



Heart, Mind & Soul

Understanding Yourself and Others™ (UYO)

Course Information Sheet (CIS) for High School and College Students

Name	
Address	
City/State/Zip	
Home Phone	
Cell Phone	
E-mail Addr.	

Please complete this form and return to:

Heart, Mind, and Soul
99 Brewster Road
West Hartford, CT 06117
Fax: 425-790-2942

The following questionnaire serves two purposes. The first is to provide the workshop instructors with information about you and your values and goals. This will allow them to be more valuable to you during your HM&S experience. The second is to help you clarify your goals in your own mind.

The workshop instructors and assistants will discuss the information you have given us on this sheet in order to help you achieve your goals!

FAMILY INFORMATION

List the first name and age, oldest to youngest, of each family member in the spaces below, and for siblings, check whether the person is a brother or sister. In the Other Info column, list a personality trait such as strong, sickly, outgoing, dominating, etc. If any of your family members are no longer living, write the cause of death in the Other Info column and indicate the year they died. Also, use the Other Info column to indicate stepfamily.

Birthday

	Name	Age	Occupation	Other Info	Died
You					
Mother					
Father					
Oldest <input type="checkbox"/> Brother <input type="checkbox"/> Sister					
Next <input type="checkbox"/> Brother <input type="checkbox"/> Sister					
Next <input type="checkbox"/> Brother <input type="checkbox"/> Sister					
Next <input type="checkbox"/> Brother <input type="checkbox"/> Sister					
Next <input type="checkbox"/> Brother <input type="checkbox"/> Sister					

EARLY RECOLLECTIONS

Print or type two early recollections. An early recollection is a memory of a very *specific incident* that occurred when you were a child.

Example of an early recollection:

Age 4-5

One day I was riding my tricycle and my brother pushed me.
I fell off. He laughed at me.
I felt embarrassed.

Notice that the above recollection describes a specific incident. It is not a generalized report.

The following is NOT an early recollection:

When I was a kid I always used to ride my tricycle and fight with my brother.

It doesn't matter if the experiences you recall are positive or negative, and it doesn't matter how far back you can remember—as long as they are your earliest memories. Write two recollections in the spaces below. Give your approximate age and describe how you felt.

ER #1 Age _____

How you felt _____

ER #2 Age _____

How you felt _____

ADDITIONAL BACKGROUND INFORMATION

What school do you attend? _____ Grade level _____

How are you doing in school? _____

Describe your relationship with your parents. _____

Have you ever had counseling? _____ What were the results? _____

What would have made the results more positive? _____

Do you have, or have you had, any major physical illnesses or injuries? _____

Are you presently taking any medication? _____ If so, what? _____

GOALS

What do you want to be different as a result of completing the Heart, Mind & Soul Understanding Yourself & Others™ Course? State *specific results* you want to produce in the areas of:

School/Community: _____

Love: _____

Friendship: _____

Is there anything else we should know about you that would enable us to help you accomplish your goals? _____
