

# SCRAP BOOK

This is about you, written by you and written to you. Complete the book honestly. It will never go on display without your permission. I hope that when you are finished you will understand yourself a little better. This means that you use a separate page for each heading. The minimum number to answer is twenty. Yes that means the minimum number of pages you will have is twenty-one (incl. title page.) In answering the questions use photographs, sketches, poems, clippings from magazines or newspapers and your writing! A variety of mediums is essential. The pages must reflect your full range of skills and abilities.

The list of ideas is not exhaustive we may add more as the class progresses. Your teacher will assign mandatory pages at specific times throughout the year and suggest themes at other times.

The key to success in this project is using class time wisely and receiving feedback from your teacher as you work. Each page must show thought and effort. Refer to the attached mark sheet often.

Write the question as your header at the top of the page.

## Planning

1. Something I wish for that would be easy to get...
2. Something I wish for that would be hard to get....
3. A fear that I have about the future...
4. Something I did that I was proud of...
5. A decision that was very hard to make...
6. At our 10<sup>th</sup> reunion, I hope....
7. Things I have learned about myself this year are...
8. Things I have learned about others this year are...
9. Something I was afraid of but did anyway...
10. Something that I am very proud of...
11. I study best when...

## Personal Development

12. I feel happy when...
13. I feel sad when...
14. I feel afraid when...
15. I feel angry when....
16. I feel lonely when....
17. I feel alive when....
18. I feel \_\_\_\_\_ more than any other way...
19. I want to be with my friends when...
20. I want to be alone when...
21. In my family our best times are.....
22. I don't like people who...
23. People would like each other better if...

Name \_\_\_\_\_

Date \_\_\_\_\_

24. I would like to know why I...
25. Things I think about when I am by myself are...
26. Who is your best friend? What do you have in common
27. What community or world problems bother you the most? Why?
28. Something that an adult does that I appreciate...
29. Something that someone did that helped me feel included...
30. The things I do to keep a friend....
31. A part of me I would like to keep secret....
32. My friends think I look like....
33. Passers-by, teachers, bus drivers probably think I look like....
34. My overall health is..
35. My view of alcohol is...
36. My view of drugs....
37. I know the following health resources are available to me....
38. A healthy relationship is.....

#### Career Development

39. Things I do often...
40. Something special about me is...
41. Someday I would like to be...(career)
42. Something worth working really hard for...
43. Something I think will change as I mature...
44. Something about me I hope never changes
45. Something I would like to learn...
46. One way I am like everybody else is...
47. One way I am different from everybody else is...
48. I usually solve problems by...
49. An important experience in my life..
50. My favorite school subject...
51. Without referring to them by name, identify certain adults by qualities you admire in them the most. Are you doing anything to be more like them?
52. My learning style is..
53. My Job shadow...
54. My skills ...
55. I want people to see me as...