



College Applications: How to navigate the supplement essays

Supplement essays provide colleges with a deeper understanding of you beyond your personal statement. You can showcase your unique qualities, interests, and experiences, demonstrating your fit with each college and how you'll contribute to its community that may not be obvious from your academics alone!

The Most Common Supplement Essay Topics

1. Why This College?
2. Why This Major?
3. Diversity and Inclusion Essay
4. Future Goals
5. Extracurricular Activities Essay

Our Advice to You!

1. **Do Not Be Repetitive!**
Avoid repeating information already covered in your application, especially in your personal statement. This is your chance to provide a new perspective and insight that showcases different aspects of your character, interests, and experiences. Use this opportunity to highlight unique qualities or achievements that haven't been discussed elsewhere, and demonstrate your fit with the college in a new and engaging way. By avoiding repetition and offering a new perspective, you can make your essays more compelling and memorable to admission committees.

2. Research The College

Before you even start writing any of your supplements for a college, it's extremely important to research the colleges you're applying to. Dive into its programs, and understand its culture and its core values. This will allow you to incorporate specific details about the college into your supplements, demonstrating your genuine interest and fit with the college. By showing your knowledge and understanding of the college, you can create more personalized and compelling supplements that resonate with the admission committee.

3. Take Your Time!

If you can switch the name of the college on the essay and it still makes sense, then it's not specific enough! Each essay should be specific to the unique characteristics of the college you are applying to. Why does this particular college stand out to you? What specific programs, opportunities, or aspects of the campus community are you excited about? The goal is to show the admissions committee that you have done your research and genuinely want to be a part of their college. So, take your time to write an essay that is not only well-written but also specific and compelling for that specific college.

4. Diversity

Specifically for the diversity question, I want to remind you that diversity goes beyond race and ethnicity. It can include your background, experiences, perspectives, and interests. You have to consider unique qualities that can contribute to diverse and inclusive campus communities. Provide concrete examples of how you have contributed to diversity and inclusion in your high school, community, or in your extracurricular activities. How do you bring a fresh perspective or new ideas to the college campus?

5. Show Passion!

You should clearly explain why you are interested in and passionate about the major you've chosen, and how it aligns with your interests, skills, and career goals. Mention specific courses, professors, or opportunities offered by the college that excite you. It looks really good when you're able to connect your academic and personal background to the major you've chosen, showing how your experiences have influenced your decision. Explain how this major fits into your overall academic and career plans, demonstrating a clear and thoughtful path forward. By showing your enthusiasm and connection to the major, you can make yourself a

strong candidate. Also to note, it's okay to not be 100% sure of what you want to end up doing just be authentic in your response.

6. Extracurricular Activities

When discussing your Extracurricular Activities, focus on one activity that has been particularly meaningful to you and dive deep into it. Describe the skills you have developed through this activity, such as communication, teamwork, problem-solving, and time management. Highlight any leadership roles you have taken on within the activity, whether it's leading a project, organizing an event, or mentoring others. Explain how you have made an impact on others through your involvement in this activity, whether it's by inspiring your peers, contributing to the community, or achieving significant results. By focusing on one activity and showcasing your skills, leadership, and impact, you can demonstrate your commitment and dedication, as well as your ability to work effectively as part of a team.

7. An Emotional Story Must lead To A New Awakening

If you're mentioning any difficult or challenging experiences in your supplement essays, it's important to not dwell solely on the sadness or devastation. Admission committees are looking for evidence of personal growth and resilience. It's extremely crucial to also mention how you have become a better person as a result of these challenges or how you overcame them. Show a sense of growth and learning by sharing how those experiences have shaped your values, goals, or perspective. By demonstrating your ability to overcome challenges and learn from difficult situations, you can present yourself as a resilient and reflective individual.

8. Always Proofread!

Proofreading is a crucial step in the writing process that should never be overlooked. It involves carefully reviewing your writing to correct errors in grammar, punctuation, spelling, and style. By proofreading your work, you can ensure that your writing is clear, coherent, and free of mistakes, which will make a positive impression on admission committees. Always take the time to carefully review your writing before submitting it, as even small errors can detract from the overall quality of your work.