**Life Map**

**Goal**: Interactive personal assessment activity that helps students recognize important aspects of their lives and how each aspect can affect another into a snowball effect.

**Time**: **\*\*Two-week activity\*\*** First class: 10-15 minutes to go over assignment in class. Students should take 30-60 minutes to complete Life Map as homework. Following class: 30 minutes (15 to discuss life maps in pairs and 15 for a full-class discussion of what was learned).

**Materials**: Copies of the blank template and instructions; make sure students can access online copies of the sample Life Maps to help them as they complete their own.

**When**: Closer to the end of the semester in the 8-10 week time frame. Introduce this activity after doing any Level Two activity. A class discussion the following week will be important, so make sure not to introduce this activity on the last day.

**Instructions**: Prior to class, instructors and peer leaders should create one or both of these Life Maps to make it easier guiding your students through the activity.

Go over the instructions and some of the sample Life Maps with your students so that they can have a visual representation of what a Life Map might look like. Assign the Life Map as homework and inform the students that during the following class they will be sharing their maps with a partner.

In the following class, let students choose their partners to ensure they feel comfortable sharing their Life Maps. In pairs, have them discuss what kinds of discoveries they made about themselves. Then regroup and have students share how the Life Maps have helped them learn more about themselves. You might discuss how societal expectations affect individual experiences and possibilities, and how the conversations you are having, increasing our awareness about those expectations, might change things.

**Note**: We have provided two sets of instructions for two different formats of the life maps, one focusing on significant life events and the other focusing on social identities.

SOURCE: This activity was designed by UCCS students based on course material from a class taught by Dr. Linda Watts at UCCS.