



STRATEGIC ADMISSIONS ADVICE
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Personal Essay Worksheet

Below are great ways to jumpstart a personal essay. By brainstorming with specific questions, students are able to key in on what they want to reveal about themselves And share with colleges.

Please have your student fill in the worksheet below:

1) Quickly write down three words that best describe you. Ask your parents, siblings and best friends to help and write down three words to describe you as well.

2) List three people whom you respect and admire. They can be real or fictional, dead alive. Explain why their life matters to you.

3) List three accomplishments you have made during high school. Sometimes the best essays are based on accomplishments that may have seemed insignificant at the time but become crucial when placed in the context of your life.



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4) List two times in life when you failed miserably and two times when you were a fantastic success.

5) If you were writing your autobiography right now, what would be five to ten events or things that would have to be included?

6) What are your most important extracurricular or community activities? Why are they important to you?

7) What current events matter to you most? Why? Are you able to intelligently challenge others who may have a difference of opinion?