

# HOW TO WRITE A COLLEGE APPLICATION ESSAY

By Margaret Metzger  
*Brookline High School, Massachusetts*

Many colleges require a short essay as part of the application process. The directions for the essay vary from college to college. Most colleges offer some variation of the topic, "Tell us more about yourself."

Like most students, you might hate this subject and dread writing the essay. You know that it is a crucial piece of writing and that it must be done, but secretly you hope somehow to avoid the task. Like most tasks, the tension created by procrastinating is worse than the work itself-in this case, just sitting down and writing the essay.

You can use the college essay to strengthen your application. In fact, your essay can be the strongest part, presenting you as a thoughtful, sincere, interesting applicant. You can use the college essay to explain mistakes of the past-failed courses, low SAT® scores, or few extracurricular activities. Best of all, you can demonstrate that you know how to write well, an ability all colleges value.

## FIND A TOPIC

Colleges genuinely want to know who you are. Although it is difficult to believe, they do not have an "ideal student" in mind. They want a variety of students. They understand that they can't know everything about you by your grade point average and your SAT scores. They want to know what kind of person you are, what aspirations you have, what struggles you have gone through, what is important to you. They ask you to write an essay about yourself because they want more personal information.

Before you write, think about how you may be different from other applicants. What unusual experience would you bring to the college? What interests, activities, travel, struggles, or situations have had a particular impact on you? You are probably thinking, "Nothing is special about me; I'm just an average kid." That's what most students think. Sometimes it helps to ask other people what they think is unique about you.

If you know exactly what you want to write about, you are lucky. Use that topic. Be sure to consider the traditional, but appropriate and effective, topics, such as academic achievements, extracurricular activities, travel and work experiences, and life-changing events.

Also think of more subtle accomplishments. What kind of student are you? In which class did you learn to think, to study? What do you do with your free time? What have you done for the past two summers? What words would you use to describe your personality? Do you belong to any organizations outside high school? What jobs have you held? What have you learned about organizing your time? Who is your most unusual friend? What magazines, newspapers, columnists, or authors do you like to read? What are some of the failures or disappointments in your life? What kind of plans do you have for the future? Who has been influential in your life? What responsibilities do you have at home? What do you do for other people? What does music (particularly playing or composing) mean to you? How have you changed (besides physically) in the last four years?

# How To Write A Paper About Yourself

**Mary Spratt, Lynda B. Taylor**

## How To Write A Paper About Yourself:

**How to Write Better Medical Papers** Michael Hanna,2019-03-20 This book guides medical researchers through all stages of transforming their scientific data and ideas into a published paper Many researchers in medicine including the life sciences and health sciences struggle to get their research written and published Manuscripts are typically rejected and or sent back for revisions several times before ever being published One reason for this is that researchers have not received much instruction in the specific subjects and skills needed to write and publish scientific medical papers research methodology ethics statistics data visualization writing revising and the practicalities of publishing Instead of wasting the reader s time discussing trivialities of punctuation spelling etc this book tackles all the major scientific issues that routinely lead to manuscripts getting rejected from the journals The section Preparing covers the range of methodological ethical and practical aspects that researchers need to address before starting to write their paper The section Analyzing reviews commonplace problems in the statistical analysis and presentation and how to resolve those problems The section Drafting describes what to write in all the various parts of a paper the Introduction Methods Results Discussion Abstract etc The section Revising explains and illustrates how to improve the writing style of any manuscript The section Publishing discusses how to navigate the peer review process and all other practical aspects of the publishing phase This book draws on the author s decade of experience as an independent medical writer and research consultant but it is not written merely as the personal opinion of yet another expert The entire book is grounded in the existing scientific and scholarly literature with extensive references and a lengthy annotated bibliography so readers can quickly obtain more information on any aspect they want Thus this book provides a more evidence based scholarly account of how medical scientific papers should be written in order to improve medical communication and accelerate scientific progress After reading this entire book cover to cover medical researchers will know how to write better quality medical papers and they will be able to publish their work in better journals with less time and struggle This book is essential reading for anyone conducting research in clinical medicine life sciences or health sciences

**8 Rules of Love** Jay Shetty,2023-01-31 Instead of presenting love as an ethereal concept or a collection of cliches Jay Shetty lays out specific actionable steps to help you develop the skills to practice and nurture love better than ever before He shares insights on how to win or lose together how to define love and why you don t break in a break up Inspired by Vedic wisdom and modern science he tackles the entire relationship cycle from first dates to moving in together to breaking up and starting over And he shows us how to avoid falling for false promises and unfulfilling partners

*Expressing Yourself* Harold Hamilton Wade,John Earle Blossom,Mary Pearl Eaton,1935 **House Documents USA**  
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abilities of healthcare students and professionals to lead and achieve their goals The content in this book has been honed and tested over many years in the internationally acclaimed courses on leadership run by Professor Sartorius Readers will gain essential practical skills to become effective leaders to work well with smaller and larger groups and to work well when alone Each skill is covered in a short chapter along with case studies examples and key action points The professional skills covered in the book will help readers work better with colleagues supervisors and students and will increase competence confidence and satisfaction at work Practical Leadership Skills is ideal for early career researchers doctors psychologists nurses social workers and others working in allied health or human services It will be invaluable for teachers and lecturers engaged in leadership training Written by highly distinguished authors with many years of experience in delivering leadership training in a variety of global contexts with extensive international leadership experience Honed by feedback from more than 2 000 course participants from across the world Highly practical text a focus on how to develop leadership skills and build your career A highly versatile teaching aid with bite sized focused chapters covering essential topics Informal and accessible style Feature boxes setting out key practical points for each chapter with brief real world examples to bring the key points to life Clear and detailed worksheets for specific individual and group exercises so readers can practise each skill Training aids for all who wish to add leadership and professional skills to their teaching

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James Withey,2024-11-07 Featuring 40 simple practical and often amusing techniques this book will help strengthen your sense of self worth whether your self esteem impacts you on a daily basis or are experiencing a crisis of confidence for the first time

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