

**AP US HISTORY**  
**EXTRA CREDIT PROJECT**

**Dr Phil's History**

Defining Your External Factors

According to Dr. Phil, you can trace who you've become in this life to three types of external factors: 10 defining moments, 7 critical choices, and 5 pivotal people. But first it's important to understand the following terms: **(But we will in terms of HISTORY)**

**Ten Defining Moments:** In every person's life, there have been moments, both positive and negative, that have defined and redefined who you are. Those events entered your consciousness with such power that they changed the very core of who and what you thought you were. A part of you was changed by those events, and caused you to define yourself, to some degree by your experience of that event. **(Think about it in terms of our identity as a nation, what defining moments redefined the United States or our sense of who we are as a country)**

**Seven Critical Choices:** There are a surprisingly small number of choices that rise to the level of life-changing ones. Critical choices are those that have changed your life, positively or negatively, and are major factors in determining who and what you will become. They are the choices that have affected your life up to today, and have set you on a path. **(Again, critical choices made by people/leaders/groups in the United States that have positively or negatively changed our country or could possibly change our country if it is a more recent choice)**

**Five Pivotal People:** These are the people who have left indelible impressions on your concept of self, and therefore, the life you live. They may be family members, friends or co-workers, and their influences can be either positive or negative. They are people who can determine whether you live consistently with your authentic self, or instead live a counterfeit life controlled by a fictional self that has crowded out who you really are. **(Which 5 people have left an indelible mark on the United States and our concept of what our country is? This can be positive or negative. Remember you must choose only 5 and they don't have to be presidents)**

You need to present your choices with supporting evidence as to why you selected your particular Decisions, Choices, and People. This can be a presentation in any form you would like e.g. Powerpoint, written essay format, video (use your imagination). Come see me and I'll let you know if it will work.

This is worth 2 test grades. You may work alone or in a pair. The rubric is attached.