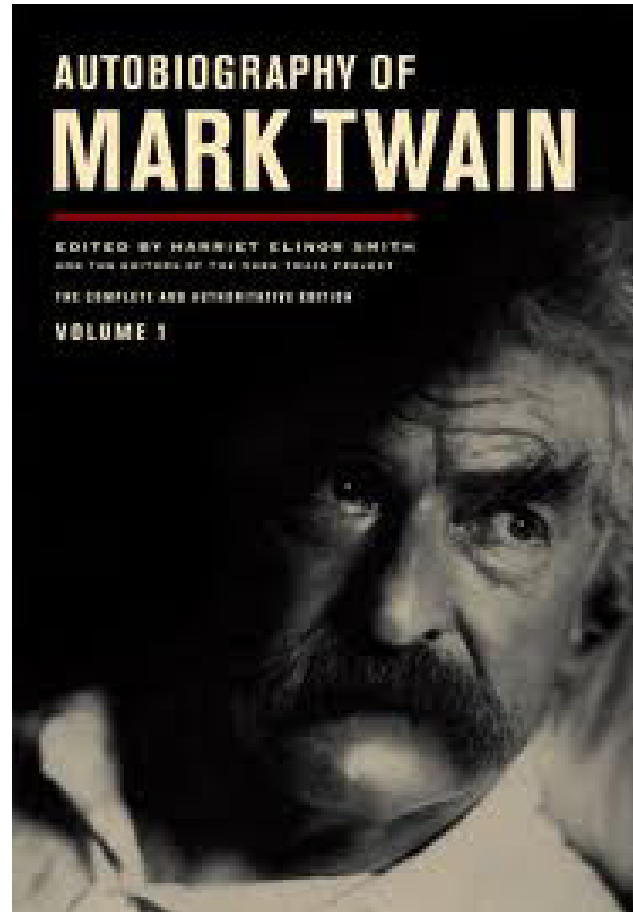


Assignment

- **Step 1: Write an Autobiography including Insights**
- **Step 2: Document your Major Transitions including Insights**
- **Step 3: Add to your MyRightCareer Insights**
- **Step 4: Review your Results with your Facilitator**
- **Step 5: Provide Feedback**



1 – Write an Autobiography



Bullets

- to an all girls middle school with 120 girls
 - helped girls feel confident about themselves
 - made great friends
 - switched from long term soccer team to team with intense coach
-
- won scholarship during sophomore year
 - did journalism as junior and senior on school magazine
 - became one of the editors senior year
 - won Columbia University Journalism Award
 - worked very hard throughout high school to get good grades

Structure

- **Ancestors - Father's Side**
 - My Grandfather
 - My Grandmother
 - **Father**

- **Ancestors – Mother's Side**
 - My Grandfather
 - My Grandmother
 - **Mother**

- **Siblings**
 - **Sisters**
 - **Brothers**

Structure

- Pre School
- Elementary School
- Middle School
 - 6th Grade
 - 7th Grade
 - 8th Grade
- High School
 - Freshman
 - Sophomore
 - Junior
 - Senior

- College
 - Freshman
 - Sophomore
 - Junior
 - Senior

Personal & Professional

Elementary through High School

Middle School Example

Personal

- to an all girls middle school with 120 girls
- switched from long term soccer team to team with intense coach

Professional

- allowed me to become more confident to speak in front of others
 - allowed me to practice my creative talents
 - was able to start a business from the ground up in 7th grade
 - worked on my endurance and dedication to soccer throughout middle school which helped increase my academic work ethic as well

Autobiography Insights

- **Elementary School**

- realized competitive swimming was not a good sport for me (even though I was naturally good at it, I did not enjoy it)

- **Middle School**

- having to make new friends all over again helped me gain new social skills

- starting business in 7th grade made me want to go into business world

- **High School**

- playing on a competitive team without my usual friends was hard, but showed me that sometimes that you have to give up some things to attain others

- **College**

- all the way on the east coast, only see my family and friends about three times in the school year, but that makes me more independent

- **General**

2 - Transitions

- brother was born when I was 4
- went to neighborhood school, could walk there
- in kindergarten made friends that I am still friends with today
- went to Sweden to visit distant relatives with family and cousin when I was in 3rd grade
- started playing competitive soccer in 4th grade with friends who I played with for years on several teams
- did competitive swimming third grade to fifth grade
- went to an all girls private middle school with 120 girls
- played on the varsity soccer team from freshman year on
- did journalism as junior and senior on school magazine
- moved to east coast to go to college

Major Transitions

- brother was born when I was 4
- went to neighborhood school, could walk there
- **in kindergarten made friends that I am still friends with today**
- went to Sweden to visit distant relatives with family and cousin when I was in 3rd grade
- **started playing competitive soccer in 4th grade with friends who I played with for years on several teams**
- did competitive swimming third grade to fifth grade
- **went to an all girls private middle school with 120 girls**
- played on the varsity soccer team from freshman year on
- did journalism as junior and senior on school magazine
- **moved to east coast to go to college**

