



Life Chart FAQs

1. Do I need to use the blank chart you have given me, or can I make my own?

You can choose. You can use the blank chart I've given you or make your own on a different piece of paper, or perhaps make one on the computer. It's up to you.

2. What sort of things should I put on the chart?

I want you to use it to record your strongest memories of your time at school – the good times as well as the difficult times.

3. Do I need to put things in the order in which they happened?

Yes please.

4. How do I show which events were better than others?

Put positive events above the horizontal line. The happier the memory, the closer to the top of the page. Put events that were negative below this line, and the worst events nearest the bottom of the page.

5. How much information do I need to put against each mark?

Just write the school year you were in, and a few words to say what happened.

6. Do I have to add something for every year I was at school?

No. You might not remember anything about some years, and that's fine.

7. Can I add more than one memory for some school years?

Yes, add as many as are important to you about your time in school.

8. What about the times after I stopped attending school?

Yes, please add memories and events to do with your education after you stopped attending school.

9. I don't like writing. Can I ask someone at home to help me?

Yes, you can ask someone to write or type for you.

10. My mum (or Dad) says I've forgotten something important – should I add it to the chart?

No. People remember things differently, and I'm only interested in what is important to you.