



**Cheryl Svensson, Ph.D.**  
**Instructor**  
cheryl.svensson@gmail.com

## The USC Emeriti Center College

invites you to participate in:

# A Guided Autobiography

## Spring 2010

### Where have you been? Where are you going?

Created from the Birren Autobiographical Studies Program, the Guided Autobiography course helps individuals organize their life stories. Guided by Cheryl Svensson, participants are led through themes and priming questions that evoke memories of events once known but filed away and seemingly forgotten. Writing and sharing life stories with others is an ideal way to find new meaning in life as the uncertainties of the past, and the contradictions, paradoxes and events of life are put into perspective. Participants gain a growing appreciation of their lives. This class will meet ten consecutive Wednesdays beginning February 17, 2010, at the USC Orange County Center in Irvine.

**Wednesdays, February 17, 24; March 3, 10, 17, 24, 31; April 7, 14, and 21, 2010**  
**10:00 a.m.-12:00 p.m.**

**Cheryl Svensson** has been involved in the field of aging since the 1970's when she applied to the very first Masters in Gerontology program at USC. After completing her master's, she moved to Sweden and entered the doctoral program in psychology with an emphasis on research in aging. For the past ten years, Cheryl has worked closely with James E. Birren in developing and spreading the word about Guided Autobiography (GAB) by means of classes, lectures, and instructor training courses. She has been a firm believer in the power of the GAB process and the potential to change lives. Cheryl continues to work with Jim Birren and the Guided Autobiography work group to develop and expand the Autobiographical Studies Program.

#### Location:

#### USC Orange County Center

2300 Michelson Drive (Room A)

Irvine, CA 92612

Phone: (949) 437-0000

<http://www.usc.edu/about/visit/orangecounty/>

**Parking:** Free of charge in the lot adjacent to the Orange County Center. Please refer to the attached link for directions:

<http://www.usc.edu/dept/obp/occ/information.html>

#### For Further Information Contact:

Jerry Walker, Ph.D., Director

Judith C. Diaz, Assistant Director

USC Emeriti Center College

3715 McClintock Ave., Suite 220

Los Angeles, CA 90089-0191

(213) 740-8841; Fax (213) 740-7120

Email: [jwalker@usc.edu](mailto:jwalker@usc.edu); [judydiaz@usc.edu](mailto:judydiaz@usc.edu)

[www.usc.edu/ecc](http://www.usc.edu/ecc)

#### Course Fee:

Fee: \$100 (Scholarships available); Space is limited; to register call (213) 740-8841 and mail your check payable to the USC Emeriti Center College, at 3715 McClintock Ave., Suite 220, L.A., CA 90089-0191.

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