

# Inspiration Project

## Overall Project Objectives:

1. Develop a deeper understanding of who you are
2. Consider future goals in life
3. State ideas clearly and creatively in written format
4. Create a substantial visual to express your ideas and understanding of yourself
5. A better understanding of how your own personality was developed and your own personal belief systems, personality traits, etc.

The Project will be a combination of in-class and homework materials collected, created and analyzed throughout the unit on Personality. *The entire project is worth 200 points (approx. 1/3 of total semester grade)*

## Required Components of the Project

### A. Inspiration Journal

Create a journal of materials collected and created throughout the unit. The actual journal **MUST BE BOUND** in some manner and be presented in an **organized manner**. Suggestions for organization might be a Table of Contents and sections for writings, poetry, personality tests, etc. Or, perhaps, you could section the journal by moods, emotions, or according to the stages of one of the theories you find interesting.

#### 1. The Journal **MUST** include the following:

- Table of Contents** – by Section, Chapter or Page, etc.
- At least 6 “free-write” journal entries** from class (we will do these in class), or written on your own time. Each must be at least ½ page (handwritten).
- The **lyrics to 4 songs** which reflect the states of identity according to James Marcia with analysis of why each song reflects that specific state and also a well-defined analysis of which state you feel you are in and why.
- A poem or song lyrics **you have written** (you may use previously created material) with a **TYPED, ½ page** explanation of how the words reflect your personality.
- A poem or song lyrics **written by someone else** (published author) with a **TYPED, ½ page** explanation of how the words reflect your personality.
- ALL Internet tests** that are required. **THREE of the tests must have a typed, ½ page analysis** of what you learned about yourself from the test, and/or if you agree or disagree with the findings and why.
- 10 “**negotiable” pages** from the attached list.
- A **printed copy of the rubric** for grading purposes

#### 2. The Journal **MAY** include the following for extra credit:

- Artistic drawings with written interpretations
- Additional free-writing entries
- Additional poetry (yours or someone else) with TYPED explanations
- Additional song lyrics with TYPED explanations
- Additional materials (pictures, etc.) that YOU want to include.