year. What milestones did you experience? Schools attended (don’t need to state exact name “a grade school near our house” is enough)? Teachers or friends important to you? First tooth lost.... or knocked out? Trips that were memorable for you? Siblings or pets come along into your life? Championship team/losing team but lots of fun? That jump you finally made— or didn’t? Got that solo or leading role? Remember, we’re looking for events of importance to YOU.

Yes, you may reference world events (like Sept 11, 2001) but don’t fill your timeline with world events, keep it “all about you”.

This should be a bullet list. Left margin can be arranged by year (one year old, two years old...) or by grade after you are in school (preschool, kindergarden, 1st grade, etc). Come up to this year and your current life.

Focus on milestones/events of significance to YOU and the wonderful and unique person you have become. Not all things on your list must be positive experiences, though usually, there are more positive or affirming experiences on these lists. “Bad Experiences” are usually viewed as “how I grew to be a better person” life lessons.

An autobiography is still “just a story” and YOU ARE THE HERO OF YOUR OWN STORY.