

College Essay Brainstorming

Selecting a topic to write your college essay about can feel overwhelming. You do NOT need something big or significant to have happened in your life to have a meaningful, captivating and effective essay! Use the prompts below to help brainstorm possible essay topics.

Name your top 5 (unique) personality characteristics and times when you have shown them:

1. _____
 - _____
 - _____
 - _____
2. _____
 - _____
 - _____
 - _____
3. _____
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 - _____
 - _____
4. _____
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 - _____
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5. _____
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 - _____
 - _____

We all have classic stories that are “so you” – Name some of your most typical “you” stories:

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- _____

Changing is a key aspect of life. What are some specific moments/ stories when you have changed? (And for this we are not looking for long-term growth of “I changed from a freshmen to a senior by doing x,” but rather more specific, immediate changes.) Consider when you have experienced changes in mood, outlook, attitude, perspective, opinion, priorities, interests, beliefs, etc.

- _____

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- _____

- _____

I believe... I am... (Thoughts of what you believe firmly/ passionately, Who you are, and What you believe about yourself can all make great essay topics. List some.)

If you are still struggling to think of examples to answer the brainstorming questions, consider: What makes you unique? What are you proud of? What have you struggled with? Do you know what you want to do in the future - if so, what characteristics do you think make that career a good fit? What gives you energy? Where do you enjoy spending your time? Do you work, volunteer or shadow – what have you learned? What inspires you? How did you get involved in your activities? Why are you the way you are? What have you overcome? What excites you? What are your best/ worst moments/ experiences? Anything that makes you YOU!