

GUIDELINES FOR SHORT ESSAY #1
RELIGIOUS/SPIRITUAL AUTOBIOGRAPHY
FYS 111

One important aspect of this course involves investigating and discussing your own religious and/or spiritual identity. You will have the opportunity to write your own “spiritual autobiography,” or an account of significant events in your own life related to developing meaning and purpose.

This personal narrative and reflection must be *at least 750 words in length*; there is no maximum length restriction. **It is due at the beginning of class on Monday, September 21.**

The details of how you choose to structure your spiritual autobiography are fairly open. It is, after all, your own. Questions you might consider addressing include:

- Are there moments when you have felt most alive?
- Are there particular experiences that have clarified your deepest values and purpose?
- Are there times when or contexts within which you have felt a sense of connection to something larger than yourself?
- Why do you think a religious and/or spiritual identity is important in your life? Or why not?
- Do the people you admire most in the world consider themselves to be spiritual people?

You are also welcome to discuss your own religious convictions and spiritual insights. However, the content need not be “religious” strictly defined. For example, someone may have had important, life-affirming experiences while hiking on the Appalachian Trail. It would be appropriate and appreciated to write about this. Be creative.