

Discovering Your Story Exercise

(In 5 Sentences)

1) A few important things to know about me before you read my application are:

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and _____

2) As a student, I _____

3) Outside the classroom, I _____

4) Close friends and family use adjectives such as _____,
_____, and _____ to describe me.

5) Right now, I imagine that I will pursue a career in or as _____

Tips to help you write your story.

- 1) Think about your demographic characteristics. These facts help admission officers put all the rest of your information in context and are factors that are considered when evaluating your application. Not all facts are equal – it is your job to highlight and emphasize what makes you stand out and what you would want a stranger to remember about you.
- 2) Use words not numbers. Numbers are found elsewhere on the application and they make you hard to distinguish from other students. What courses do you excel at and find the most interesting. How would a teacher describe you? What do you find challenging in a classroom? How do you contribute in class? Would you prefer to write a paper, work on a project or take a test?
- 3) What impact or mark have you made on your community? Highlight any responsibilities you have had at home or work. What are the tangible or meaningful accomplishments at school? Have you held any leadership positions? What about your creative side (published works, displayed art, performances)?
- 4) Have proof for everything you say about yourself. Think of anecdotes, examples, or experiences that back up words used to describe you.
- 5) Be bold! Do not be shy when imagining your future. They are picking their future alumni.
- 6) Claim your strengths honestly. Don't over exaggerate or understate your strengths.
- 7) Be specific, not generic. Avoid descriptors that apply to most competitive students: hardworking, intelligent, well-rounded.
- 8) Make adversity the subplot not the main story. Share lessons learned from overcoming challenge or how it has shaped who you are today.
- 9) If you get stumped, ask for help.