



WHO AM I? *Brainstorm*

This may seem silly to you, but try it. You will see that this “silly” exercise helps tap into some parts of yourself that are actually *you* - not what you think a college wants to hear or what you think other people are writing about. At the end of the day, a college wants to learn about who *you* are. If you are reading this thinking that there’s nothing all that special about who you are, pause and realize this: you are 17 or 18 years old. No one has their life figured out yet; nor do you have to. You don’t have to know everything you want or understand everything about yourself. But know that you are a thinking, feeling, breathing human being. As such, there is something rummaging around in that mind and heart of yours that makes you both perfectly unique and wonderfully valuable to the world - now or in the future. You may not believe that yet, but trust it.

I am (two special characteristics you have)

I wonder (something of curiosity)

I hear (an imaginary sound)

I see (an imaginary sight)

I want (an actual desire)

I pretend (something you actually pretend to do)

I feel (a feeling about something imaginary)

I touch (an imaginary touch)

I worry (something that bothers you)

I cry (something that makes you sad)

I understand (something that is true)

I say (something you believe in)

I dream (something you dream about)

I try (something you really make an effort about)

I hope (something you actually hope for)

Excerpted from the list of [500 Prompts for Narratives and Personal Statements](#):

1. What was your most precious childhood possession?
2. What were your favorite childhood shows and characters?
3. What were your favorite picture books when you were little?
4. What things did you create when you were a child?
5. What places do you remember fondly from childhood?
6. Have you ever felt embarrassed by things you used to like?
7. Do you wish you could return to moments from your past?



8. Was there a toy you wanted as a child but never got?
9. What objects tell the story of your life?
10. What are your best sleepover memories?
11. What's the best gift you've ever given or received? 1
12. What's the most memorable thing you ever got in the mail?
13. What nicknames have you ever gotten or given? Coming of Age
14. What have you learned in your teens?
15. What personal achievements make you proud?
16. What are some recent moments of happiness in your life?
17. What are you grateful for?
18. What rites of passage have you participated in?
19. What can older people learn from your generation?
20. What do older generations misunderstand about yours?