Find Your Spike

The admissions story only you can tell

Dig for your story

Answer each of these on its own line. Honesty beats impressive here.

- A moment that changed how you see the world.
- Something you do that makes you lose track of time.
- A problem you genuinely want to help fix.
- What friends and teachers come to you for.
- The through-line connecting your top three activities.

Shape it into a narrative

1. Theme: one sentence, “I’m the kind of person who _____.”
2. Evidence: three specific moments that prove it.
3. Growth: how you changed along the way.
4. So what: why it matters for what you’ll do next.

PARENT TIP Your job is to ask questions, not write the story. Admissions officers read thousands of essays, and the honest, specific, teenage voice is the one that stands out. Resist polishing it into your voice.

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