

## Technical sheet for mentors



### 4. LIFE LINE ILLUSTRATION

Mentorvention Phase	Dimension	Duration (mins)	Number of participants (min/max)
Foundation meeting	<b>Goal Setting &amp; Planning</b>	30	1
<b>Learning-2-Learn dimension elements</b>	<ul style="list-style-type: none"> <li>- Developing long term goals</li> <li>- Locating meaningful learning targets</li> <li>- Identifying effective strategies</li> <li>- Planning out steps</li> </ul>		
<b>Tags</b>	Goal setting, planning, long term planning, life-line		

#### The aim of the activity

This activity will help mentees to clearly illustrate their life experiences with the help of the lifeline exercise. The line itself represents a neutral ground from which the mentees can draw in positive and negative experiences above or below the line, respectively, and write down specifically why something was negative or positive. This can help enable the mentee to reflect on their life experiences, view the direction of their lives in an illustrated way and help them to direct their next choices and their life.

### Preparation

Print out the activity sheet  
Prepare pen/pencils  
Follow instructions on application sheet

### Application

By completing this activity, the mentees will reflect on their life trajectory and experiences in an illustrative manner.

The mentees will be guided through the activity by the mentor who will explain the exercise.

- 1) Present and explain the exercise to the mentee
- 2) Ask the mentee to do the life line exercise and draw in experiences over or under the line depending on whether they were positive or negative
- 3) Ask the mentee to reflect on the exercise and the life line they have produced and write down how and what they feel about their illustration and reflect on their life choices and experiences in writing.



Direct link to the activity handout on the learning platform

<https://upsim.aidlearn.eu/en/>



## Activity tool

# A LINE THAT REPRESENTS YOUR LIFE

## Illustrate your life with a line.

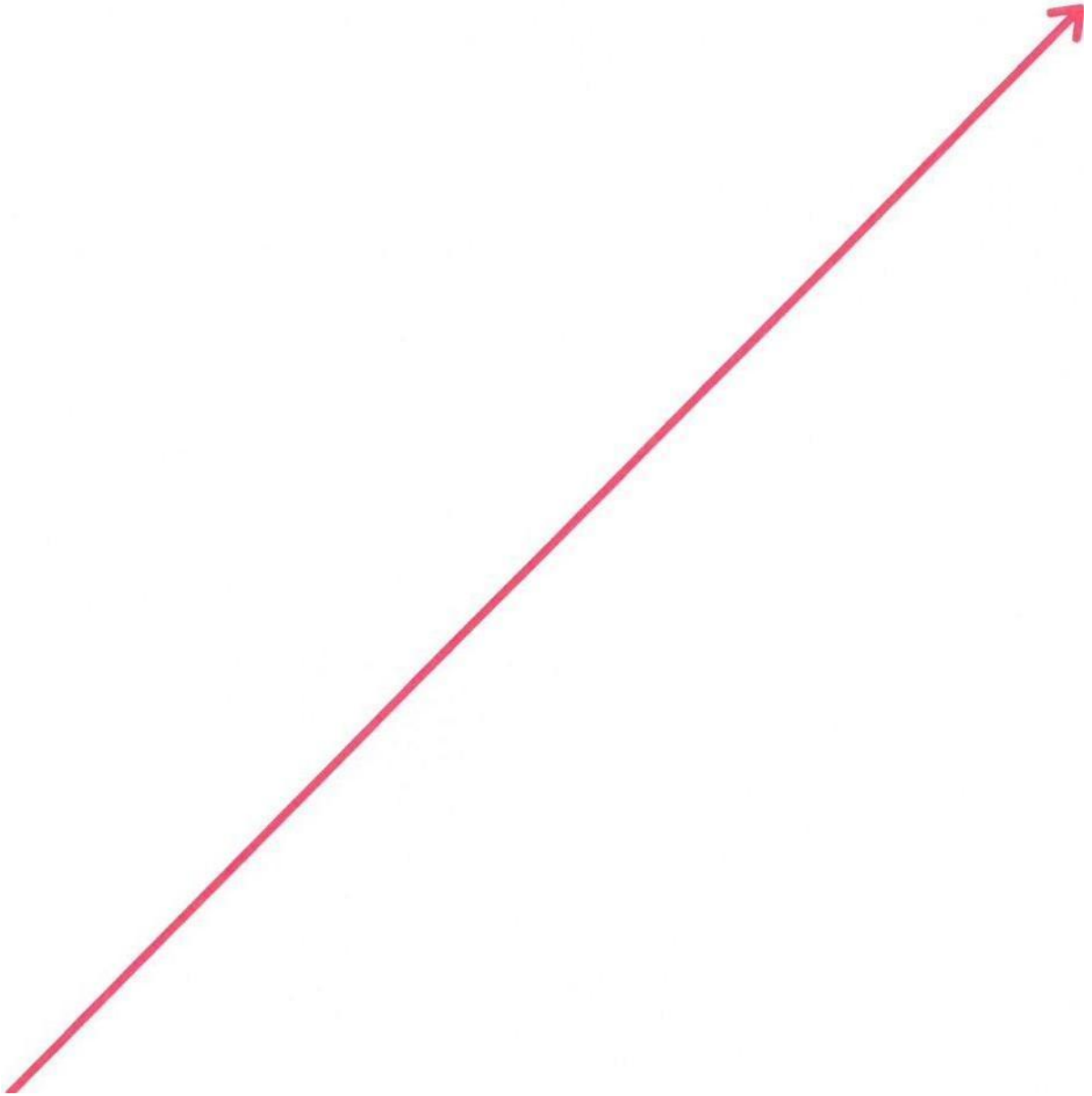
Draw a line to illustrate your life. Divide your life into spans of 10 years each. The red line represents a neutral ground, something that is neither positive nor negative. Illustrate above or below the line, periods or courses of events that have been either positive or negative. If you need more space, use an extra page to illustrate.

- What characterises the ups and downs?
- What happened?
- Be precise.

Motivate why you felt good, or why you didn't feel good. Think of all areas of your life. If you want to separate work from the rest of your life, use two lines or two colours.

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## Illustrate your life with a line



## Reflect on and analyse your illustration



1. When you are done and look at the line(s) that represent(s) your life, what do you see? What does the pattern look like over time?
2. Has it become better or worse?
3. What distinguishes the highs?
4. What distinguishes the lows?

**Write down:**

1. What do you feel when you look at your pattern?

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2. Is it you that have directed your life, or is it others who have done so?

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3. Is its coincidences or informed choices?



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4. Are there any specific events or people who have influenced you in any certain direction?

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