

Unit II
Literacy Grade 7
Turning Points
Villanova Jr High

A Self Reflection Unit

“How wonderful it is that nobody need wait a single moment before starting to improve the world.”

~ Anne Frank,
Diarist and
Concentration Camp Victim

Name: _____

Teacher: _____

Date: _____



Value/Character Words

Compile a list of words that describe you and the things you value.

My Traits:

My Values:

Value List

Select the five most important values you have from the previous activity.

List each:

1. _____
2. _____
3. _____
4. _____
5. _____

Select one value from the list above. Creatively draw that word to illustrate its value to you.

Step 2: Promoting Reflection

Significant Events

Make a list of all the important events which have occurred in your life. These can be small events which you have made an impression or impact on your life. No particular order needed.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Read your list. On the blanks on the right, place these in order of importance (1 being most important, 20 least).





Who Am I?

Getting to know yourself.

"Just be Yourself." What does that statement mean to you?

What stops people from **"being themselves"**?

Which traits should a person possess if they want to be true to themselves?

Which of these traits do you possess?

Which of your personal traits are most important? Why?

How did you get that way?

Group Discussion: Discuss each of the following questions in your groups. Place your notes on the space provided. Be prepared to discuss with class.

Do you think you were born the way you are or did you learn to be the way you are? If you learned, how did you learn it?

Who helped you figure it out?

What experiences have taught you something? What did you learn from each one?

Can small life events affect you in big way? Examples.

Who will I be?

In order to understand who we are and where we are going in this life, we need to also reflect on our past.

Me Then (approx. 5 years ago)	Me Now	Me Later (approx. 15-20 years from now)
What others said about me:	What others say about me:	What others will say about me:

What changes did I and will I need to make in order to become the **future** me?

Step 4: Writing my Essay

My Turning Point

Now it's time to write your essay about something which has changed you... your *turning point*.

Jot notes in the space provided. Try to add as many details as possible. You may not use all of them, but they may help trigger other points.

Who?	What?	When?
Where?	Why?	How?







