

## **AUTOBIOGRAPHY GUIDELINES**

*The following are key areas for your autobiography. Using these headings for the various parts in your story, please write in paragraph form. The questions under each heading are intended to help you reflect as you write your autobiography. Please type this information, using only one side of each page. The finished typed document should be double spaced in 12 point Times New Roman font and should include page numbers.*

*Suggested paper length is 6 – 7 pages for minor seminary application and 10 – 12 pages for major seminary application.*

### **FAMILY**

Describe what it was like growing up in your family.

How has your relationship with your parents changed through the years?

Describe how your parents have influenced you in becoming who you are.

Describe how your brothers/sisters have helped you become who you are.

### **RELATIONSHIPS**

*Who are your closest friends and how do they contribute to your life?*

Describe your relationships with both women and men friends.

Through friendships, how have you experienced your ability to give and receive love?

If applicable, reflect on the following:

If you have been married and experienced the death of a spouse, describe what this has been like for you. What have you learned?

### **EDUCATION**

How would you generally describe your grade school years? Junior high years? Senior high years? College years? Describe some significant events.

What is most exciting to you about the educational process? Most difficult?

Learning is a lifelong process. Describe what you have done to broaden your education outside of a formal education setting.

### **WORK**

Describe your relationship to co-workers and supervisors in the jobs you have held.

What have you learned through these experiences?

What kind of job has given you the greatest sense of satisfaction?

Have you experienced unemployment? How long? What did you learn?

### **LIFE IN GENERAL**

What is your purpose in life?

What are your gifts and talents?

How do you deal with disappointments?

What have been your most satisfying experiences?

What do you find yourself most anxious or concerned about?

What words do you hear used most often when people describe you?  
What creates excitement and enthusiasm in you? *(continued on next page)*  
What indication is there in your life that long-term commitment is possible for you?  
If you have experienced a treatment program or process for any addictions, how has that been significant in your life?  
Have you experienced long-term illness, depression, etc., that has contributed to who you are as a person? Describe.

## **PRAYER**

*How have you discovered God in your life?*  
Describe your prayer life. How has it developed over the years?  
Who or what teaches you most about God?  
Describe an experience which led you to deeper faith.  
Have there been times in your life when you were more aware of God's absence than presence? Describe.  
Describe how you experience God's presence through the sacraments of the Church.

## **CHURCH**

When you hear the word "Church," what comes to mind?  
Describe your involvement with your home parish or worshiping community.  
What are you doing to advance the "vision" of the Church that is yours?  
Describe times, reasons, which led you to feel "at odds" with the Church.  
Have you ever fallen away from the active practice of your Catholic faith?

## **PRIESTHOOD**

How long have you been thinking about being a priest?  
What do you find attractive about priesthood?  
What does a priest's life include?  
Who are the priests you admire? Describe what you like about each.  
Whose life would be enriched if you were ordained?

## **SERVICE**

What is your earliest memory of having helped someone?  
Describe your experience of leading people.  
When have you been most recently present to people who are sick and suffering?  
What kind of on-going service have you done/are you doing?  
When you are engaged in helping others, how do you judge your own progress?  
What is your greatest desire in serving others?  
Describe an experience of being with the economically poor.  
Describe a situation where you learned something from someone who was considered "less fortunate" than you.