

## Worksheet: Developing Your “Story of Self”

(originally adapted from the works of Marshall Ganz of Harvard University and modified by Michele Rudy)

1. Before you decide what part of your story to tell, think about these questions:
  - *What will I be calling on students to do?*
  - *What values moved me to take action and might also inspire students to similar action?*
  - *What stories can I tell from my own life about specific people, resources, or events that would show (rather than tell) how I learned or acted on those values?*
2. What are the experiences in your life that have shaped the values that call you to teach at CSUN?
  - Family & Childhood – Parents/Family, growing up, your community, role models
  - Life Choices – school/career, partner/family, hobbies/interests/talents, overcoming challenges
  - Academic experiences – early experiences in higher education, connection to key books or people
3. Think about the challenge, choice and outcome in your story.
  - Challenge: *Why was it a challenge? What was so challenging about it?*
  - Choice: *Why did you make the choice you did? Where did you get the courage – or not? Where did you get the hope – or not? How did it feel?*
  - Outcome: *How did the outcome feel? Why did it feel that way? What did it teach you? What do you want to teach us? How do you want us to feel?*

4. Try drawing pictures here instead of words.

Stories leave listeners with images in their minds that shape their understanding.

Challenge	Choice	Outcome

5. Put it All Together into Your Own Story of Self...

(you may use the back of this paper to write your story)

6. Work with a partner to practice telling your Story of Self.

- Each person has 2 minutes to tell their story. Focus on the values you want to convey and the experiences that shaped you. Be specific & give lots of details.
- Each person has 3 minutes for feedback. *What values did the storyteller convey? How specifically? What is the challenge, choice, outcome in each story? Were there sections of the story that had especially good details or images (sights, sounds, smells, or emotions of the moment)?*

7. Revise your Story of Self

Based on the feedback you got from your partner, take some time to make revisions and adjustments to your story of self.

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