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PROMPT #1

SOME STUDENTS HAVE A BACKGROUND, IDENTITY, INTEREST, OR TALENT THAT IS SO MEANINGFUL THEY BELIEVE THEIR APPLICATION WOULD BE INCOMPLETE WITHOUT IT. IF THIS SOUNDS LIKE YOU, THEN PLEASE SHARE YOUR STORY.

YOUR RESPONSE CAN BE NARRATIVE OR MOSAIC

<p>IF YOUR BACKGROUND STORY HAS CHALLENGES THAT YOU WANT TO USE, AND IF WHAT YOU LEARNED AND DID ABOUT THOSE CHALLENGES IS INTEGRAL TO WHO YOU ARE AS AN APPLICANT, THEN WRITE A NARRATIVE HERE TO ANSWER PROMPT #1. THEN FOLLOW THE FORMULA, THE 5 STEPS AND THE WANTS AND NEEDS STRUCTURE I DEMONSTRATED ABOVE AND USE ALL YOUR BRAINSTORMING ACTIVITIES TO ACCESS YOUR VALUES AND HIGHLIGHT YOUR BEST SELF. NOTE: THIS ESSAY SHOULD NOT BE AS CHALLENGE-FOCUSED AS PROMPT #2. IT SHOULD WEAVE IN A BROADER BACKGROUND NARRATIVE</p>	<p>IF YOUR BACKGROUND DOES NOT HAVE CHALLENGES THAT ARE INTEGRAL TO WHO YOU ARE, THEN WRITE A MOSAIC ESSAY TO ANSWER THIS PROMPT. USE YOUR BRAINSTORMING ACTIVITIES TO THEMATICALLY CONNECT THE DOTS OF WHO YOU ARE AND WHAT YOUR VALUES ARE. THEN RECOUNT ANECDOTES THAT REFLECT THAT BRAINSTORMED TAPESTRY OF YOURSELF. MAKE SURE THAT THE SUM OF WHAT YOU WRITE DEPICTS A BACKGROUND THAT IS SO INTEGRAL TO YOUR BEING THAT YOU HAD TO CHOOSE THIS PROMPT. REMEMBER TO FIND A LENS THROUGH WHICH TO TELL YOUR STORY.</p>
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PROMPT #2

THE LESSONS WE TAKE FROM OBSTACLES WE ENCOUNTER CAN BE FUNDAMENTAL TO LATER SUCCESS. RECOUNT A TIME WHEN YOU FACED A CHALLENGE, SETBACK, OR FAILURE. HOW DID IT AFFECT YOU, AND WHAT DID YOU LEARN FROM THE EXPERIENCE? NARRATIVE

<p>Challenges:</p> <ul style="list-style-type: none"> • Domestic abuse • Alcoholic step-dad • Major financial worries <p>Effects/Repercussions:</p> <ul style="list-style-type: none"> • My brothers and I shared the mental strain • Father was arrested • Money was tight • Mom worked two jobs • My brothers and I raised ourselves • I avoided going on certain school trips • My grades started to slip 	<p>What I Did About It:</p> <ul style="list-style-type: none"> • Became my own teacher • Took care of my brothers • Found a job to help pay bills • Improved my grades • Taught myself how to play instruments to de-stress • Became first student to pass the AP Physics 1 exam • Took on several leadership roles in clubs <p>What I Learned:</p> <ul style="list-style-type: none"> • The value of independence: Going through the experience with my father helped me see that I wanted to not only experience more freedom for myself and for my Mom, but for other women as well. • Autonomy: Supporting my family helped me realize the importance of making choices to further my own autonomy and that I want to be able to follow what I am interested in - instead of what I have to do to survive. • Reflect on your new status quo and how that will manifest as you enter college.
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PROMPT #3:

REFLECT ON A TIME WHEN YOU QUESTIONED OR CHALLENGED A BELIEF OR IDEA, WHAT PROMPTED YOUR THINKING? WHAT WAS THE OUTCOME?

MOST REFLECTIVE ESSAY

FOUGHT AGAINST SOCIAL INJUSTICE (BUM)

DISGUST A TIME WHEN YOU WENT AGAINST THE NORM - ALLED WITH OUTCAST OR EXPLORED GEEKY WORLD

FIGURED OUT WHAT YOU SAW A NEED FOR CHANGE AND ACTED

FIGURED OUT WHAT IRRITATED YOU PUSH BACK AGAINST A CONCEPT OF SYSTEM AND WHAT YOU LEARNED FROM THE ACTIONS YOU TOOK

THESE NEEDS TO BE ANECDOTE RICH ESSAYS

STAYING TO A TIME WHEN YOU RAN INTO IS GOOD

TEAMS + SELF RECOGNIZES & HONOR SUPERIORITY

BE CAREFUL OF HOURS AND UNPOPULAR OPINIONS

IF YOUR PUSHBACK SOLVED A PROBLEM - JUSTIFY THE SOLUTION YOU CHOSE

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PROMPT #4

REFLECT ON SOMETHING THAT SOMEONE HAS DONE FOR YOU THAT HAS MADE YOU HAPPY OR THANKFUL IN A SURPRISING WAY, HOW HAS THIS GRATITUDE AFFECTED OR MOTIVATED YOU?

