Your Life - Your Story
Write It

Co-Facilitators: Kathi Grider (wegriders@icloud.com)
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Syllabus

Each session will include:
- Videos, excerpts from published memoirs, examples
- In-class writing exercises
- Introduction of a theme with thought-provoking questions
- Writing Group: Sharing and feedback (except for Session 1)

Session 1: Overview and Memory
- Why Write Your Story
- What I remember/What I don’t remember
- Getting Started

Session 2: Writing Theme Forks in the Road
- Writing Themes Senses and Description
- Writing Group

Session 3: Writing Theme Family and Culture
- Writing Exercises Characters and Dialogue
- Writing Group

Session 4: Writing Theme Money and Wealth
- Writing Exercises Figurative Language
- Writing Group

Session 5: Writing Theme Goals/Aspirations/Values
- Writing Exercises Big Ideas/Reflection
- Writing Group

Session 6: Writing Theme Aging
- Writing Exercises Interviewing and Research to add detail
- Writing Group

Session 7: Writing Theme Revision of one writing
- Writing Exercises Revision Tips
- Writing Group

Session 8: Wrap-up/Next Steps
- Writing Group
Resources:
Birren, James and Cochran, Kathryn  
*Telling the Stories of Life Through Guided Autobiography Groups*

Campbell, Richard and Svensson, Cheryl  
*Writing Your Legacy*

Roorbach, Bill  
*Writing Life Stories*

This is an interactive writing and discussion class. Members will be asked to write at least two pages each week and to participate in a writing group where group members read their stories and receive positive feedback.