AGED 607  YOUTH LEADERSHIP
ACTIVITY 3-3: AUTOBIOGRAPHICAL QUESTIONNAIRE

Directions: The activity is designed to help young people expand perceptions of themselves. For practice, complete this activity. Then consider revising it for use with a youth clientele.

1. Your name
2. Birth date; age in years
3. Home address, phone, and email
4. List 10 words that best describe you.
5. List 10 words that best describe each person in your family.
6. What do you see yourself doing 5 years from now? 10 years?
7. How do you spend your time after school and on weekends?
8. Of all the things you do in your free time, which do you like the most? The least?
9. Without mentioning specific names, what are the qualities of adults you respect and admire the most? The least? What are you doing to become more like your most admired? To keep from being like your least admired?
10. Who is your best friend? What do your friends have in common?
11. What is your favorite sport, hobby, craft, or anything?
12. What is your favorite TV shows?
13. What do you enjoy reading regularly?
14. What is there about you that make your friends like you?
15. What major goal are you working on right now?
16. What does friendship mean to you?
17. What do you think of school?
18. Are you content with yourself? Would you like to be better?

Autobiographical Questionnaires, Canfield/Wells, 100 Ways to Enhance Self-Concept in the Classroom, Values Clarification, ARIS Adventure Based Resource Index System, 1987