

## Handout – Instructions for completion of the GOGI – My Life Story Book Report Course

Getting Out by Going In (GOGI) offers many softbound course workbooks. Participants in GOGI programming use these workbooks and earn an official GOGI Credit and an official GOGI Report Card upon completion and submission to GOGI of these soft bound published workbooks. For those who are unable to purchase our workbooks, or when donor funding is not available, or when an institution can not fund official GOGI courses, GOGI offers the ability for participants to complete a series of “book reports” which may also earn them an official GOGI Credit and entry into our data base of GOGI students. The below are the requirements to earn the MY LIFE STORY BOOK REPORT COURSE credit issued by GOGI. Keep in mind this course **MUST BE MAILED TO GOGI** and this is an opportunity offered as long as volunteers are willing to help make this course credit possible.

- 1) **Format** – Your project must be handwritten on 8.5 by 11 sized paper. White paper is best. Submit a total of 15 written pages of writing. Eight sheets of paper 2-sided is acceptable. If you only have smaller sized paper, add additional pages. Handwrite clearly enough to be read by our volunteers. It must be single spaced and average sized letters. Ink is preferable, but when not available please make pencil writing as dark as you can. Your report should start 1 inch from the top and each page must have writing down to 1 inch above the bottom of the paper.
- 2) **Identification** – At the very top of each page in one line, across the top please write your first, last names, your ID, your location, the date, and the page number. Do this on every page.
- 3) **Submission** – The only way to get credit for this course is to mail the completed assignment to GOGI. On your envelope please put: GOGI - MY LIFE STORY, PO Box 88969, Los Angeles, CA, 90009. You may need to send your assignment in 2-3 regular envelopes if you do not have a large envelope or extra stamps. Make sure if you send multiple envelopes you put “#1 of 2” and “#2 of 2” on the outside of the envelope.
- 4) **Questions to address in your writing are:**
  - a. Pages 1-2 – Basics about you ages birth to age 5. On these pages include the “who, what, where, when and why” of your first 5 years. Name, birth, family, siblings, living conditions, first memories, what you liked, what you did not like, your caregiver, etc.
  - b. Pages 3-4 – Your elementary school years ages 4-11. What was happening in your life? Give examples of life events and which GOGI Tool might have helped and why.
  - c. Pages 5-6 – Your middle school years – ages 11-13. What was happening in your life? Give examples of life events and which GOGI Tool might have helped and why.
  - d. Pages 7-9 – Your high school age years – 13-18. What was happening in your life? Give examples of life events and which GOGI Tool might have helped and why.
  - e. Pages 10-12 – Young adulthood. What was going on in your life? Give examples of life events and which GOGI Tool might have helped and why.
  - f. Pages 13-14 – Age 25 and beyond. What was going on in your life as you reached 25? What is going on in your life now. Write about your transformation into adulthood and who you are NOW. Which GOGI Tool is helpful and why? Which Tool could have been helpful in the past and why? Give specific examples of events.
  - g. Page 15 – Fill the page with how you can specifically use one or more of the GOGI Tools to reach a goal you have set for yourself. Write down your plan of action and timeline for achieving this goal. Write which GOGI Tools you like the most and why. Please tell us what you think about the GOGI Calendar and why. Please share what you think about the GOGI pledge of service. Tell us how GOGI has helped you become a better person and why.