

Filling out this life course chart will require thinking back over your life and looking into the future. Please take your time and be thoughtful about it. You will get a follow-up interview about the chart to clear up any questions.

Youth Development Project

Life Course Chart

Youth Form

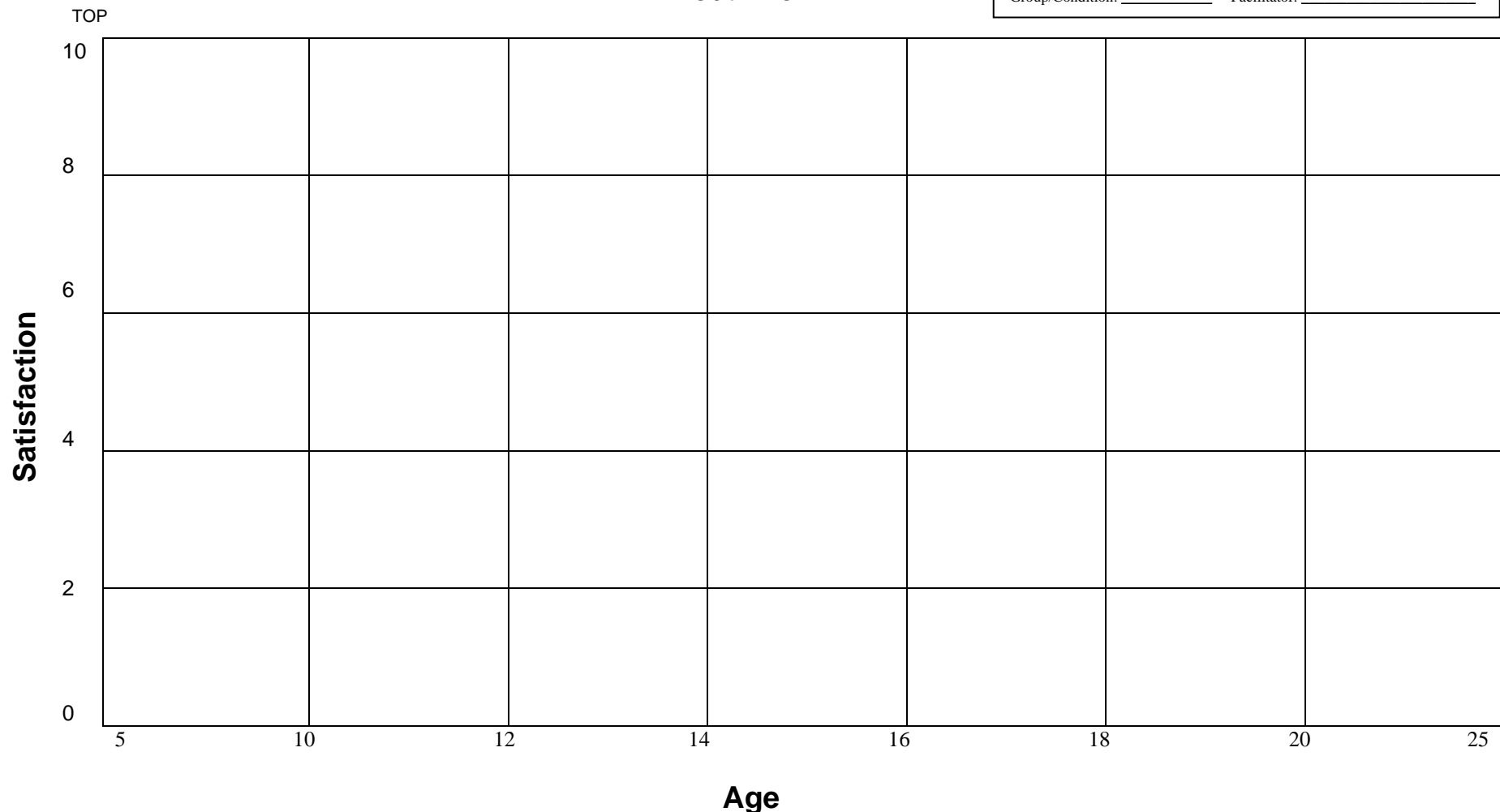
Student Full Name: _____

Student School ID Number: _____

Date (Enter MM/YY): Fall ____/____, Winter ____/____, Spring ____/____

School: _____ Evaluator: _____

Group/Condition: _____ Facilitator: _____



Directions: Begin by marking a circle with an x in it ⊗ where you are now (age) and degree of satisfaction with your life (0 to 10). Using that as a starting point, first think backward and identify the most important high and low points of your life up to the present. Locate the age and satisfaction of each of these points on the chart, mark it with an x, and briefly label it (e.g., started high school, [age, 14; satisfaction, 9], parents divorced [age, 7; satisfaction, 3]). Next, think forward and identify what you anticipate will be the most important high and low points of your life in the future and how satisfied you believe you will be. Locate and mark these on the chart the same way. Finally, look back over your chart, pick out any point or points along your life course that you would call a turning point – where your life really took a different direction. These points may be already included or they may be other points. Mark them (^ for positive turning points or v for negative) and briefly label them if they are not already labeled.