

College Guild
PO Box 6448 Brunswick, Maine 04011

Biography

~ Your Story ~

Unit 4 of 4

In this final unit, you will reflect on your own life and begin your own autobiography. If you feel uncomfortable answering any of the questions, feel free to write about someone you know or make something up! Autobiographies aren't just for the rich and famous. We all have stored up memories, stories, and images that, if written well, could captivate a reader's interest. For example, life in a big city might be very interesting to a person living in a rural community and vice versa.

Associations

1. **Certain objects can remind us of our past: a photo, a piece of clothing, a souvenir, a gift from a loved one, a piece of furniture. Choose one of the above and write about it in connection with your life.**
2. **Name three songs that you associate with a specific period in your life and explain why you associate them with that time.**
3. **You can get ideas for an anecdote (a short and interesting story) from thinking of seasons: fall, winter, spring, and summer. Choose one season and write about an occasion connected with that season.**
4. **Smell is a powerful trigger of memories. Write about a smell that reminds you of something.**
5. **Besides smell, writers use other sense memories to disclose their stories and emotions of the past: sight, sound, taste, and touch. Write a personal account based on memories of:**
 - a) a view, beautiful or ugly
 - b) a noise, loud or soothing
 - c) a surface, soft or rough
 - d) a meal, delicious or...not

Places and People

6. **Describe your favorite place in the world in as much detail as you can. Think of sight, sound, smell, taste and touch.**
7. **What is one place that you've never been to but that you'd love to visit? Why does this place excite you?**
8. **Tell us about someone who had a strong positive or negative influence on you.**
9. **Write a poem about someone you love. You could write about a friend, family member or romantic partner.**
10. **Pets aren't people, but it can feel like they are part of the family. Have you ever had any pets? If so, tell us about them. If not, what animal would you like to have as a pet?**

Interests

11. Besides events or scenes or people in your life, there are other means of describing yourself: by the clothes you wear, the music you listen to, the art you like, the books you read, the hair style you wear. Choose any two of the above and tell us about how they express your personality or character.
12. What is something that you love learning about and why?
13. As a kid, what were your favorite games, toys or activities?
14. What is something about you that might surprise people?
15. What would your perfect day look like, from the time you woke up to the time you went to bed?

Emotions

16. Write about a time when you felt sad.
17. Write about a time when you couldn't stop laughing.
18. Write about a time when you felt afraid.
19. Write about a time when you felt hopeful.
20. Ernest Hemingway once wrote: "The world breaks everyone and afterward, many are strong at the broken places." Tell us about a time in your life when you became stronger because of a hardship.

Wrap-Up

21. Create a question that could help a writer recall his or her memories. How would *you* answer it?
22. Do these questions make you want to write your own autobiography? What would the title be?

Look over what you wrote, and you will find that you have started a story about yourself. With some additional information and some arranging, you may have a mini-autobiography!

As this is the last unit, we welcome any feedback you can give us. Let us know if you have any suggestions on how this course could be improved for future students!

Remember: First names only & please let us know if your address changes