



# Your Perfect Personal Statement Workbook



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# Brainstorm

Write down three POSITIVE words that best describe yourself!

Be specific and honest

Example:

1. dedicated
2. diligent
3. stable

1. 

2. 

3. 

# Brainstorming Exercises

Define what happiness means to you! Be specific



How do you measure happiness?



Why do you define and measure happiness this way?



What has shaped your definition?



Then close your eyes and picture what makes you truly happy.



Write down what you see in this image you imagined. Be as descriptive as possible.



# Brainstorming Exercises

Close your eyes. Think back to a fond memory you have. This could be a recent memory or something from years ago.

Describe the memory in detail.

What was the weather like?

Where were you at when it occurred?

Vividly describe the location, who were you with, describe the sounds, smells, anything you sensed etc.

# Brainstorming Exercises

What is something you struggle or have difficulty with? This could be anything from a school subject, talking to peers or public speaking, ANYTHING...



Why do you think you struggle with this specific activity etc. If it is public speaking do not just put because you are shy. Dig deep. Why are you shy? Is it fear? If so fear of what? Was there a specific incident that made you fear or avoid this activity?



How do you feel when you have to participate in this?



What have you done in the past to overcome this struggle? What works best and why, if anything? If nothing you have tried works, why do you think that is?



Why do you think learning how to overcome struggles or difficulties is important? Have you overcome other struggles and obstacles in the past? If so, how and why did you do so?



# Brainstorming Exercises

Have you ever been struck by a serious realization?



What was it that you realized about a situation, a person, or just life in general.



An example could be how important attitude is, the immense value of education or that you cannot control others behavior.



Notes:



# Brainstorming Exercises

What could you do each day that never feels like work, something that you truly enjoy? What about this activity is engaging and interesting to you?



How long have you enjoyed this activity?



What are three words that describe this activity?



Describe a story or specific element relating to this activity? ie how you felt or describe a moment/memory that sticks with you relating to this activity.



Write down three ways how this activity has helped you or others? Example even if it is a video game: example: it involves a community element, meeting new people, involves problem solving or critical thinking/strategy, like the idea of endless possibilities, the ability to create etc.



# Connections Example

Think outside the box!

For example: A student's dog makes them truly happy. Their dog is more than a pet but a member of their family and many of their fond memories involve time spent with their dog. Their love of the dog and other pets lead them to explore a path to become a veterinarian. They began volunteering at a vet clinic and found their passion was caring for animals.

Their essay starts with their fond memory description as an AGD and relays their story of realizing their calling and true passion through an engaging, funny, and interesting personal statement which includes some obstacles, this realization, or a difficulty they had to overcome along the way.



# Connections

Your personal statement does not need to connect all of the aspects we brainstormed, even being able to connect two-three is fantastic!

Again think outside the box and be creative. Use one of the graphic organizers to organize your connections and draw conclusions.

The graphic organizers are excellent for brainstorming and outlining your essay.

