



# THE COLLEGE CONSULTANT

TURNING ASPIRATIONS INTO ADMISSIONS

## College Essay Brainstorming Worksheet

*Find your story. Tell it well.*

### Step 1: Reflect on Your Experiences

Think about life moments that shaped who you are.

1. A challenge I've overcome is: \_\_\_\_\_
2. One decision that changed my path was: \_\_\_\_\_
3. A time I failed and learned something was: \_\_\_\_\_
4. One moment that shaped my values was: \_\_\_\_\_

Notes: \_\_\_\_\_

### Step 2: Dig Deeper

Zoom in on one story. Reflect on emotions, growth, and meaning.

1. What was I feeling in that moment? Notes: \_\_\_\_\_
2. What did I learn from it?
3. How did it change me or my thinking?
4. Why does this story still matter to me today?

Notes: \_\_\_\_\_

### Step 3: Connect It to Your Future

Make your story relevant to who you're becoming.

1. How did this experience shape who I am now? Notes: \_\_\_\_\_
2. What goals did it inspire?
3. Will this help enable me to succeed in college or beyond?

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## Step 4: Focus Your Story

Narrow it down. Be specific. Avoid general or cliché topics.

1. Is this story personal and unique to me?
2. Can I tell this story in a way that shows growth?
3. Will this help an admissions officer understand who I am?

Write a one-sentence summary of your story idea: \_\_\_\_\_

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