How to use: Make a copy for yourself by clicking "File" in the menu above, then "Make a copy."

#### **Instructions:**

- 1. Finish the sentence "If you really, really knew me..." for each category below.
- 2. Answer "so what?" for each answer, saying why it's important to you.
- 3. Aim for at least 3-5 answers per category. See examples below.

#### 1. FAMILY

Consider: Genetics, home life, parenting, siblings, extended family, responsibilities

"If you really, really knew <b>me and my family</b> , you would know"	So what/that's important to me because
Examples (delete and replace with your own):	
I'm the middle child of three children.	I've learned how to be a peacemaker.
I'm a twin and my sister is autistic.	I see "normal" differently from most people.

#### 2. CULTURE

Consider: Heritage, language(s), religion, basic cultural and family truths/values

"If you really, really knew <b>me and my culture</b> , you would know"	So what/that's important to me because	How this might be useful on a college campus
Examples (delete and replace with your own):  I come from a military family	growing up I was often "the new kid" and had to learn to adapt to new environments quickly, and often.	
My connection to my culture is a little complicated, as I wasn't born in this country, and neither were my parents.	I feel very connected to my Peruvian roots in some ways, but in other ways I feel really disconnected from it.	



### 3. IDENTITIES

Tip: Spend 3 minutes looking at <u>this chart</u> and 3 minutes looking at <u>this one</u> and list as many identities as you can here:

Some of my identities include...

- List yours here

Then pick 3-5 identities to expand on below.

So what/that's important to me because
I see everything around me as a canvas.
I'm okay with all pronouns (he/she/they).

### 4. SCHOOL HISTORY

What types of schools, classmates, teachers, and teaching styles have influenced who you are?

So what/that's important to me because
but decided to leave and go to a school where I could love school again. It worked.
I've had to self-study for two AP classes, and have had to learn about the college process on my own.



## 5. OPPORTUNITIES & EXPERIENCES

What have I done, experienced, or been a part of that influenced who I am?

"If you really, really knew <b>me and the opportunities and experiences</b> I've had, you would know"	So what/that's important to me because
Examples (delete and replace with your own):  I attended a selective research program last summer where I realized that neuroscience is what I want to study.	I love that neuroscience brings together so many different fields (psychology, biology, chemistry, etc.)
I had to drop out of sports and activities at school so we could keep my elderly grandparents at home with us	I was disappointed, but our family has grown a lot closer since then.

### 6. TALENTS & SUPERPOWERS

What do I believe are my gifts? What am I great at?

<b>Tip:</b> Take a look at this <u>Values List</u> for ideas.	
"If you really, really knew <b>me and my talents and superpowers</b> I've had, you would know"	So what/that's important to me because
Examples (delete and replace with your own):  I know how to make amazing yogurt	it's so good that I've sold it at local farmers markets and earned enough money to pay for my school clothes this year.
I can make pretty much anyone laugh	some of my teachers appreciate this, but some really don't. :-P

### 7. INTERESTS

What attracts my attention? What do I choose to learn on my own?



"If you really, really knew <b>me and my interests</b> , you would know"	So what/that's important to me because
Examples (delete and replace with your own):  I've been studying ants for the past two years	I can connect pretty much anything in the world to an interesting fact from the ant world. (Try me.)
I am a huge baseball nerd	I started to write a blog about the San Diego Padres (then quit, tbh, to focus more on school).

#### 8. INVOLVEMENT

What kinds of things have I gotten involved with? What roles do I play?

Tip: Spend 3 minutes looking at <u>this Communities chart</u> and list as many identities as you can below.

Some of my communities include...

- List yours here.

Then pick 3-5 examples of involvement to expand on below.

"If you really, really knew <b>me and my</b> involvement, you would know"	So what/that's important to me because
Examples (delete and replace with your own):	Londad un lagming how to recolus conflict
I joined my school's robotics team to learn how to code.	I ended up learning how to resolve conflict.
I attend my local library's speaker series every week.	I've learned about chess, using Microsoft Excel, Bollywood, and birdsong.



### 9. INITIATIVE

Where have I taken initiative on my own? How have I been a creator, design thinker, entrepreneur, spark plug, risk-taker?

"If you really, really knew <b>me and my</b> initiative, you would know"	So what/that's important to me because
Examples (delete and replace with your own):  I started a nondenominational morning prayer group for students who arrived at school on the early busses	It started out just 3 of us but has grown to 21 students that meet each morning.
I crochet tiny animals for fun.	Last year I decided to sell them on Etsy and so far have made more than \$1,000.

#### 10. IMPACT

Where have others been influenced by me? Where has my involvement made a difference (on individuals, community, and beyond)?

"If you really, really knew <b>me and my impact</b> , you would know"	So what/that's important to me because
Examples (delete and replace with your own):  I started my school's ultimate frisbee team with my best friend when I was in 9th grade.	Now we're repeat state champions and have a B-team too.
I worked with the Best Buddies program for all four years of high school.	We've grown participation to 34 members and even inspired another high school to start a program.

#### 11. AMBITION

What next? What am I hoping to do once I leave high school? How do I hope to influence my college, community, and the larger world?



"If you really, really knew <b>me and my ambition</b> , you would know"	So what/that's important to me because
Examples (delete and replace with your own):  I want to become an entrepreneur that starts a fashion business that brings attention to climate change.	I'm hoping the school I go to has business classes, but is also pretty eco-conscious.
I have no idea what I want to study in the future, but I'm interested in artificial intelligence and its impact on society.	Maybe I'll explore the Ethics of AI (if that's even a thing)? I'm also interested in researching the positive impacts of video games.

