

# Personal Timeline Activity

## Part 1 – Individual Reflection

- Identify the 5 most significant events in your life across developmental stages (e.g., some from when you were younger, junior high, high school) and try to include both academic and personal examples in the list
- In addition to identifying the event, include what you learned from the event.

**Example: Moving across the country in junior high**

**Lesson Learned: I was able to keep many of the same friendships remotely, and the move gave me a chance to step out of my comfort zone and meet new people (who I'm still friends with today!)**

Event #1
Event #2
Event #3
Event #4
Event #5

## Part 2 – Discussion/Reflection from Activity

1. In which domain (sport, academic, family, peers or significant relationships) did significant events most frequently occur? What do you think is the reason the majority of events occurred in that domain?
2. What values did you learn from those experiences? What personal values do you think helped you when you experienced those events?
3. In your timeline, how many events were positive and how many were struggles that you overcame?
4. Reflect on which events you would label as successes and which ones you might identify as failures. Now, think about which events might have seen like failures at the time, and with time and perspective ended up as successes or important to the person you are now.
5. What supports did you use when you were experiencing these challenges and how did you leverage your strengths in those challenging times?
6. How can the experiences you have gone through previously transfer/impact similar experiences you might experience in college/your future?

## Take Home Ideas

1. We can learn significant lessons from success, but we often learn significant lessons from failure, challenges, or struggles as well.
2. We should begin to conceptualize that not all adversity is bad – if a lesson is learned or personal growth is achieved it is helping you on your path to success.
3. Everyone has a large number of significant experiences that have led up to this point in their lives, and each of you are at the beginning/in the middle of your own story.