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| I can… | 1 Not Yet Meeting 2 | 3 Meeting 4 | Exceeding 5 |
| Choose 3 significant people at three different times of my life | I have not made any clear attempt… | I have clearly made an attempt…  | I have succeeded in choosing people that have influenced me in different ways |
| Give details on why these people are significant |  |  | I have successfully explained why these people are significant to me |
| Give details on how I was influenced by these people |  |  | I have successfully explained how I was influenced by each of these people |
| Choose 3 significant events at three different times of my life |  |  | I have succeeded in choosing events that have influenced me in different ways |
| Give details on why these events are significant |  |  | I have successfully explained why these events were significant to me |
| Give details on how these events influenced you |  |  | I have successfully explained how I was influenced by these events |
| Choose 3 interests from both inside and outside school |  |  | I have succeeded in choosing interests that have influenced me in different ways |
| Give details on why I enjoy these interests |  |  | I have successfully explained why I enjoy these interests |
| Give details on how these interests affect my life |  |  | I have successfully explained how these interests affect my life |
| Describe 1 short term goal for my future (to be accomplished within 1 year from now) |  |  | I have successfully described a goal that is important to me and can realistically be accomplished in a short time period |
| Describe 1 long term goal for my future (to be accomplished between 1-10 years from now) |  |  | I have successfully described a goal that is important to me and can realistically be accomplished in a long time period  |
| Tell what I want to be  |  |  | I have a realistic idea of a career that suits me, as well as a timeframe of when I may achieve this career |
| Tell where I want to live |  |  | I have a realistic idea of when I would achieve living in my chosen location  |
| Tell if I plan on getting a post-secondary education and where |  |  | I have a realistic idea of the education required to achieve my career, as well as length of time to complete education |
| Tell if I want to have a family |  |  | I have clearly put some thought into the size of family I want in the future, as well as the timing of this family working with my chosen career path and education |
| Present this information in an interesting and appealing way |  |  | I have succeeded in presenting this assignment in a way that is visually appealing, as well as fits the parameters of a timeline |
| Include a picture that describes the event |  |  | I have succeeded in choosing pictures and images that best fit the chosen event, person or interest |