

**College Essay Guy’s How to Use Montage Structure  
to Describe Your Pandemic Experience in Part of Your Essay**

- 1. Identify 1-2 main needs that became more apparent to you during the pandemic.** You can do that using the [The Feelings and Needs List](#).

Example: Maybe you realized how much you needed community. Or structure. Or contribution.

- 2. Whatever needs you name, next answer:** *How did I work to meet that need during the pandemic?*

In other words: How did you meet your need for community? Or structure? Or contribution? (Or whatever value you’ve picked.) What did you actually *do*?

- 3. Once you’ve identified that, answer:** *What did I learn? Or how did I grow?*

A great way to figure out what you learned or how you grew is to pick from [this List of Values](#) (or use the list below). Try to identify 1-3 values you connected more deeply with as a result of your work to meet your needs.

Needs	How I tried to meet that need	What I learned
Community + contribution	Hosted a virtual open mic with my class where my peers took turns reading and sharing their pandemic experiences	Some of my friends are really creative (or) that vulnerability can create closeness even when we can't be together in person (or) you get the idea ...



# Values List

- community
- inspiration
- money
- intellectual status
- financial gain
- laughter
- serenity
- physical challenge
- responsibility
- competition
- career
- fame
- working with others
- freedom
- security
- strength
- self-control
- hunger
- personal development
- trust
- faith
- involvement
- adventure
- vulnerability
- adaptability
- friendship
- excellence
- job tranquility
- power
- passion
- cooperation
- affection
- wisdom
- \_\_\_\_\_
- \_\_\_\_\_

- challenges
- commitment
- leadership
- helping others
- influence
- wit
- success
- patience
- listening
- diversity
- love
- fast-paced work
- nutrition
- competence
- practicality
- creativity
- excitement
- collaboration
- social change
- beauty
- ecological awareness
- quality relationships
- travel
- decisiveness
- curiosity
- spirituality
- loyalty
- honesty
- independence
- supervising others
- recognition
- accountability
- democracy
- \_\_\_\_\_
- \_\_\_\_\_

- self expression
- stability
- art
- autonomy
- risk
- balance
- self-discipline
- courage
- family
- empathy
- working alone
- humility
- efficiency
- intensity
- health and fitness
- meaningful work
- my country
- music
- truth
- resourcefulness
- respect
- bravery
- communication
- change and variety
- compassion
- nature
- expertise
- order
- privacy
- close relationships
- religion
- knowledge
- growth
- \_\_\_\_\_
- \_\_\_\_\_

