

Developing a Growth Mindset with Carol Dweck

<https://youtu.be/hiiEeMN7vbQ>

- Concept of “not yet”
- Power of “stick-to-it-iveness”
- Importance of consistency

WRITING AN EFFECTIVE PERSONAL STATEMENT ESSAY



WHAT IS IT?

Answers the question, “tell us something about yourself” when applying for:

- Nationally competitive scholarships
- Undergraduate & graduate school applications
- Service or employment opportunities

***A personal statement is your introduction to a selection committee.**

IS:



IS NOT:

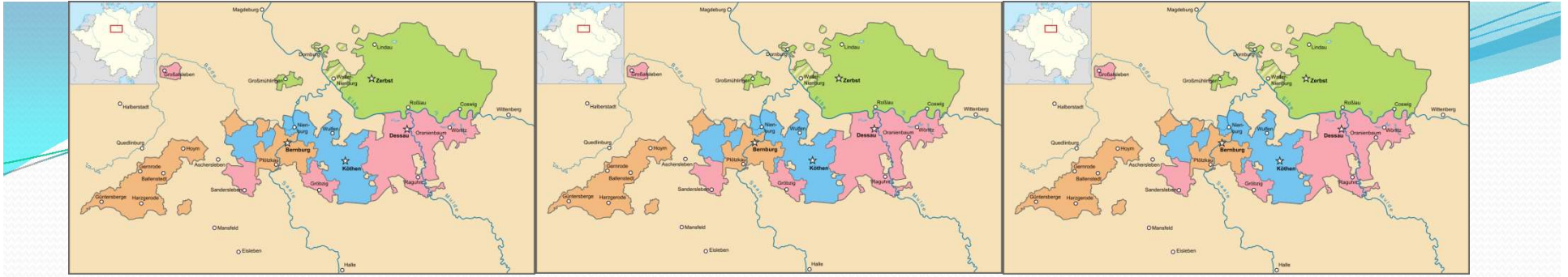
- **A picture** – it should produce a picture of you as a person, a student, a potential scholarship winner, and (looking into the future) a former scholarship recipient.
- **An invitation** - reader must be invited to get to know you, personally. Make your reader welcome.
- **An indication** – display your priorities and judgment. What you choose to say in your statement tells the committee what your priorities are. What you say, and how you say it, is crucial.
- **A story** – this is your story! Everyone has a story to tell, but we are not all natural storytellers. If you are like most people, your life lacks inherent drama. This is when serious self-reflection, conversation with friends, family, and mentors, and permission to be creative come in handy.

- **An academic paper** with you as the subject. Papers for class are designed to interpret data, reflect research, analyze events or readings--all at some distance. We are taught to eliminate the "I" from our academic writing.
- **An essay** that reads like a resume of accomplishments and goals tells the reader nothing that they could not glean from the rest of the application.
- **A journal entry.** While you may well reference experiences or observations captured in your personal journal, your essay should not read like a diary
- **A plea or justification** for the scholarship. This is not an invitation to "make your case." Defending an assertion that you are more deserving of the scholarship than other candidates is a wasted effort-you've likely just accomplished the opposite.
- **Most importantly, a personal statement is authentic. Don't make the mistake of trying to guess what the committee is looking for, and don't write what you think they want to hear. They want to know you.**



The statement of purpose and goals essay, on the other hand, are like maps for your readers of where you've been, where you are, and where you're going.

- MAP has another meaning for you when writing your statements of purpose and goals essays. It stands for Motivation, Aspiration, and Perspiration.

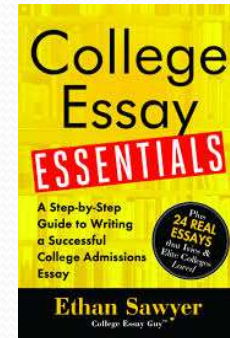


- **MOTIVATION.** What makes you work? What has led you to make the decisions you've made? Why have you selected your field of interest?
- **ASPIRATION.** Where are you going? What do you hope to do right after you finish your degree, and in the longer-term as well?
- **PERSPIRATION.** What have you sweated to accomplish in the past? What causes or goals have you dedicated yourself to? When have you really exerted yourself to make an impression and impact?

GUIDES & RECOMMENDATIONS

- **“College Essay Essentials”** - College counselor Ethan Sawyer (aka The College Essay Guy) will show you that there are only four (really, four!) types of college admission essays. And all you have to do to figure out which type is best for you is answer two simple questions:

- 1. Have you experienced significant challenges in your life?
- 2. Do you know what you want to be or do in the future?



Packed with tips, tricks, exercises, and sample essays from real students who got into their dream schools, College Essay Essentials is the only college essay guide to make this complicated process logical, simple, and (dare we say it?) a little bit fun.

- **“Debt Free Degree”** - In Debt-Free Degree, Anthony O’Neal teaches parents how to get their child through school without debt, even if they haven’t saved for it. He also shows parents:

- 1. How to prepare their child for college
- 2. Which classes to take in high school
- 3. How and when to take the ACT and SAT
- 4. The right way to do college visits
- 5. How to choose a major



A college education is supposed to prepare a graduate for their future, not rob them of their paycheck and freedom for decades. Debt-Free Degree shows parents how to pay cash for college and set their child up to succeed for life.

GUIDES & RECOMMENDATIONS

- **“The Ultimate Scholarship Book 2020”** - Information on 1.5 million scholarships, grants, and prizes is easily accessible in this revised directory with more than 300 new listings that feature awards indexed by career goal, major, academics, public service, talent, athletics, religion, ethnicity, and more. Each entry contains all the necessary information for students and parents to complete the application process, including eligibility requirements, how to obtain an application, how to get more information about each award, sponsor website listings, award amounts, and key deadlines. With scholarships for high school, college, graduate, and adult students, this guide also includes tips on how to conduct the most effective search, how to write a winning application, and how to avoid scams.

