

# PERSONAL INVENTORY: PLANNING FOR THE COLLEGE ADMISSIONS ESSAY

**Directions:** Answer the following questions below in complete sentences. The purpose of this activity is to help get you thinking of things to include in your college admissions essay.

1. List three ways you have changed since you have been in high school.

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2. List two people who have helped you grow the most. How have they helped you grow?

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3. Write a quote or saying that guides your life.

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4. Tell about a personal quality, talent, accomplishment, contribution or experience that is important to you.

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5. Write about a challenge you have overcome. What did you learn from that challenge?

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6. Write about a time when you showed leadership.

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7. What volunteer experiences have you had? What have you learned from these experiences?

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8. What values, qualities, or characteristics do you have that are important to you?

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9. What do you want to get out of college?

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10. What special talents or strengths do you have?

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11. What are three goals you have for your life?

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12. How would others describe you?

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