

Assignment 2 - Turning Points

Instruction

Purpose

This exercise will help you examine major turning points in your life using drawing and written as forms of self-expression.

Overview

This exercise is useful both as an icebreaker and as a way to get you thinking about significant events in your life that have shaped your character or destiny.

It is important to take time to consider past events in our lives that have had a major impact on us so that we better understand who we are today. Sometimes we aren't very conscious of those times and when we stop to really examine them, we are surprised by how much impact they have had, especially the painful ones.

Instruction

Follow these steps below to complete this exercise. As always, you can use [Strategy Checklist](#) to guide your communication strategy.

1. Take a few minutes to think about a major turning point in your life, an event that happened to you or someone else, or perhaps to the world outside of yourself, that you think has had an impact on how you turned out.
2. Examine this event carefully, what happened, and how it impacted you. In what way are you a different person because of what happened? What were the positive and negative aspects of this event? What is the most important thing you learned about yourself as a result of this event?
3. Draw your story by using visual metaphor.
4. Use the Assignment 2 – Turning Points – Submission Template to finish your homework.

Note

You can post your ideas, on going works on Facebook Group for feedbacks, suggestions, or helps. Later, you will submit your final work using our template through Moodle.

We do not encourage you use picture from the internet. But if you have to use some materials from the internet, please make sure you are allowed to use them. You should not use a whole picture taken from the internet for this exercise.

Discussion Question

You can use those questions below to help you find and examine your turning point(s). Please note that you do NOT have to answer those questions. These are just suggestions.

1. Did you view these events as negative or positive at the time they happened?
2. What do you have as tangible proof of the major turning points and influences of your life? What kind of images and writings do you have that denote these events?
3. When you think about major influences in your life, you may think of personal items that carry significance not obvious to the outside observer, but that act as triggers for your memory or are emblematic of the time, place, or people who have influenced you. Can you make a mental list of some of these things? Is there any commonality between these items? If you group these items together, what kind of a picture do they create about your life?
4. What makes turning points so powerful?
5. What can you gain from a turning point?
6. Have you experienced a change in the way you view turning points over time (i.e. did you experience a turning point as negative at first, then realized it had a positive outcome over the longer period)?
7. Do you think there are any turning points that have no positive aspects?

Reference

Turning Points. Graham Ramsay, and Holly Sweet. *ES.240 Composing Your Life: Exploration of Self through Visual Arts and Writing*. Spring 2006. Massachusetts Institute of Technology: MIT OpenCourseWare, <https://ocw.mit.edu>. License: [Creative Commons BY-NC-SA](#).