

Autobiography

Auto → *self* bio → *life* graphy → *writing*

Some people love to write about themselves; others feel anxious and embarrassed about it. The truth is, though, that you know more about yourself than any other subject.

Don't worry if it's interesting or not; your peers will give you feedback for elaborating on details that might add interest for a reader.

Tell us the story of your life. Try to cover each of the areas listed below. Think of each area as a separate paragraph in your essay.

A. The circumstances of your birth

What is the story around your birth? Were you born in your mother's or parents' hometown, or were you born on vacation? What is your relationship to your place of birth? Is it special to you? Is there a funny or traumatic story about your birth?

B. Your family background

Are you aware of being born into a particular ethnicity, culture, religion or race? If so, what impact has this had on you? What are your earliest memories of family life? Were you the first-born, the youngest, somewhere in the middle, or were you an only child? How did this impact you? What struggles did your family face, if any? What did they value? What lessons were imparted to you?

C. Growing Up / School life

What are your memories of growing up and attending school? Was this a pleasant time for you? What stands out in your memory about this time?

D. Struggles and Accomplishments

Write about your greatest struggles and accomplishments, or choose one to expand upon.

E. Goals for the future

What do you hope to add to your autobiography? Where do you hope your life will take you from here?

If you absolutely don't want to write about yourself, you may interview someone you know and write a biography for them. Try to approach the above general areas.