

# The Admissions Essay

## A Help Packet



### Contents:

#### ❖ Admissions Essay Writing Tips:

Step One: Brainstorming an Admissions Essay Topic

Step Two: Selecting an Essay Topic

Step Three: Writing the Essay

#### ❖ Sample Successful Essay:

Accepted by Harvard, Princeton, Stanford & Dartmouth

*For more information:*

Students visit: <http://www.essayedge.com>

Teachers visit: <http://www.essayedge.com/teachers>

## Step One: Brainstorming an Admissions Essay Topic

The most important part of your essay is the subject matter. You should expect to devote about 1-2 weeks simply to brainstorming ideas. To begin brainstorming a subject idea consider the following points. From brainstorming, you may find a subject you had not considered at first.

- What are your major accomplishments, and why do you consider them accomplishments? Do not limit yourself to accomplishments you have been formally recognized for since the most interesting essays often are based on accomplishments that may have been trite at the time but become crucial when placed in the context of your life.
- Does any attribute, quality, or skill distinguish you from everyone else? How did you develop this attribute?
- Consider your favorite books, movies, works of art, etc. Have these influenced your life in a meaningful way? Why are they your favorites?
- What was the most difficult time in your life, and why? How did your perspective on life change as a result of the difficulty?
- Have you ever struggled mightily for something and succeeded? What made you successful?
- Have you ever struggled mightily for something and failed? How did you respond?
- Of everything in the world, what would you most like to be doing right now? Where would you most like to be? Who, of everyone living and dead, would you most like to be with? These questions should help you realize what you love most.
- Have you experienced a moment of epiphany, as if your eyes were opened to something you were previously blind to?
- What is your strongest, most unwavering personality trait? Do you maintain strong beliefs or adhere to a philosophy? How would your friends characterize you? What would they write about if they were writing your admissions essay for you?
- What have you done outside of the classroom that demonstrates qualities sought after by universities? Of these, which means the most to you?
- What are your most important extracurricular or community activities? What made you join these activities? What made you continue to contribute to them?
- What are your dreams of the future? When you look back on your life in thirty years, what would it take for you to consider your life successful? What people, things, and accomplishments do you need? How does this particular university fit into your plans for the future?

If these questions cannot cure your writer's block, consider the following exercises:

### **1. Ask for Help from Parents, Friends, Colleagues, etc.**

Ask your friends to write a list of your five most salient personality traits until an image of your personality begins to emerge; consider life experiences that could illustrate the particular traits.

### **2. Consider Your Childhood**

Interests that began in childhood may be the most defining parts of your life. Analyze the reasons for your interests and how they were shaped by your upbringing.

### 3. Consider Your Role Models

If you have role models, consider their admirable traits and how experiences from your life demonstrate those traits.

### 4. Read Sample Admissions Essays

Before you sat down to write a poem, you would certainly read past poets. In the same way, we recommend reading sample admissions essays to understand what topics other applicants chose. EssayEdge maintains an archive of over 100 free sample admissions essays.

Coming up with an idea is difficult and requires time. Without a topic you feel passionate about, without one that brings out the defining aspects of you personality, you risk falling into the trap of sounding like the 90 percent of applicants who will write boring admissions essays. The only way to write a unique essay is to have experiences that support whatever topic you come up with. Have fun with the brainstorming process. You might discover something about yourself you never consciously realized. Good Luck!

## Step Two: Selecting an Essay Topic

You must now confront the underlying problem of the admissions essay. You must now consider topics that will allow you to synthesize your important personal characteristics and experiences into a coherent whole while simultaneously addressing your desire to attend a specific institution. While most admissions essays allow great latitude in topic selection, you must also be sure to answer the questions that were asked of you. Leaving a lasting impression on someone who reads 50-100 essays a day will not be easy, but we have compiled some guidelines to help you get started. Consider the following questions before proceeding:

- Have you selected a topic that describes something of personal importance in your life, with which you can use **vivid personal experiences** as supporting details?
- Is your topic a gimmick? That is, do you plan to write your essay in iambic pentameter or make it funny. You should be very, very careful if you are planning to do this. We recommend strongly that you do not do this. Almost always, this is done poorly and is not appreciated by the admissions committee. Nothing is worse than not laughing or not being amused at something that was written to be funny or amusing.
- Will your topic only repeat information listed elsewhere on your application? If so, pick a new topic. Don't mention GPAs or standardized test scores in your essay.
- Can you offer vivid supporting paragraphs to your essay topic? If you cannot easily think of supporting paragraphs with concrete examples, you should probably choose a different essay topic.
- Can you fully answer the question asked of you? Can you address and elaborate on all points within the specified word limit, or will you end up writing a poor summary of something that might be interesting as a report or research paper? If you plan on writing something technical for college admissions, make sure you truly can back up your interest in a topic and

are not merely throwing around big scientific words. Unless you convince the reader that you actually have the life experiences to back up your interest in neurobiology, the reader will assume you are trying to impress him/her with shallow tactics. Also, be sure you can write to admissions officers and that you are not writing over their heads.

