



Personal Statement Worksheet

ACADEMIC HISTORY

Current Major / Accomplishments To-Date

What have you studied and why? What are your academic accomplishments? What are your experiential accomplishments (in a community, military, volunteer, professional, recreational, artistic capacity)? How did you get to this point, whereby you meet the rigorous requirements?

-Think *accomplishment, growth, development, interest, affinity, effort, ability, expertise, enthusiasm*

-Verbs: *to achieve, accomplish, to grow, to develop, to succeed*

Intended Major / Why This School? / Career Goals

Why did you choose this major and this school? What can the school do for you that perhaps another school cannot? What do you hope to find there, apart from academics? What can you, in turn, do for the school? What do you want to do after you graduate? What makes you prepared/driven to this end?

-Think *institution, department, program, course, curriculum, faculty, peers, research, aspiration, ambition, qualification, challenge, realization, fulfillment, creation, innovation.*

-Verbs: *to study, to aspire, to envision, to challenge, to engage, to prepare, to equip, to fulfill, to meet needs.*

Do's: *Be clear, be descriptive, be specific, be genuine, be charismatic, appeal to the emotions.*

Don'ts: *Avoid generalizations, abstractions, clichés, and excessive quotes.*

PERSONAL HISTORY

Cultural Awareness

How does the word “cultural” fit your experience? How has culture impacted, challenged, and enriched you? What has culture taught you about yourself and society? How has your connection to others made you more self-aware?

-Think *communication, recognition, empathy, community, commonality, interdependence, identity, collaboration, inclusion, custom, values, diversity*

-Verbs: *to empathize, to relate, to connect, to reciprocate, to collaborate, to include, to recognize, to perceive, to glean, to value, to appreciate*

Significant Experience: Positive / Hardship

What happened, what did you learn? How did this experience empower you and/or prepare you for college? Did you show resourcefulness and resilience, such as by treating obstacles as opportunities or turning disadvantage to your advantage? Did you see a new path you were not aware of before?

-Think *opportunity, improvement, discovery, adversity, responsibility, obligation*

-Verbs: *to overcome, to confront, to withstand, to adapt, to brave, to challenge, to transcend, to empower*

Positive

Hardship