# Graphic Organizer

Topic



Attention  
Getting  
Device



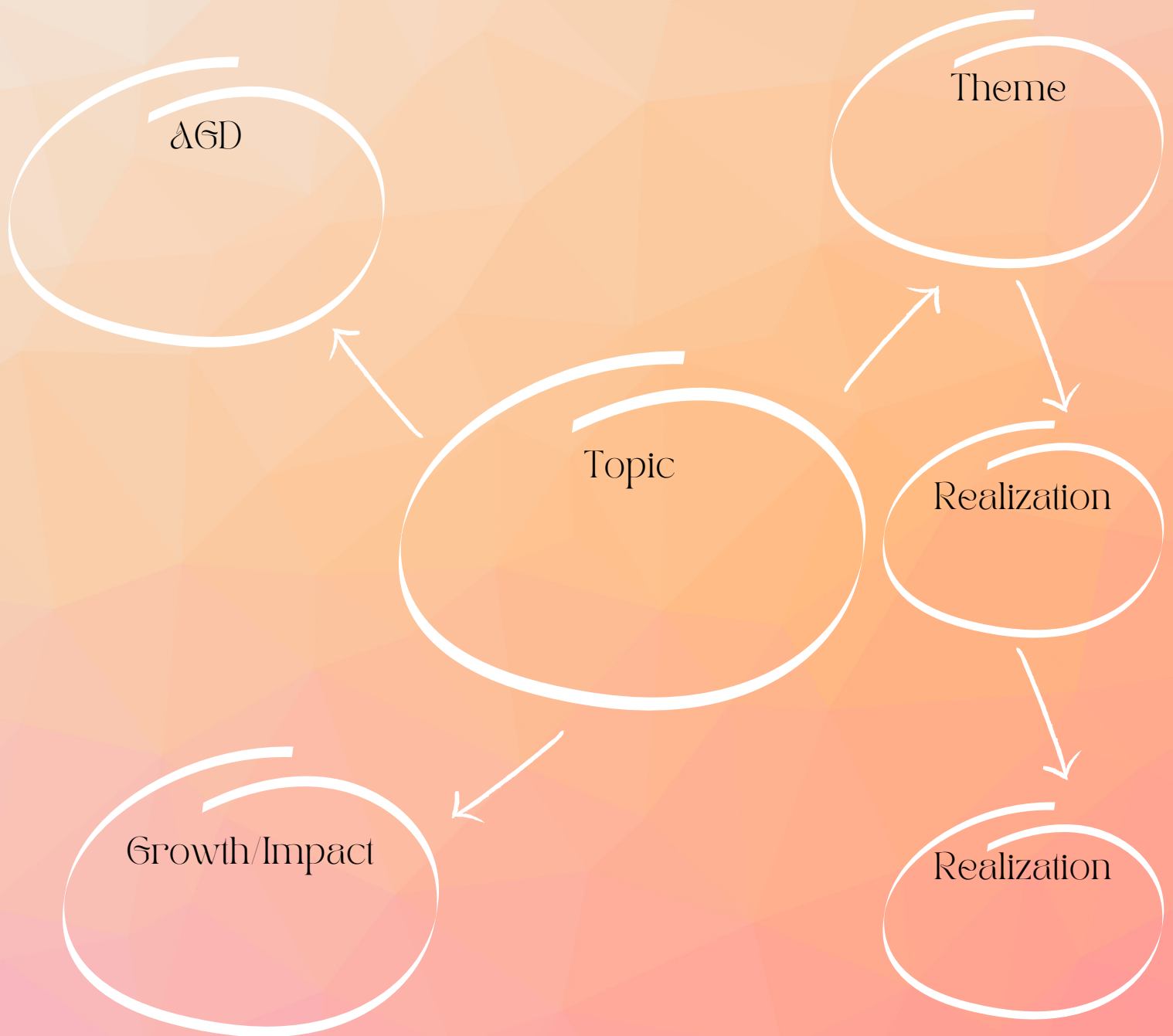
Theme



# Graphic Organizer

Jot down notes, stories, ideas- don't be afraid to write down more than one fond memory or more than one realization from the exercises.

Use graphic organizer to illustrate connections between at least two elements



# Writing is a Process

Remember writing is a process consisting of

Brainstorming

Rough Draft

Revising

Editing

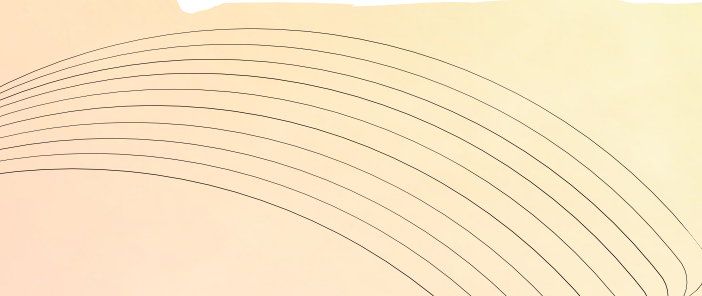
Just Write: DO NOT overthink the rough draft stage

I like to refer to it as a rough, rough draft.



This takes the pressure off as it is really more a free write exercise.