- Can you keep the reader's interest from the first word. The entire essay must be interesting, considering admissions officers will probably only spend a few minutes reading each essay.
- Is your topic overdone? To ascertain this, peruse through old essays. EssayEdge's 100 free essays can help you do this. However, most topics are overdone, and this is not a bad thing. A unique or convincing answer to a classic topic can pay off big.
- Will your topic turnoff a large number of people? If you write on how everyone should worship your God, how wrong or right abortion is, or how you think the Republican or Democratic Party is evil, you will not get into the college of your choice. The only thing worse than not writing a memorable essay is writing an essay that will be remembered negatively. Stay away from specific religions, political doctrines, or controversial opinions. You can still write an essay about Nietzsche's influence on your life, but express understanding that not all intelligent people will agree with Nietzsche's claims. Emphasize instead Nietzsche's influence on **your** life, and not why you think he was wrong or right in his claims.
- In this vein, if you are presenting a topic that is controversial, you must acknowledge counter arguments without sounding arrogant.
- Will an admissions officer remember your topic after a day of reading hundreds of essays? What will the officer remember about your topic? What will the officer remember about you? What will your lasting impression be?

After evaluating your essay topics with the above criteria and asking for the free opinions of EssayEdge editors, of your teachers or colleagues, and of your friends, you should have at least 1-2 interesting essay topics. Consider the following guidelines below.

- If you are planning on writing an essay on how you survived poverty in Russia, your mother's suicide, your father's kidnapping, or your immigration to America from Asia, you should be careful that your main goal is to address your own personal qualities. Just because something sad or horrible has happened to you does not mean that you will be a good college or graduate school student. You don't want to be remembered as the pathetic applicant. You want to be remembered as the applicant who showed impressive qualities under difficult circumstances. It is for this reason that essays relating to this topic are considered among the best. Unless you only use the horrible experience as a lens with which to magnify your own personal characteristics, you will not write a good essay. Graduate and professional school applicants should generally steer clear of this topic altogether unless you can argue that your experience will make you a better businessman, doctor, lawyer, or scholar.

- Essays should fit in well with the rest of a candidate's application, explaining the unexplained and steering clear of that which is already obvious. For example, if you have a 4.0 GPA and a 1500 SAT, no one doubts your ability to do the academic work and addressing this topic would be ridiculous. However, if you have an 850 SAT and a 3.9 GPA or a 1450 SAT and a 2.5 GPA, you would be wise to incorporate in your essay an explanation for the apparent contradiction. For example, perhaps you were hospitalized or family concerns prevented your dedication to academics; you would want to mention this in your essay. However, do not make your essay one giant excuse. Simply give a quick, convincing explanation within the framework of your larger essay.

## Step Three: Writing the Essay

Even seemingly boring topics can be made into exceptional admissions essays with an innovative approach. In writing the essay you must bear in mind your two goals: to persuade the admissions officer that you are extremely worthy of admission and to make the admissions officer aware that you are more than a GPA and a standardized score, that you are a real-life, intriguing personality.

Unfortunately, there is no surefire step-by-step method to writing a good essay. Every topic requires a different treatment since no two essays are alike. However, we have compiled the following list of tips that you should find useful while writing your admissions essay.

### 1. Answer the Question

You can follow the next 10 steps, but if you miss the question, you will not be admitted to any institution.

### 2. Be Original

Even seemingly boring essay topics can sound interesting if creatively approached. If writing about a gymnastics competition you trained for, do not start your essay: "I worked long hours for many weeks to train for XXX competition." Consider an opening like, "Every morning I awoke at 5:00 to sweat, tears, and blood as I trained on the uneven bars hoping to bring the state gymnastics trophy to my hometown."

### 3. Be Yourself

Admissions officers want to learn about you and your writing ability. Write about something meaningful and describe your feelings, not necessarily your actions. If you do this, your essay will be unique. Many people travel to foreign countries or win competitions, but your feelings during these events are unique to you. Unless

a philosophy or societal problem has interested you intensely for years, stay away from grand themes that you have little personal experience with.

#### **4. Don't Thesaurize Your Composition**

For some reason, students continue to think big words make good essays. Big words are fine, but only if they are used in the appropriate contexts. Think Hemingway.

#### **5. Use Imagery and Clear, Vivid Prose**

If you are not adept with imagery, you can write an excellent essay without it, but it's not easy. The application essay lends itself to imagery since the entire essay requires your experiences as supporting details. Appeal to the five senses of the admissions officers.

#### **6. Spend the Most Time on Your Introduction**

Expect admissions officers to spend 1-2 minutes reading your essay. You must use your introduction to grab their interest from the beginning. You might even consider completely changing your introduction after writing your body paragraphs.

- **Don't Summarize in your Introduction.** Ask yourself why a reader would want to read your entire essay after reading your introduction. If you summarize, the admissions officer need not read the rest of your essay.
- **Create Mystery or Intrigue in your Introduction.** It is not necessary or recommended that your first sentence give away the subject matter. Raise questions in the minds of the admissions officers to force them to read on. Appeal to their emotions to make them relate to your subject matter.

