This activity will help students explore the challenges, accomplishments and their ability to transition from one life event to the next. Complete each section by following the instructions below.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Teacher Led** | **X** | **Requires Computer** | **X** | **Requires myBlueprint.ca** | **X** |

**LEARNING GOALS:**

1. Students will explore all aspects related to transitioning between life stages.
2. Students will understand the challenges and necessities of transitioning.

**MATERIALS:**

* Writing tools
* Computer, mobile device, or tablet
* **Handout [A] - Life Map Expectations**
* **Handout [B] - My Life Map Template**
* Life Map Rubric

**INSTRUCTIONS:**

1. Give students the handouts and have them create a Life Map, outlined in **Handout [A] - Life Map Expectations**
2. Provide them with **Handout [B] - My Life Map Template** to help them create a life map
3. Once students are done, have them complete the ***Reflection Questions*** in **Handout [A] - Life Map Expectations**
4. Invite students to take a picture of their Life Map and upload it to a “My Career Portfolio” on myBlueprint. Students can add a reflection (**+ Reflection**) to the picture (i.e., Life Map) they added to their portfolio. This reflection can be the answers to the Reflection Questions in Handout [A].

*\*\*See below for a Life Map Rubric*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **CRITERIA** | **Mastery and Exceeding** | **Refining** | **Developing** | **Refining** |
| **Content**  | All events contain **clear** and **relevant** details explaining significant event. | Most events contain **relevant** details explaining significance of event. | Events contain **some** details explaining significance of event. | Events contain **few** details explaining significance of event. |
| **Creativity**  | Life map is extremely visually appealing. Map is extremely neat, original, and color is used to **significantly** enhance overall appeal. | Life map is visually appealing. Map is neat, original, and color is used to enhance overall appeal. | Life map is somewhat visually appealing. Map is mostly neat, original, and color is somewhat used to enhance overall appeal. | Life map lacks visual appeal. Lacks neatness, originality, and color is not used to enhance overall appeal. |
| **Organization** | Information is in chronological order. Clear explanation of transitions between events. Reader is not left with any questions.  | Information is in chronological order. Explanation of transitions between events leaves reader with few questions. | Information is somewhat out of order. Weak explanation of transitions between events. Reader has difficulty understanding. | Information is out of order. Very limited explanation of transitions. Reader is not able to follow events in life map. |

**LIFE MAP RUBRIC**

**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Teacher Comments:**

 **/15**

**HANDOUT [A] - LIFE MAP EXPLORATION**

1. Create a colourful map showing your life to date (Format optional, you may choose another version)
2. Start with your birth, and as you go along the road of your life**, mark the ups and downs** in the events that happened to you
3. **Identify the *TRANSITION*** process you went through from one event to the other (How did you get through it? What new skills did you learn?)
4. Put up to **10 different events** on your map (**5 is enough though**)
5. You can use the template below or create your own. Add the following things to your map:
	* Dates, places, events, signs, symbols, pictures, transitions, etc.
6. Answer the following ***reflection questions***:

a. What accomplishment are you most proud of? Why?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. What obstacle was the hardest to overcome? Why?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c. What strategies did you use to manage the changes in your life?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

d. What skills or strategies did you gain by overcoming these obstacles?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. Take a picture of your Life Map (if created it on paper)

8. Log in to your myBluprint account.

9. Click **Home** from the navigation menu and select **Portfolios**.

10. Select your **“My Career Portfolio**” (or click **+ Add Portfolio**).

9. Add your Life Map to your portfolio (Click **+ Add Box** > select **Media +** > click **Upload File** or **Upload** **Picture** >Add **Title** “My Life Map”)

1. 10. Add a reflection to your Life Map Picture/File Box (click **+ Reflection**). Add your answers to the Reflection Questions in **Handout [A] - Life Map Expectations.**

**HANDOUT [B] - MY LIFE MAP TEMPLATE**