

THE COLLEGE ESSAY

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The Bay Shore Guidance Department

THE COLLEGE ADMISSION ESSAY: TIPS AND ADVICE FROM THE EXPERTS at
<http://www.essayedge.com>
WRITING YOUR COLLEGE ADMISSION ESSAY: STEP-BY-STEP

It may be only 500 words, but the admission essay portion of a college application can mean the difference between acceptance and rejection. How you write your personal essay shows the admission committee why you are different from everybody else. It provides information about you that test scores, grades, and extracurricular pursuits simply cannot. You can use the essay to describe a favorite activity, to tell a story about yourself, or even a story about your dog, but make sure to really use it in a way that captures the reader's attention and shows that you are exceptional.

The most important part of your essay is the subject matter. You should expect to devote about 1-2 weeks simply to brainstorming ideas. To begin brainstorming a subject idea consider the following points. From brainstorming, you may find a subject you had not considered at first.

- What are your major accomplishments, and why do you consider them accomplishments? Do not limit yourself to accomplishments you have been formally recognized for since the most interesting essays often are based on accomplishments that may have been trite at the time but become crucial when placed in the context of your life.
- Does any attribute, quality, or skill distinguish you from everyone else? How did you develop this attribute?
- Consider your favorite books, movies, works of art, etc. Have these influenced your life in a meaningful way? Why are they your favorites?
- What was the most difficult time in your life, and why? How did your perspective on life change as a result of the difficulty?
- Have you ever struggled mightily for something and succeeded? What made you successful?
- Have you ever struggled mightily for something and failed? How did you respond?
- Of everything in the world, what would you most like to be doing right now? Where would you most like to be? Who, of everyone living and dead, would you most like to be with? These questions should help you realize what you love most.
- Have you experienced a moment of epiphany, as if your eyes were opened to something you were previously blind to?
- What is your strongest, most unwavering personality trait? Do you maintain strong beliefs or adhere to a philosophy? How would your friends characterize you? What would they write about if they were writing your admissions essay for you?
- What have you done outside of the classroom that demonstrates qualities sought after by universities? Of these, which means the most to you?
- What are your most important extracurricular or community activities? What made you join these activities? What made you continue to contribute to them?
- What are your dreams of the future? When you look back on your life in thirty years, what would it take for you to consider your life successful? What people, things, and accomplishments do you need? How does this particular university fit into your plans for the future?
- Ask for Help from Parents, Friends, Colleagues, etc.
If you cannot characterize yourself and your personality traits do not automatically leap to mind, ask your friends to write a list of your five most salient personality traits. Ask your friends why they chose the ones they did. If an image of your personality begins to emerge, consider life experiences that could illustrate the particular traits.
- Consider Your Childhood
While admissions officers are not interested in reading about your childhood and are more interested in the last 2-4 years of your life, you might consider events of your childhood that inspired the interests you have today. Interests that began in childhood may be the most defining parts of your life, even if you

recently lost interest. For instance, if you were interested in math since an early age and now want to study medicine, you might incorporate this into your medical school admissions essay. Analyze the reasons for your interests and how they were shaped from your upbringing.

- **Consider Your Role Models**
Many applicants do not have role models and were never greatly influenced by just one or two people. However, for those of you who have role models and actually aspire to become like certain people, you may want to incorporate a discussion of that person and the traits you admired into your application essay.
- **Read Sample Admissions Essays**
Before you sat down to write a poem, you would certainly read past poets. Before writing a book of philosophy, you would consider past philosophers. In the same way, we recommend reading sample admissions essays to understand what topics other applicants chose.
- **Goal Determination**
Life is short. Why do you want spend 2-6 years of your life at a particular college, graduate school, or professional school? How is the degree necessary to the fulfillment of your goals? When considering goals, think broadly. Few people would be satisfied with just a career. How else will your education fit your needs and lead you to a fulfilling life?
- If after reading this entire page you do not have an idea for your essay, do not be surprised. Coming up with an idea is difficult and requires time. Actually consider the questions and exercises above. Without a topic you feel passionate about, without one that brings out the defining aspects of you personality, you risk falling into the trap of sounding like the 90 percent of applicants who will write boring admissions essays. The only way to write a unique essay is to have experiences that support whatever topic you come up with. Whatever you do, don't let the essay stress you out. Have fun with the brainstorming process. You might discover something about yourself you never consciously realized.

Having completed step one, you should now have a rough idea of the elements you wish to include in your essay, including your goals, important life experiences, research experience, diversifying features, spectacular nonacademic accomplishments, etc. You should also now have an idea of what impression you want to make on the admissions officers.

We should remark that at this stage, undergraduate applicants have a large advantage over graduate school applicants. Whereas nobody questions a high school student's motivation to attend college, graduate and professional school applicants must directly address in their essays their desire to study their selected field.

You must now confront the underlying problem of the admissions essay. You must now consider topics that will allow you to synthesize your important personal characteristics and experiences into a coherent whole while simultaneously addressing your desire to attend a specific institution. While most admissions essays allow great latitude in topic selection, you must also be sure to answer the questions that were asked of you. Leaving a lasting impression on someone who reads 50-100 essays a day will not be easy, but we have compiled some guidelines to help you get started. With any luck, one or two topics, with small changes, will allow you to answer application questions for 5-7 different colleges, although admissions officers do appreciate essays that provide convincing evidence of how an applicant will fit into a particular academic environment. You should at least have read the college's webpage, admissions catalog, and have an understanding of the institution's strengths.

