

**Brainstorming Worksheet for the College Essay**

If you were writing an autobiography right now, what would be the five to ten events or things that would have to be included? It will be easiest to think over your life chronologically.

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

Ask a friend and a family member to pick five adjectives or personality traits that characterize you. List them here:

- | Friend or Family Member #1 | Friend or Family Member #2 |
|----------------------------|----------------------------|
| 1. _____                   | 1. _____                   |
| 2. _____                   | 2. _____                   |
| 3. _____                   | 3. _____                   |
| 4. _____                   | 4. _____                   |
| 5. _____                   | 5. _____                   |

List four accomplishments you have made over the last four years. (Don't limit yourself to those for which you have been formally recognized. The most interesting essays are often based on accomplishments that gain significance only when placed within the context of one's life.)

- |          |          |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

List three to four areas in which you consider yourself very knowledgeable.

- |          |          |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

List your most important extracurricular or community activities.

- |          |          |
|----------|----------|
| 1. _____ | 3. _____ |
|----------|----------|