



College Admissions Consulting

College Essay Brainstorming Activity

Before your first Application Express session, please complete the below brainstorming activity:

1. List as many unique things about yourself as possible. Some students find it helpful to ask friends/family to help them brainstorm ideas. (Ex: ask your friends in a group text to say something unique about you.)
2. Write a short vignette (1-2 sentences) of some interesting events/experiences for each year of your life that you can remember. **Choose events/moments/experiences in your life that had an effect on you and impacted who you are today.**

Some possible topics include:

- an important event which taught me a lesson
- an important event which changed me and how
- my favorite, or least favorite, place and why
- the most important person in my life and why
- my biggest challenge and my reaction to it
- my most embarrassing moment and its lesson
- my “aha” moment when I realized something important
- the best present I ever got or gave and its meaning
- my scariest moment and its lesson
- my happiest, saddest or angriest moment and its lesson
- my best friend, pet, toy, etc. and its/his/her meaning in my life

For our first essay workshop to be most productive, please have at 10-20 ideas ready to discuss and evaluate to prepare for the next step of the essay development process.



Frontier Tutoring is a member of the National Association for College Admission Counseling and subscribes to the Statement of Principles of Good Practice.