Notes:



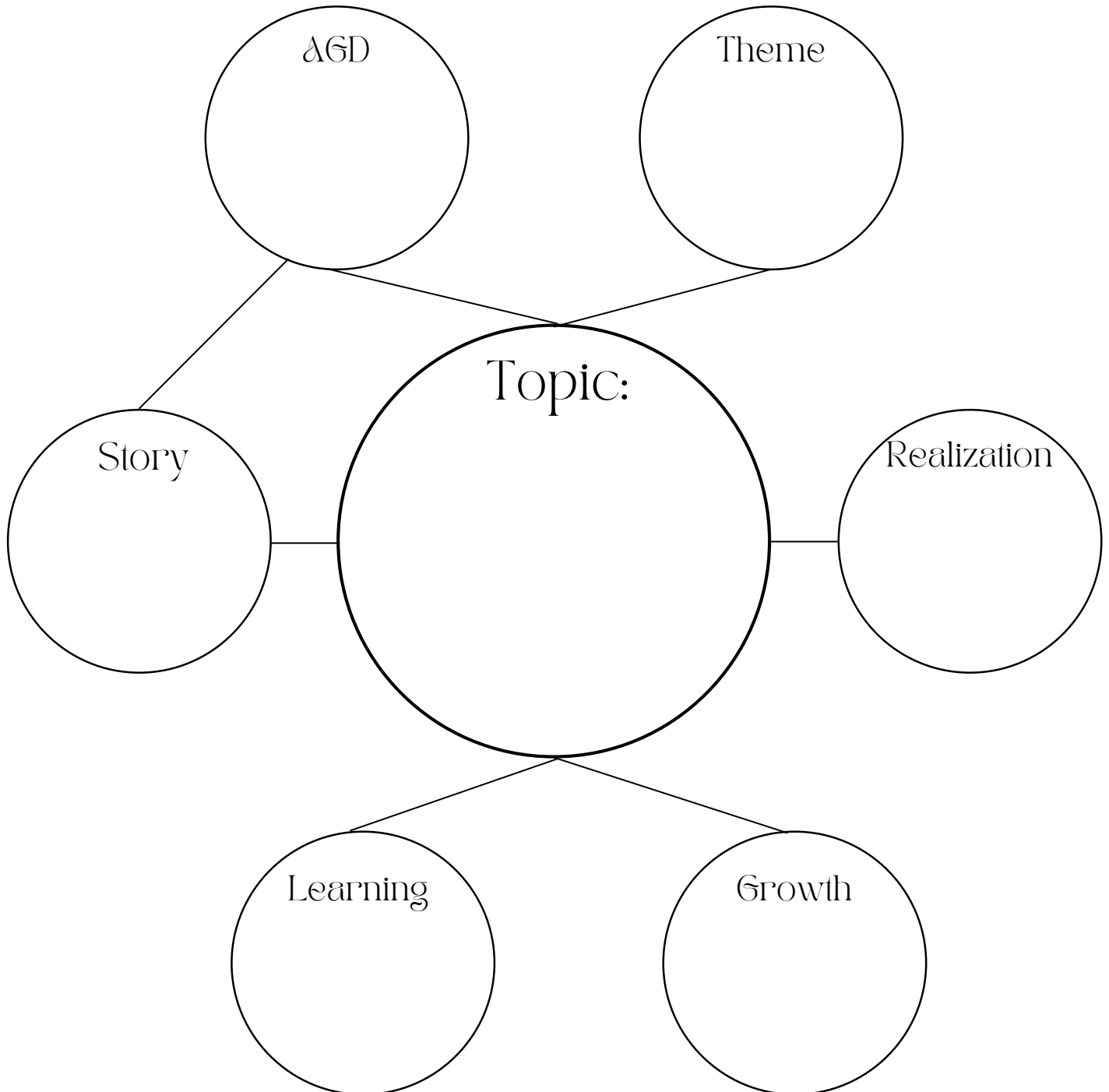
# Final Word

A crucial aspect of any essay is the lesson learned, obstacle that was overcome, passion that was discovered or meaningful self reflection that occurred. There needs to be a larger point and it needs to be clear and well thought out. Ask yourself why should the reader care and why is this experience an important one.

What did I learn, how did I grow, or what impact did I have?

These all make for a great essay.

# Graphic Organizer



# Graphic Organizer