Consider the following questions before proceeding:

- Have you selected a topic that describes something of personal importance in your life, with which you can use _____ as supporting details?
- Is your topic a gimmick? That is, do you plan to write your essay in iambic pentameter or make it funny. You should be very, very careful if you are planning to do this. We recommend strongly that you do not do this. Almost always, this is done poorly and is not appreciated by the admissions committee. Nothing is worse than not laughing or not being amused at something that was written to be funny or amusing.
- Will your topic only repeat information listed elsewhere on your application? If so, pick a new topic. Don't mention GPAs or standardized test scores in your essay.
- Can you offer vivid supporting paragraphs to your essay topic? If you cannot easily think of supporting paragraphs with concrete examples, you should probably choose a different essay topic.

- Can you fully answer the question asked of you? Can you address and elaborate on all points within the specified word limit, or will you end up writing a poor summary of something that might be interesting as a report or research paper? If you plan on writing something technical for college admissions, make sure you truly can back up your interest in a topic and are not merely throwing around big scientific words. Unless you convince the reader that you actually have the life experiences to back up your interest in neurobiology, the reader will assume you are trying to impress him/her with shallow tactics. Also, be sure you can write to admissions officers and that you are not writing over their heads.
- Can you keep the reader's interest from the first word. The entire essay must be interesting, considering admissions officers will probably only spend a few minutes reading each essay.
- Is your topic overdone? To ascertain this, peruse through old essays. However, most topics are overdone, and this is not a bad thing. A unique or convincing answer to a classic topic can pay off big.
- Will your topic turnoff a large number of people? If you write on how everyone should worship your God, how wrong or right abortion is, or how you think the Republican or Democratic Party is evil, you will not get into the college of your choice. The only thing worse than not writing a memorable essay is writing an essay that will be remembered negatively. Stay away from specific religions, political doctrines, or controversial opinions. You can still write an essay about Nietzsche's influence on your life, but express understanding that not all intelligent people will agree with Nietzsche's claims. Emphasize instead Nietzsche's influence on your life, and not why you think he was wrong or right in his claims.
- In this vein, if you are presenting a topic that is controversial, you must acknowledge counter arguments without sounding arrogant.
- Will an admissions officer remember your topic after a day of reading hundreds of essays? What will the officer remember about your topic? What will the officer remember about you? What will your lasting impression be?

Even seemingly boring topics can be made into exceptional admissions essays with an innovative approach. In writing the essay you must bear in mind your two goals: to persuade the admissions officer that you are extremely worthy of admission and to make the admissions officer aware that you are more than a GPA and a standardized score, that you are a real-life, intriguing personality.

Unfortunately, there is no surefire step-by-step method to writing a good essay. However, we have compiled the following list of tips that you should find useful while writing your admissions essay.

Answer the Question

You can follow the next 11 steps, but if you miss the question, you will find it tough to get admission to any institution.

Be Original

Even seemingly boring essay topics can sound interesting if creatively approached. If writing about a gymnastics competition you trained for, do not start your essay: "I worked long hours for many weeks to train for XXX competition." Consider an opening like, "Every morning I awoke at 5:00 to sweat, tears, and blood as I trained on the uneven bars hoping to bring the state gymnastics trophy to my hometown."

Be Yourself

Admissions officers want to learn about you and your writing ability. Write about something meaningful and describe your feelings, not necessarily your actions. If you do this, your essay will be unique. Many people travel to foreign countries or win competitions, but your feelings during these events are unique to you. Unless a philosophy or societal problem has interested you intensely for years, stay away from grand themes that you have little personal experience with.



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Student Teacher



Power Tools



Hiking to Understanding

Surrounded by thousands of stars, complete silence, and spectacular mountains, I stood atop New Hampshire's Presidential Range awestruck by nature's beauty. Immediately, I realized that I must dedicate my life to understanding the causes of the universe's beauty. In addition, the hike taught me several valuable lessons that will allow me to increase my understanding through scientific research.

Although the first few miles of the hike up Mt. Madison did not offer fantastic views, the vistas became spectacular once I climbed above tree line. Immediately, I sensed that understanding the natural world parallels climbing a mountain. To reach my goal of total comprehension of natural phenomena, I realized that I must begin with knowledge that may be uninteresting by itself. However, this knowledge will form the foundation of an accurate view of the universe. Much like every step while hiking leads the hiker nearer the mountain peak, all knowledge leads the scientist nearer total understanding.

Above tree line, the barrenness and silence of the hike taught me that individuals must have their own direction. All hikers know that they must carry complete maps to reach their destinations; they do not allow others to hold their maps for them. Similarly, surrounded only by mountaintops, sky, and silence, I recognized the need to remain individually focused on my life's goal of understanding the physical universe.

At the summit, the view of the surrounding mountain range is spectacular. The panorama offers a view of hills and smaller mountains. Some people during their lives climb many small hills. However, to have the most accurate view of the world, I must be dedicated to climbing the biggest mountains I can find. Too often people simply hike across a flat valley without ascending because they content themselves with the scenery. The mountain showed me that I cannot content myself with the scenery. When night fell upon the summit, I stared at the slowly appearing stars until they completely filled the night sky. Despite the windy conditions and below freezing temperatures, I could not tear myself away from the awe-inspiring beauty of the cosmos. Similarly, despite the frustration and difficulties inherent in scientific study, I cannot retreat from my goal of universal understanding.

When observing Saturn's rising, the Milky Way Cloud, and the Perseid meteor shower, I simultaneously felt a great sense of insignificance and purpose. Obviously, earthly concerns are insignificant to the rest of the universe. However, I experienced the overriding need to understand the origins and causes of these phenomena. The hike also strengthened my resolve to climb the mountain of knowledge while still taking time to gaze at the wondrous scenery. Only then can the beauty of the universe and the study of science be purposefully united. Attaining this union is my lifelong goal.