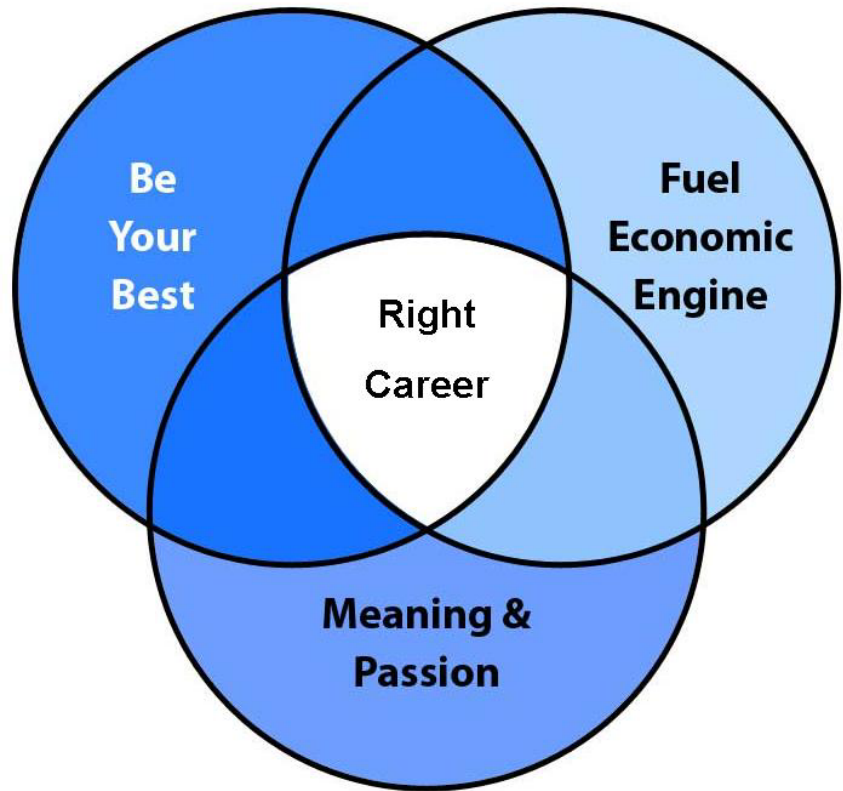
Transitions Insights

I realized the **major academic transitions have been the hardest for me**. I went to an **all girls middle school** where I had to make new friends and I was only around girls was hard for me to adapt too. Similarly, when I went to **my large public high school**, I had to transition back to being in a co-ed environment that wasn't as creative or free as my small private all girls' middle school. I was lucky to find a great group of girls who I love with all my heart.

Both transitions helped me prepare for the biggest one yet, **moving all the way to the east coast for college** where I only see my family and home friends every few months. It is very different on the east coast and I learned that you have to be outgoing if you want to make friends and meet people.

While these transitions have been difficult, they have helped me **attain traits which I am most proud of today** (my **outgoing personality, optimistic attitude**, being able to **adapt to a new environment**).

3 - Add to Your MyRC Insights



Autobiography

Begin at the End

3 - Add to Your MyRC Insights

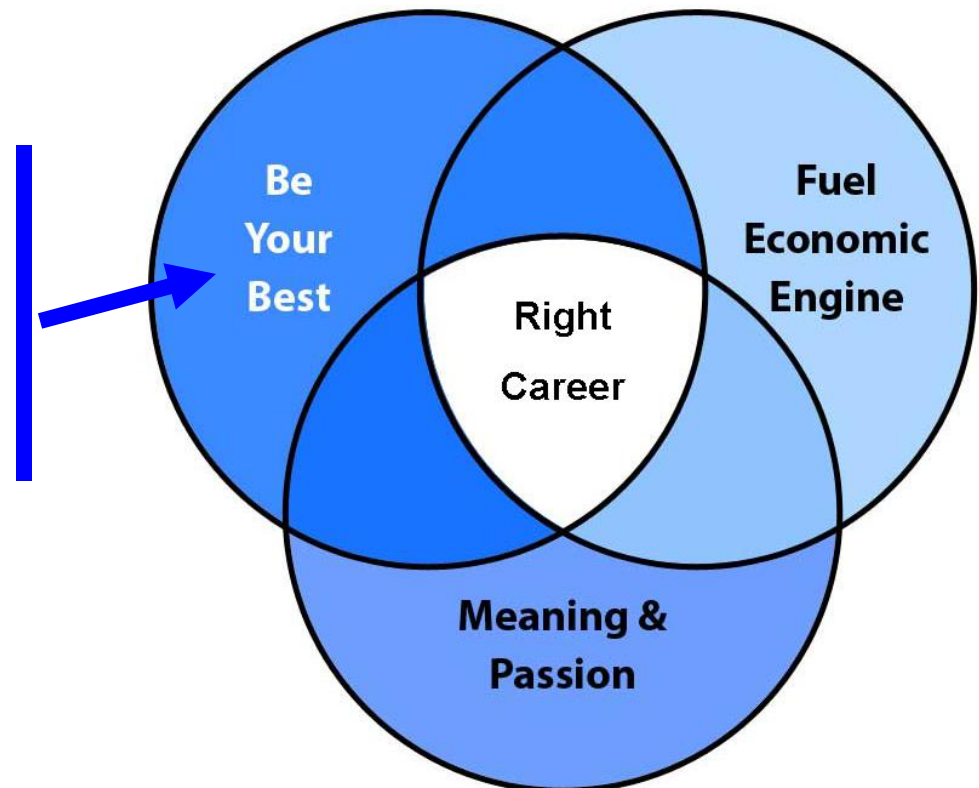
Autobiography

Autobiography Insights

Transition Insights

Autobiography

Begin at the End



Summary

- **Step 1: Write an Autobiography including Insights**
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