**Final Paper Instructions**

**The following is a summary of what should be completed in each section of the paper.**

**Life Line Event:** **(1 page)** Manipulate, move around, and fill in the arrows and textboxes in the graph provided to graph your 5 life turns. Events should be rated between:-10 (the lowest negative event) and +10 (the highest positive event)

**Description of Life Turns: (minimum 2 pages), use the format provided to complete a description of each life turn.**

**i.e.**

Name of Life Turn:

Rating of Life Turn:

Summary: In the summary…*Describe the details of this life turn, Describe your reactions to this life turn (in-the moment & looking back, How did this life turn influence your development?*

**Life Turn Reflection: (4 pages):** Use the following instructions to complete this section: This section should be 4 pages, double spaced and use the following questions as guidelines for writing your paper: What were your feelings/reactions while completing this assignment?

* For negative turns, is there anything redemptive that came about as a result of these events?
* Any possibility of future positives that could come as a result of the negative life turn?
* What influence did the people and events you included on your life map have on your life?
* How do you think these events have influenced your academic/career decisions?
* Is there anything in your time-line that may inform your future goals, life calling or purpose?
* How have some of these events affected your interpersonal communication skills?

**Course Reflection: (1-2 pages):**

* How has this course changed the way you view your relationships and, if applicable, events in your life?
* How will you use what you learned in this class for your present or future living and/or working with others? Be specific (i.e. I will identify when I am using counterfeit listening, specifically stagehogging, to better be able to provide a safe environment for….because I know when I have a tendency to do this currently people feel like….or I get distracted from what they are saying because I am too busy thinking about my response ….Or maybe: I will do a values check when I get into a conflict and identify what value they might have that is different from mine so….., Or maybe you might talk about how learning about your conflict styles will help you understand…., These are just examples, try to come up with at least one of your own), Don’t Forget Your References! (McCann, 2017).

**References**: includes reference of textbook