

Brainstorming for the Essay

Use these questions to help spark ideas for the essays if you are struggling to find an angle.

1. What makes you happy or content?
2. What makes you excited?
3. What makes you angry?
4. What makes you nervous or scared? How do you overcome it?
5. What hardships have you overcome?
6. What are your most important/meaningful accomplishments?
7. What are your greatest failures?
8. What are your greatest leadership experiences?
9. What are your favorite books?
10. What are your favorite movies?
11. What is your favorite music?
12. What do you do in your free time (besides sleep)? What are your hobbies?
13. What are your long term personal and career goals/dreams?
14. What are your favorite extracurricular activities?
15. What extracurricular activities are you good at?
16. What extracurricular activities are you bad/mediocre at, but do them because they are fun?
17. What are your favorite academic subjects? Which are the easiest? Which are the hardest?
18. What academic projects have been the most interesting?
19. Who are the teachers who have impacted you the most (either positively or negatively)?
20. List the jobs you have held that you have enjoyed and/or from which you have learned something valuable.
21. List the community service/volunteer work that you have done that has been meaningful to you.
22. What is your favorite recent event involving you and a friend?
23. What is your favorite recent event involving you and a family member?
24. What are your favorite childhood memories?
25. What are your favorite high school memories?
26. What is your family's favorite activity?
27. What is your family's favorite food?
28. What are your favorite family traditions?
29. List significant and/or interesting people in your life that have impacted you, either positively or negatively.
30. List significant experiences that have impacted you, either positively or negatively.
31. List ordinary experiences that have impacted you, either positively or negatively.
32. What do your family and friends most like or dislike about you?
33. What are 4 – 5 words that best describe you?
34. What do you think your strengths and weaknesses are?
35. What is your most important value and how do you uphold this value?
36. What events or time periods in your life represent turning points, where you experienced significant change or new beginnings?