

# Personal Autobiography

Based on the situation and your interview(s) with the hearing officer, you have been assigned a series of reflection questions. In order to complete the sanction, it is expected that you will take time to reflect on the topic and write a clear, well-developed response that demonstrates that you have thought about the issue and considered all aspects. It is an opportunity to demonstrate the insight you have developed regarding the expectations required of every member of this scholarly community. This should not be used as an opportunity to complain about policies or laws. You must answer all of the questions in order to complete the reflection paper

## Expectations for paper :

- ◆ Include your name, student ID number, email address, and the name of the hearing officer who resolved your case in a heading block on the first page
- ◆ Parameters: Typed, 12-point font, standard one-inch margins, double spaced, and checked for errors (spelling and grammar). The length of your paper has been set by your hearing officer and is included in the hearing outcome letter.
- ◆ Your paper must be saved as a Microsoft Word Document (.doc) and submitted electronically to the address provided in your hearing outcome letter.

## I. REFLECTION PAPER QUESTIONS

### General Questions

- Describe in detail what happened that resulted in you being charged with a violation of the Code and your level of responsibility for the situation.
- Describe your decision making process during this incident.
- What did you learn based on your behavior?
- What were the consequences of your actions on each of the following: **you**, friends, family, police, staff, others present or not present, community?
- How have you grown or changed as a result of reflecting on your original decisions?
- Explain in detail how your decision making process has changed. If it hasn't changed, explain why not.
- If you were in this situation again, what would you do? What would you consider in making your decisions?
- How will you apply what you have learned from this incident to future decisions.
- What sanctions have had a positive impact upon you? What did you learn from those sanctions?

## II. PERSONAL AUTOBIOGRAPHY QUESTIONS

### Family Life and Social Adaptation

- Comment on your **family relationships** with your parent(s), and your sibling(s) as you were growing up, and as they are currently,
- Comment on your **relationship with significant people outside your family unit** and how these people have influenced your life,

- ❑ Comment on your **experiences at school**, both growing up and currently. Explain how has your academic performance been satisfactory or dissatisfactory and why,
- ❑ Comment on your **work related experiences**: What types of jobs have you had? What have you liked or disliked about the experience? What kinds of skills have you learned? What kind of job do you have currently?
- ❑ Comment on any **personal satisfactions or problems which have been significant life-changing events**. How have you coped with these problems, who assisted you, and if you have integrated these experiences into your life? and,
- ❑ **Personal awareness**: From what, or from who does the meaning of your life come from? What kind of person are you or would you like to become? Where do you see yourself within five, and tens years from now?

#### ❑ Self Evaluation

- ❑ Describe your personal decision-making patterns, reflecting on the events that led to the violation committed and stating what if anything could be changed to prevent this behavior from happening in future, similar circumstances.
- ❑ Explain what it means for you to be away from home and attending a higher learning institution. Comment on: How you perceive boundaries away from home, how are you engaging/testing your new boundaries as a college student, what type of friendships are you developing, how are you coping with stress issues, etc.
- ❑ Describe any recent particular issues that have hindered or enhanced your personal growth. State what remains to be addressed so as to solidify your personal development.

#### ❑ Goal Setting

- ❑ Develop a specific objective for each of the following areas of personal development:
  - Intellectual-Academic
  - Emotional-Relationships
  - Behavioral-Conduct
  - Social-Community Involvement
  - Physical-Health
- ❑ Describe specifically what steps will you take to achieve each of the objectives for the above areas.
- ❑ Describe specifically how will you hold yourself accountable for satisfying the steps that will fulfill your personal objectives.