LEAST USED PROMPT BUT RICH WITH POSSIBILITIES

PITFALL IS THAT YOU TALK ABOUT THE GIVER AND NOT ABOUT YOURSELF

EXAMPLE - ALE AND PETER CLUBFEET
 BIKE RIDING- ANECDOTE BROTHER'S BIKE /TAUGHT HIM TO BALANCE - FREEDOM = VALUE AFTER OVERPROTECTED DUE TO DISABILITY
 SKIING - DIDNT SEE HIM LIMITATIONS - ANECDOTE ALL DAY SKIING TOGETHER - THEN I TAUGHT MY FAMILY
 TENNIS - ADAPTIVE TECHNIQUES TO REDUCE STRAIN ON FEET - NOW VARSITY
 PETER'S KINDNESS RESULTED IN MY CONFIDENCE - OTHER CLUBS WILL PAY IT FORWARD - ONE ACT CAN CHANGE A LIFE


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PROMPT #5

DISCUSS AN ACCOMPLISHMENT, EVENT, OR REALIZATION THAT SPARKED A PERIOD OF PERSONAL GROWTH AND A NEW UNDERSTANDING OF YOURSELF OR OTHERS.

MOST EXPANSIVE PROMPT - MANY CHOICES

FORMAL EVENT



- * DISCUSS WHY THE ACCOMPLISHMENT WAS IMPORTANT TO YOU AND HOW ASPECTS OF ATTAINING IT CONTRIBUTED TO YOUR GROWTH;
- SHOW EXAMPLES OF THE GROWTH AND BE REFLECTIVE WITH REGARD TO ANY NEW UNDERSTANDING YOU GAINED

INFORMAL EVENT

POSSIBLY MORE CREATIVE, MAY BE SMALLER, SHOW HOW, THROUGH EXAMPLES, THIS EVENT CATALYZED A CHANGE IN YOU. WHAT WAS THE CHANGE? DESCRIBE IN DETAIL THE GROWTH AND HOW DOES IT RELATE TO YOUR NEW PERCEPTION OF YOURSELF AND OTHERS. SHOW THE EFFECTS OF THAT GROWTH IN YOUR DAILY LIFE (NEW TASKS, ACTIVITIES, PERSPECTIVES, ETC. YOU CAN ALSO DO AN "IN THE MOMENT ESSAY" UN- HERE, OR DAD/ART - SHED OR TEACHING V. INSTRUCTING & EAGLE. ANSWER EACH PART OF THE PROMPT!!

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PROMPT #6
DESCRIBE A TOPIC, IDEA, OR CONCEPT YOU FIND SO ENGAGING THAT IT MAKES YOU LOSE ALL TRACK OF TIME. WHY DOES IT CAPTIVATE YOU? WHAT OR WHO DO YOU TURN TO WHEN YOU WANT TO LEARN MORE?

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PROMPT #7
SHARE AN ESSAY ON ANY TOPIC OF YOUR CHOICE. IT CAN BE ONE YOU'VE ALREADY WRITTEN, ONE THAT RESPONDS TO A DIFFERENT PROMPT, OR ONE OF YOUR OWN DESIGN.

- USE AS A LAST RESORT
- IT'S THE MOST LIKELY TO GO AWRY – TOO MUCH POTENTIAL TO SPILL YOUR GUTS WITHOUT FOCUS
- YOU MUST OUTLINE THIS TOPIC CAREFULLY
- THINK RELEVANCY!
- MAKE SURE THE TOPIC YOU CHOOSE ADDRESSES YOUR CORE VALUES
- IF YOU ARE A GOOD WRITER, IT CAN OFFER AN OPPORTUNITY TO INNOVATE OR BE UNCONVENTIONAL—POEM OR SCRIPT OR NEWS STORY
- STAY AWAY FROM CONTROVERSIAL TOPICS; CAREFULLY CONSIDER YOUR AUDIENCE
- CRAFTING THIS NARRATIVE IS KEY
- THIS PROMPT OFFERS VERY HIGH RISK BUT POTENTIALLY HIGH REWARD IF IT "HITS" THE MARK
- GET IT REVIEWED

