



My Life Map

Objective:

This activity aims to guide students through the process of mapping out significant events in their lives, reflecting on challenges, accomplishments, and transitions, and exploring strategies for managing life changes.

Learning Goals:

- ⇒ Students will explore various life stages and transitions.
- ⇒ Students will understand the significance of key life events and the skills required to navigate transitions effectively.

Materials:

- ⇒ Writing tools
- ⇒ Computer, tablet, or mobile device
- ⇒ Section [A] - Life Map Exploration
- ⇒ Handout [B] - My Life Map Template

Assessment Criteria:

Competencies Being Assessed (rubric on last page)

- ⇒ Goal Setting & Perseverance
- ⇒ Self-Awareness & Reflection
- ⇒ Knowledge Expansion & Decision Making

Life Map Rubric

Criteria	Extending (5)	Developing (3)	Emerging (1)
Content	All events contain clear and relevant details explaining significance.	Most events contain relevant details explaining significance.	Events contain few details explaining significance.
Creativity	Life map is extremely visually appealing, neat, original, and colorful.	Life map is visually appealing, neat, original, and uses color.	Life map lacks visual appeal, neatness, and originality.
Organization	Information is in chronological order with clear transitions between events.	Information is mostly in chronological order with some transitions.	Information is out of order with limited explanation of transitions.



Section [A] - Your Life Journey Map

Welcome to the adventure of mapping out your life journey! In this activity, you'll create a colourful and visually appealing map that illustrates your life from the moment you were born until your anticipated future in your 30s or 40s. Think of it as a roadmap to guide you toward your goals and dreams!

Instructions:

Starting Point

Begin your life map at the moment of your birth (time = 0) and extend it to your current point in life. Then, continue mapping out your anticipated journey into your 30s or 40s.

Key Components

Your life map should include significant events, milestones, accomplishments, and even the toughest obstacles you've faced along the way. Don't forget to include important dates, places, symbols, and pictures to make your map come to life!

Branches of Life

Think about the important decisions you'll make in your life, such as choosing a career path after high school, pursuing higher education, getting married, starting a family, and more. Make sure to include these branches in your life map to show the different paths you might take.

Expectations and Goals

What are your aspirations for the future? Consider adding life expectations and goals to your map, such as when you envision buying your first car, purchasing a new house, achieving travel goals, and any other milestones you hope to reach.

Remember, while you may not know exactly what the future holds, having a roadmap of your goals and aspirations can help guide you toward a fulfilling and successful life journey. Get creative and have fun exploring the possibilities of your future adventures!



Reflection Questions

a) What accomplishment(s) are you most proud of in your life so far? Why?

b) What obstacle(s) has been the hardest to overcome? Why?

c) What strategies have you used to manage the changes in your life?

d) What skills or strategies did you gain by overcoming these obstacles?

e) What are some of your biggest dreams and aspirations for the future?



f) How do you plan to achieve your long-term goals?

g) What steps are you currently taking to work towards your future aspirations?

h) Can you identify any potential challenges or obstacles you might face in achieving your goals?

i) How do you plan to overcome these challenges and stay motivated?

j) Do you have any specific short-term goals you're currently working on?



k) How do you track your progress towards your goals, and how do you celebrate your achievements along the way?

l) Can you envision your ideal life in your 30s or 40s? What does it look like, and how do you plan to make it a reality?



Assessment Rubric

Criteria	Extending (5)	Proficient (4)	Developing (3)	Emerging (1/2)
Goal Setting & Perseverance	Student demonstrates exceptional goal-setting skills, setting clear and achievable short-term and long-term goals, and exhibits perseverance in working towards them consistently.	Student demonstrates proficient goal-setting skills, setting clear and achievable goals with some evidence of perseverance in working towards them.	Student demonstrates basic goal-setting skills, but goals may lack specificity or may not be entirely achievable. Limited evidence of perseverance in working towards goals.	Student struggles to set clear goals, with little evidence of perseverance in working towards them. Goals may be unrealistic or unclear.
Self-Awareness & Reflection	Student displays a high level of self-awareness, demonstrating insight into their strengths, weaknesses, and personal growth areas. Reflections are thoughtful, insightful, and demonstrate a deep understanding of personal experiences and their impact.	Student displays adequate self-awareness, with some insight into their strengths, weaknesses, and areas for growth. Reflections are somewhat insightful and demonstrate a moderate understanding of personal experiences.	Student demonstrates limited self-awareness, with minimal insight into their strengths, weaknesses, and areas for growth. Reflections lack depth and understanding of personal experiences.	Student lacks self-awareness, with little to no insight into their strengths, weaknesses, and areas for growth. Reflections are superficial and lack understanding of personal experiences.
Knowledge Expansion & Decision Making	Student exhibits a strong ability to expand knowledge by exploring various life stages, milestones, and decision points. Decisions made are well-reasoned, informed, and demonstrate critical thinking skills.	Student demonstrates an adequate ability to expand knowledge by exploring life stages, milestones, and decision points. Decisions made are generally informed, with some evidence of critical thinking skills.	Student displays limited ability to expand knowledge, with minimal exploration of life stages, milestones, and decision points. Decisions made may lack thorough consideration or critical thinking.	Student struggles to expand knowledge, with little exploration of life stages, milestones, and decision points. Decisions made lack critical thinking and are often uninformed.