

# PERSONAL STATEMENT WORKSHEET



"Who am I?" in the Personal Statement

## 1. What do you think are the most common essay topics?

- |   |   |
|---|---|
| <input type="checkbox"/> Volunteer trip                       | <input type="checkbox"/> Someone you admire (family or otherwise) |
| <input type="checkbox"/> Sports injury, challenge, or success | <input type="checkbox"/> Tragedy (illness, death, divorce, abuse) |
| <input type="checkbox"/> Family pressure                      | <input type="checkbox"/> Resume of life and achievements          |

## 2. How could you make an essay about athletics different or standout from others on this topic?

## 3. What might be a drawback to writing about a family member or someone else you admire?

## 4. Facts about you to get you started:

a. What are you most proud of?

b. What are you most afraid of?

c. What matters the most to me?

d. What is something you could have done better?

e. What is something you do really, really well?

f. What makes you unique from your best friend?

## 5. Telling the story:

a. Who are your characters?

b. What is your setting?

c. What is your plot?

d. What is your conflict?

e. What is your resolution?



Log in to your **Cialfo account** to join Sarah Blackburn, Assistant Director, International Recruitment & Outreach from Rutgers University - New Brunswick for a guided essay workshop session.



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