



Self-History Interview Worksheet for Journaling in response to the COVID-19 Pandemic 2020

with grateful acknowledgement to the Pope County (MN) Historical Society

Here are some questions to help you get started. Please use whatever questions below you feel like responding to or address your situation and observations as you see fit. Be as specific and thorough about documenting your thoughts as possible. There are no right or wrong answers. Going off on tangents is okay. Once the pandemic is past, your thoughts can be an important part of Altadena Historical Society's collection.

Whose experience is being recorded?

Who is doing the recording?

When/Where is this experience being recorded

How have I adapted my life so far? Have I had to change my daily routine? How so?

What does my daily life usually look like? What does it look like right now?

What do I think about the current situation? Broadly? Specifically?

What am I afraid of? Broadly? Specifically?

How am I handling the situation? Am I working on certain projects? How am I passing my time? Am I helping others?

Am I staying isolated for my safety or the safety of those close to me?

How do I feel about official responses?

Does this pandemic remind me of anything else?

What is my plan moving forward?

What are my hopes for the future?

The legal release below is incredibly important should this self-history interview ever be used in a future study, archive, book, exhibit, documentary, etc. whether 50 years from now or 150 years.

I, _____, do hereby irrevocably release, assign, give and convey to The Altadena Historical Society, any and all right, title, and interest, including any copyright or intellectual property interest, in the self-history interviews attached. I understand that the Interviews will be deposited in the Altadena Historical Society archives for the use of future scholars and may be used for any lawful purpose in all forms and media including but not limited to public presentations, audio or video documentaries, CD-ROMs, internet publications, slide-tape presentations, exhibits, and advertising and related promotion through the world in perpetuity. I expressly authorize disclosure of the Interviews to meet these purposes to the extent that the Interviews would be considered an education record under federal law.

Date: _____