
Finding the Story in History

— turning memories into history —

ADULT EDITION

ADULTS · FAMILY

Interview Questions

A life-history interview. Plan for an hour or more. Record audio if your elder agrees — their voice is part of the history you're saving.

INTERVIEWER: _____ **ELDER:** _____ **DATE:** _____

01. Where and when were you born? What do you remember about your earliest home?

02. What was your childhood like?

03. Tell me about your parents — what were they like?

04. What do you remember about your grandparents?

05. Did you experience any major historical events?

06. What was the hardest time in your life, and how did you get through it?

07. What work did you do, and what did it mean to you?

08. How did you meet your spouse or closest partner?

09. What was your wedding day like?

10. What was it like becoming a parent for the first time?

11. What traditions did your family keep? Where did they come from?

12. What were the family recipes, and who taught them to you?

13. Did your family move or immigrate? What was that journey like?

14. What faith, beliefs, or values shaped your life?

15. What did you do for joy — hobbies, music, travel, sports?

16. Who in your life are you the most thankful for?

17. What are your greatest regrets?

18. What are you most proud of accomplishing?

19. What are you most grateful for?

20. What life advice would you pass down to your grandchildren?
