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COACHING

# College Essay Topic Brainstorming Worksheet

*Use this worksheet to explore meaningful ideas before you begin writing.*

## Experiences That Shaped You

A moment I learned something important about myself:

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A challenge that pushed me to grow:

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A time my perspective changed:

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## Values, Beliefs & Curiosity

A value that guides my decisions:

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Something I care deeply about (and why):

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A question or idea I think about often:

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## Reflection & Growth

This experience mattered to me because:

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It influenced how I see myself by:

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It changed how I approach challenges because:

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## Objects & Symbols

An object that holds meaning for me:

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What this object represents about me:

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Why this object matters:

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### Final Reflection

If an admissions officer read this essay, what would I want them to understand about me?

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