#### **7. Use Transition**

Applicants continue to ignore transition to their own detriment. You must use transition within paragraphs and especially between paragraphs to preserve the logical flow of your essay. Transition is not limited to phrases like "as a result, in addition, while . . . , since . . . , etc." but includes repeating key words and progressing the idea. Transition provides the intellectual architecture to argument building.

#### **8. Conclusions are Critical**

The conclusion is your last chance to persuade the reader or impress upon them your qualifications. In the conclusion, avoid summary since the essay is rather

short to begin with; the reader should not need to be reminded of what you wrote 300 words before. Also do not use stock phrases like "in conclusion, in summary, to conclude, etc." You should consider the following conclusions:

- Expand upon the broader implications of your discussion.
- Consider linking your conclusion to your introduction to establish a sense of balance by reiterating introductory phrases.
- Redefine a term used previously in your body paragraphs.
- End with a famous quote that is relevant to your argument. Do not **try** to do this, as this approach is overdone. This should come naturally.
- Frame your discussion within a larger context or show that your topic has widespread appeal.
- Remember, your essay need not be so tidy that you can answer why your little sister died or why people starve in Africa; you are not writing a "sit-com," but should forge some attempt at closure.

### **9. Give Your Draft to Others**

Ask editors to read with these questions in mind:

- WHAT is the essay about?
- Have I used active voice verbs wherever possible?
- Is my sentence structure varied or do I use all long or all short sentences?
- Do you detect any clichés?
- Do I use transition appropriately?
- Do I use imagery often and does this make the essay clearer and more vivid?
- What's the best part of the essay?
- What about the essay is memorable?
- What's the worst part of the essay?
- What parts of the essay need elaboration or are unclear?
- What parts of the essay do not support your main argument or are immaterial to your case?
- Is every single sentence crucial to the essay? This **MUST** be the case.
- What does the essay reveal about your personality?
- Could anyone else have written this essay?
- How would you fill in the following blank based on the essay: "I want to accept you to this college because our college needs more \_\_\_\_\_."

### **10. Revise, Revise, Revise**

**Revise, Revise, Revise.** You only are allowed so many words; use them wisely. If H.D. Thoreau couldn't write a good essay without revision, neither will you. Delete anything in the essay that does not relate to your main argument. Do you use transition? Are your introduction and conclusions more than summaries? Did you find every single grammatical error?

**Have your Essay Professionally Edited.** You take SAT Prep courses and spend hours with college counselors, consider showing the same care with your admissions essay by submitting your essay to a professional editor.

## Sample Admissions Essay:

### Accepted by Harvard, Princeton, Stanford, Dartmouth - Hiking to Understanding

Surrounded by thousands of stars, complete silence, and spectacular mountains, I stood atop New Hampshire's Presidential Range awestruck by nature's beauty. Immediately, I realized that I must dedicate my life to understanding the causes of the universe's beauty. In addition, the hike taught me several valuable lessons that will allow me to increase my understanding through scientific research.

Although the first few miles of the hike up Mt. Madison did not offer fantastic views, the vistas became spectacular once I climbed above tree line. Immediately, I sensed that understanding the natural world parallels climbing a mountain. To reach my goal of total comprehension of natural phenomena, I realized that I must begin with knowledge that may be uninteresting by itself. However, this knowledge will form the foundation of an accurate view of the universe. Much like every step while hiking leads the hiker nearer the mountain peak, all knowledge leads the scientist nearer total understanding.

Above tree line, the barrenness and silence of the hike taught me that individuals must have their own direction. All hikers know that they must carry complete maps to reach their destinations; they do not allow others to hold their maps for them. Similarly, surrounded only by mountaintops, sky, and silence, I recognized the need to remain individually focused on my life's goal of understanding the physical universe.

At the summit, the view of the surrounding mountain range is spectacular. The panorama offers a view of hills and smaller mountains. Some people during their lives climb many small hills. However, to have the most accurate view of the world, I must be dedicated to climbing the biggest mountains I can find. Too often people simply hike across a flat valley without ascending because they content themselves with the scenery. The mountain showed me that I cannot content myself with the scenery. When night fell upon the summit, I stared at the slowly appearing stars until they completely filled the night sky. Despite the windy conditions and below freezing temperatures, I could not tear myself away from the awe-inspiring beauty of the cosmos. Similarly, despite the frustration and difficulties inherent in scientific study, I cannot retreat from my goal of universal understanding.

When observing Saturn's rising, the Milky Way Cloud, and the Perseid meteor shower, I simultaneously felt a great sense of insignificance and purpose. Obviously, earthly concerns are insignificant to the rest of the universe. However, I experienced the overriding need to understand the origins and causes of these phenomena. The hike also strengthened my resolve to climb the mountain of knowledge while still taking time to gaze at the wondrous scenery. Only then can the beauty of the universe and the study of science be purposefully united. Attaining this union is my lifelong goal.