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REMINDERS

VARY SENTENCE STRUCTURE

USE DESCRIPTIVE ACTION WORDS

DO NOT USE CHATGPT/AI

THESES STATEMENTS AND TOPIC SENTENCES ARE IMPORTANT

DON'T REPEAT RESUME OR COUNSELOR RECC

GRAMMAR, SPELLING AND SYNTAX ARE IMPORTANT

REMEMBER, COLLEGES ARE LOOKING FOR P.I.L.L.L.
 PASSION, INITIATIVE, INDIVIDUALITY, LUXURABILITY & LOVE OF LEARNING

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CLOSING THOUGHTS ON ESSAYS

- 1. DON'T SKIP THE PRE-WORK – BRAINSTORMING IS THE KEY TO GOOD CONTENT
- 2. START EARLY SUMMER AND GIVE YOURSELF PLENTY OF TIME
- 3. OUTLINE YOUR ESSAYS!
- 4. READ THEM ALOUD!
- 5. GET AT LEAST 2 OTHERS TO READ OVER THEM AND TELL YOU IF THEY HEAR YOUR AUTHENTIC VOICE
- 6. TELL THE TRUTH VERSUS WHAT YOU THINK THEY WANT TO HEAR
- 7. EVERYONE HAS A STORY!
- 8. BE PREPARED TO WORK HARD AND DO MANY DRAFTS
- 9. SPEND AS MUCH TIME ON THE SUPPLEMENTAL ESSAYS AS ON THE MAIN COMMON/COALITION
- 10. USE YOUR BRAINSTORMING PRE-WORK TO HELP YOU ON SUPPLEMENTS TOO
- 11. MAKE A SPREADSHEET OF ALL ESSAY QUESTIONS AND TWEAK MAIN ONES SO NOT WRITING 50
- 12. DON'T REPEAT THEMES/CHALLENGES IN MAIN AND SUPPS – PRESENT WHOLE PERSON – 5 VALUES!
- 13. BREATHE!!

Photo 327 was the last day of middle school, 732 was my first day at work, and 1,106 was the day I shaved my head. In 2018, when my brother suggested that I take a picture of myself every day, I thought it was an intriguing concept. Now, over four years and 1,400 pictures later, taking these photos has become an integral part of my routine and a valuable way to chronicle my growth.

Typically, I take the photo at the end of each day. I have photos in my uniform when I leave work, or in gym clothes after a workout. In some, I am in my room, preparing for an FBLA competition, and others show me at bowling team practice. At camp, when I could not have a phone, I improvised by bringing a disposable camera. I love knowing that snapping a picture usually represents my day coming to an end as I finish off the last of my responsibilities and I can afford the slight smirk visible in most of the photos.

At first, it was difficult to remember to take one every day. Yet, as time went on, they helped me develop better memory and discipline that not only helped me with the photos, but in my everyday life. It did not take long for me to notice myself falling into other routines. I began calling my grandparents every Thursday, and Tuesday nights remain a time for my mom and me to catch up on Saturday Night Live.

The photos are great ice breakers when meeting people. Seeing goofy pictures of me at age thirteen helps new acquaintances feel comfortable around me. People find it unbelievable that I have taken a picture of myself every day for over four years; I find it meaningful, if not somewhat amusing. These photographs are a unique panorama of my personality and experiences, detailing both happy moments and struggles I have overcome, showing both joy on my birthday and grief over my grandfather's death.

Looking at the photos, the most noticeable thing is the change in my physical appearance: my hair is short or long, my acne comes and goes, and the pencil marks on my bedroom wall show my growth. But they also reflect the important people in my life, my accomplishments, and the lessons I have learned. David, my best friend of 14 years, appears in many of them. Our friendship is based on our shared sense of humor and the value we place on loyalty. Similarly, many pictures are taken with family because they are important to me, and I want to remember our times spent together.

One of my most treasured photos captures the moment I built a computer in 8th grade using money from my Bar Mitzvah. My parents did not have a lot of money, so I decided to employ my love for building things and take it upon myself to research, design, and construct a computer powerful enough to play games, but was still affordable. After hours working, the computer crashed, and I had to rebuild it. There are photos of me disassembling it, my room cluttered with computer parts. The excitement on my face is palpable in the photo taken when I finally succeeded, and the lights started flashing. The photos from that time remind me of the patience it required, the benefit of trial and error, and how I learned not to be afraid of failure.

I often wonder how much of my life I would remember without my photographs. The fact that I have been able to capture the diversity of my days gives me perspective on how quickly life changes, helping me appreciate each moment while forever memorializing past ones. Whether it is my first-year roommate or my family at graduation day, I will be there, iPhone in hand, ready to take a photo.