Writing a Social HistoryTemplate

A social history focuses on a person’s development as a member of society. Use the template to gather the data and then write a narrative under the following sub-headings.

1. Biographic Data

Name: (Optional for volunteer) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Position in family of origin: (first born, middle, youngest)

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Nationality/Culture:

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Birthplace: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Language spoken at home: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Siblings: (Ages now and gender)

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Significant extended family: (past and present)

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2. Early Childhood - 0-7 years

Describe stages and any issues remembered by you (or told by volunteer).

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3. Mid-childhood – 7-12 years

Describe what happened in this period. It will naturally include the increasing influence of school and peer relationships.

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4. Adolescence – 13-20 years

Describe what happened in this phase of the life-cycle. It will include: the transition to high school; involvement in a range of youth activities; performance in exams; initial jobs; income; the start of personal relationships; first sexual encounters; use of drugs/alcohol.

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5. Adulthood -21-Present Day age

Describe the situation up until the point that you gather the data.

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6. Summary

In this section write an overview of yourself – your personal style and your strengths and weaknesses. Indicate any areas where you think counselling could be (or could have been) of assistance.

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*Note: If describing a traumatic event, it is important to seek support, if this recollection triggers any emotions or anxieties that are concerning to you.*