Milestones in My Life

Most people can point to special experiences or accomplishments that stand out in their minds as signs of growth and achievement. These achievements differ at each stage of life. Just as milestones mark the progress of travelers along a road, personal milestones mark growth in independence throughout our lives.

Students are starting out early in their lives to plan to be successful. Now that they are growing up, they are more able to do the things they must to ensure that they succeed on their own. They are learning to take care of their own futures.

Have them complete this activity to show the milestones in their lives so far.

For Discussion:

Which milestone is the most important to you?
Which milestone shows best how much you have grown physically?
Which shows best how you have grown intellectually? Emotionally?
Are there any milestones that a majority of people mentioned?
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I. Written Reflection: Growing up means being expected to do things for yourself. How have you changed to be able to do more things for yourself? Write about two things that you do for yourself now that you couldn’t have done two or more years ago. Describe what skills or qualities these tasks require.

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II. Activity: List at least three important things that you learned to do by yourself in each stage: three milestones for each third. Also, list three milestones that you imagine will be significant in the future.

First Third of My Life: Age 1yr to 4yrs
1. __________________________________________________________
2. __________________________________________________________
3. __________________________________________________________

Second Third of My Life: Age 5yrs to 9yrs
1. __________________________________________________________
2. __________________________________________________________
3. __________________________________________________________

Third Third of My Life: Age 10yrs to 13-14yrs
1. __________________________________________________________
2. __________________________________________________________
3. __________________________________________________________

Next… the future:
1. __________________________________________________________
2. __________________________________________________________
3. __________________________________________________________