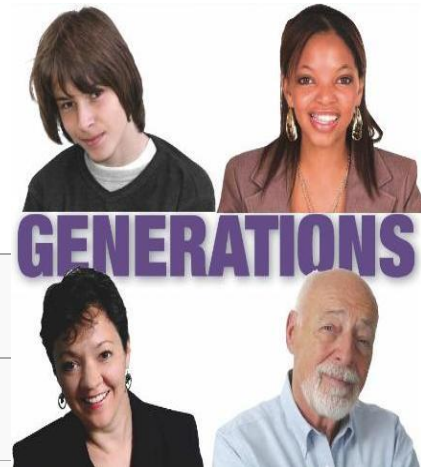


# American Generations



20 <sup>th</sup> Century	Greatest Generation	G.I. Generation	1901 - 1924	<i>Experienced WWII in adulthood</i>
		Silent Generation	1925 - 1945	<i>Experienced WWII in childhood, Civil Rights Movement</i>
	Baby Boomers	Boom Generation / Hippie	1946 - 1964	<i>Space Exploration, First Modern "counterculture"</i>
	Generation X	Baby Busters	1965 - 1980	<i>Experienced Vietnam War/Cold War</i>
		MTV Generation / Boomerang Generation	1975 - 1985	<i>Rise of Mass Media/end of the Cold War</i>
	Generation Y	Echo Boom (Generation McGuire)	1978 - 1990	<i>Rise of the Information Age/Internet/War on Terror/Iraq War/Rising Gas and Food Prices Loyalty to Self</i>
21 <sup>st</sup> Century	Generation Z	New Silent Generation	1995 - 2009	<i>Rise of the Information Age/Internet/dot com bubble Digital Globalization</i>
	Generation A	Alpha Generation	2010-	<i>Most formally educated group of individuals.</i>



## For the year 2016



1. *How many times have you gone to church?* \_\_\_\_\_
2. *How many times have you gone to “visit” relatives?* \_\_\_\_\_
3. *How many cards have you sent?* \_\_\_\_\_
4. *How many letters have you sent?* \_\_\_\_\_
5. *How many times have you played cards with a group?* \_\_\_\_\_
6. *How many community meetings (PTA, Rotary, etc) have you attended?* \_\_\_\_\_
7. *How many letters have you written to “the editor”?* \_\_\_\_\_
8. *Have you worked in a community project?* \_\_\_\_\_
9. *Have you eaten dinner in a restaurant with someone (not fast foods)?* \_\_\_\_\_
10. *Have you attended a sport activity?* \_\_\_\_\_
11. *Have you participated in a team sport?* \_\_\_\_\_
12. *Have you hosted a dinner party?* \_\_\_\_\_
13. *Do you belong to a community group?* \_\_\_\_\_
14. *Do you vote on a regular basis?* \_\_\_\_\_



*Studies show that social connections increase emotional and physical health, with a decrease in depression.*

Graph yourself:

Which are you doing more than you used to do?

	Less		More	
	50%	25%	25%	50%
Spending time at home				
Watching TV				
Reading books				
Visiting with relatives				
Entertaining friends at home				
Eating out at restaurants				
Visiting with friends				
Going to public places				
Time on the computer				
Talking on the phone				
Texting on the phone				

Lots less- Less - Same - More - Lots more

