

# TOPICS AND MEMORY TRIGGERS FOR PERSONAL OR FAMILY HISTORY\*

## Topics

1. Family Heritage
2. Communities Lived In
3. Neighborhoods
4. Homes and Residences
5. Parents
6. Father
7. Mother
8. Brothers and Sisters
9. Other Relatives
10. Parent's Family as a Unit
11. Family's Health

## Characteristics of Childhood (Age 0 ⇔ 11)

12. Pre-School Years
13. Childhood Play and Friends
14. Beliefs as a Child
15. Grade School and Intermediate School

## Characteristics of Adolescence (Age 11 ⇔ 18)

16. Your Physical Development to Age 18
17. High School
18. Teen-Age Friendships
19. Teen-Age Activities
20. Teen-Ager and Family
21. Beliefs as a Teen-Ager
22. Boy-Girl Relationships

## Characteristics of Early Adulthood (Age 18 ⇔ 25)

23. Military
24. Missionary or Humanitarian Service
25. College, Trade or Professional School
26. Beliefs and Values
27. Friendships and Activities
28. Courtship and Marriage

## Characteristics of Prime Adulthood (Age 25 ⇔ 45)

29. Your Marriage Relationship
30. Child Rearing
31. Work and Careers
32. Finances
33. Homemaker's Career
34. The Unmarried Adult
35. Divorce
36. Death of Spouse
37. Remarriage
38. Your Physical Health as an Adult

## Characteristics of Middle Adult Years (Age 45 ⇔ 65)

39. Relationship with Relatives
40. Personal Beliefs
41. Interests, Activities, Service
42. Important Friendships
43. Current Affairs

## Characteristics of Later Adult hood (Age 65 and Over)

44. Role as a Grandparent
45. Retirement Years
46. Reflections About Life

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\* William G. Hartley, Preparing a Personal History. (Salt Lake City: Primer Publications, 1976).