

## **INSTRUMENT NUMBER 7 | MY LIFE STORY**

The aim of this activity is to awaken memories and help the adult with the elaboration of his/her autobiographical memory by exploring all formal, non-formal and informal lifelong learning experiences.

### **1. Personal level**

- a) Who am I? Presentation, description of strengths and qualities, reflecting in a fundamental way about personal life and family life.
- b) Identify the events considered most important and mention associated feelings and key-changes.
- c) Identify negative events, including decisions and positions taken and the strategies adopted to overcome these situations.

### **2. Employment level**

- a) Write about employment experiences, from the first experience to the present occupation and answer questions such as: How did you enter the job market? List each job and associated tasks and try to identify how the experience made you grow as a person and as a professional. How did you deal with changing jobs?
- b) Mention experiences with volunteer work, stating reasons as to why you did it? What are the personal and professional gains of these experiences and how have these experiences contributed towards your personal growth?
- c) During your work experiences, what obstacles did you encounter and what strategies did you use to overcome them? Did you ask for help?

### **3. Social level**

- a) What are your personal/family interests? How do you involve yourself in society?
  - Describe what you do during your spare time;

- Describe cultural habits: visits to museums, shows, plays, cinema, concerts, etc.
- Describe, and reflect, about the places you have visited and where you have already spent holidays, explaining what you have learned about the culture, habits, customs and cultural heritage of others;
- Describe, and reflect, on your experience with Parish Councils and/or Associations (firefighters, cultural, recreational, sports groups, hunting and fishing clubs, scouts, among others) or other collective organizations covering the following topics: general description of the organization, services provided to the community, dynamic contributions of the organization, skills demonstrated and developed with the work carried out.

**NOTE:** Since the aim of this activity is the elaboration of a short autobiographical narrative, it is necessary that the adult reflects on each event or significant competence, below are some questions that can help with reflection:

- ✓ How has this experience/event changed my life?
- ✓ What did I learn from this experience/event?
- ✓ What have I failed to do because of this experience/event?
- ✓ What lessons have I learnt due to this experience/event?
- ✓ What are the pros and cons of having gone through this experience/event?
- ✓ What could I have been done better/different?
- ✓ How did this experience/event contribute towards my personal and professional training?
- ✓ What is the relationship between this experience/event with what I am today as a person/professional?
- ✓ What conclusion can I draw from this experience/event and how is it related to the key competence areas of the RVCC process?