

Health – High School

Why Are You Who You Are?

**Directions**: Does the question above sound confusing? Have you ever thought about how experiences in your life have made you who you are today? Have you ever thought about what kinds of things you will experience in your future that may determine some aspects of your self-concept? Answer the questions below to start developing an idea of "Why you are who you are?".

Come up with 3 ideas for each question.

1. What happened to you from the time that you were born to the time that you started kindergarten that shaped who you are? AND why do you consider these three events significant with regards to the development of yourself concept? (Example: when I was four my little sister was born - now I wasn't the youngest "baby" of the family anymore).
2. What happened to you during elementary school that shaped who you are? AND why do you consider these three events significant with regards to the development of yourself concept? (Example: When I was in 3rd grade I earned a reading trophy – this helped me to understand that I was a good reader and made me love to read books).
3. What happened to you during middle school that shaped who you are? AND why do you consider these three events significant with regards to the development of yourself concept?
4. What has happened to you thus far in your high school career that you feel has shaped you into who you are now? AND why do you consider these three events significant with regards to the development of yourself concept?
5. What experiences do you predict you’ll have after you graduate from high school until the time that you turn 30 years old that may shape your future self-concept? AND why do you consider these three events significant with regards to the development of yourself concept? (This is very much like predicting your future, a little creativity is important).
6. What experiences do you predict you’ll have between the ages of 30 and 50 that may shape your future self-concept? AND why do you consider these three events significant with regards to the development of yourself concept?

Don’t worry-we’re not going any further!