

# COMMON APP ESSAY TIPS: PROMPT 5

"Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others."

\*Blue text reflects 2017-2018 changes to prompt.

## 1. WHAT MOMENT MADE YOU REALIZE YOU'VE MATURED?



This question is about recent growth and maturity. Admissions officers are interested to know how you digest the experiences you encounter and use them to improve your viewpoints on life and how you set future goals. What did you realize about yourself during the process? How did the experience affect your behavior and plans?

*Be careful about using this space to brag about an accomplishment. Rather than focusing on the actual achievement, explain why the moment was meaningful to you and how you used that experience to mature. Avoid talking about grades and test scores unless you're trying to show how you significantly improved or managed to do well despite some personal obstacles. The accomplishment also doesn't have to be remarkable. It could be as simple as shopping at a grocery store in a foreign country for the first time or learning a new skill.*

## 2. WHAT DOES THIS MOMENT OF GROWTH SAY ABOUT YOU?



In your first paragraph, you should (1) introduce the accomplishment, event or realization and (2) briefly explain why this moment was meaningful to you in terms of self-reflection and personal growth. In the next paragraphs, elaborate on the resulting intellectual and emotional journey. What did you learn about yourself? Why do you think you're a better person because of the experience? Would you change anything about the experience? If so, how and why?

*Make sure you spend the time to critically think about the significance of the event or accomplishment you highlight. Rather than describe the gritty details of the moment itself, explore how you've changed. In what ways do you still need improvement?*

## 3. HOW WILL YOU CONTINUE TO GROW?



What do you intend to do with this new understanding of who you are? Have or will you change your approach to newer experiences? Has your growth prepared you for the challenges you may face in college (academically and socially)? If so, how? In other words, how do you plan on growing further in college and beyond?

*Show your ability to critically assess who you are and who you want to become. Identify the college experience you hope will help you in this endeavor and how your growth will benefit your future community.*

Remember that this is YOUR story. Each word should focus on your personal development. Are you mature enough to make informed decisions and shape your destiny? If so, prove it!



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