

Four Qualitative Methods for Understanding Diverse Lives.

Life Histories Activity Sheet.

Objective: To reflect on personal experiences and gain a deeper understanding of one's own life course.



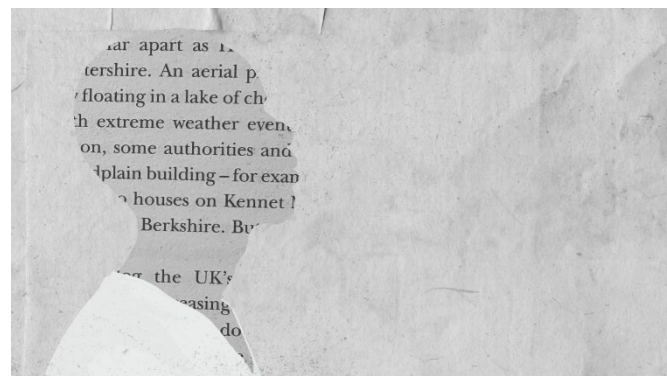
Materials:

- Pen or pencil
- Writing paper
- A notebook or journal for taking notes (optional)
- A dictaphone for recording thoughts (optional)
- Photographs or mementos related to significant life events (optional)

Instructions:

Step One: Begin by setting aside a quiet and comfortable space to complete the activity.

Step Two: Reflect on your life so far, and think about significant events, experiences, and people that have shaped who you are today.



Step Three: Write down a list of these events, experiences, and people. You may find the following prompt list a useful starting point:

- Childhood memories
- First day of school
- Family holidays
- Holidays and special celebrations
- Hobbies and interests
- Friendships
- Adolescence
- First crush or romantic relationship
- Getting your driver's license
- High school experiences
- Starting university or a new job
- Experiences with drugs, alcohol, or other challenges
- Adulthood
- Marriage or other significant relationships
- Having children
- Career milestones
- Travel experiences
- Hobbies and interests as an adult
- Later years
- Retirement
- Hobbies and interests in retirement
- Time with family and friends
- Reflections on life

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