



Capstone – Personal Story

This capstone highlights and explores a personal story, giving students an opportunity to reflect on and share a meaningful life-changing event/experience (e.g., mental health, recovery, immigration, etc.). The autobiographical process is narrated from the student author's perspective.

Process

Identify purpose and intent

- Students should contemplate a memorable event and/or significant learning experience that challenged and shaped them to be who they are today
- Consider the following questions:
 - Why and how did the event or learning experience change who they are and/or their outlook?
 - With whom would they like to share their story and why?
 - What is the motivation/inspiration for sharing their story and what is the overall message they wish to communicate to their audience?

Plan and design

- Create a storyboard combining the ideas and resources that have been gathered, and that maps out alternative versions of the vision
- Determine how the story can be organized in a way that is most meaningful and that best communicates the message to be conveyed
- Organize story events and photos and/or images according to the major stages/progression/transformation to be illustrated
- Determine the best way to tell the story (e.g., visual/oral/written expression, voiceover, text, music, digital tools, other effects or a combination)
- Consider ways to connect the progression/transformation/stages/sections. For example:
 - How might visual/oral/written expression and/or voiceover and/or text be used to tell the story?
 - What will the design/layout look like?
 - Will other effects, such as music be included?
 - How might digital tools be used to tell the story?
- Ensure the story is engaging for the intended audience, as well as focused, organized, and concise

Create and review

- Consider which individuals to approach to review and provide feedback on the personal story, drawing on individuals from multiple areas in the students' lives
- Keeping an open mind, incorporate relevant feedback and suggestions as needed

Present

- Share story with an audience
- Reflect on the story work and thinking throughout the preparation and presenting process, elaborating on new competencies and skills learned, and the personal impact of the capstone process; reflect on how to apply them to preferred future plans for post-graduation