

Topic Brainstorming Worksheet

No matter what the essay question is, you're essentially being asked one thing: "tell us about yourself." Brainstorming usually begins with a laundry list of ideas, good and bad, from which the best idea rises to the top. Here's a worksheet to help you brainstorm topics that will reveal something about yourself:

IN CHRONOLOGICAL ORDER, WHAT ARE THE FIVE MOST IMPORTANT EVENTS IN THE STORY OF YOUR LIFE?

1. _____
2. _____
3. _____
4. _____
5. _____

IF YOU WERE MAROONED ON A DESERT ISLAND, WHAT FIVE THINGS (BESIDES NECESSITIES) WOULD YOU WANT TO HAVE WITH YOU?

1. _____
2. _____
3. _____
4. _____
5. _____

WHAT FIVE ADJECTIVES OR PERSONALITY TRAITS WOULD YOUR FAMILY OR FRIENDS USE TO DESCRIBE YOU? (ASK IF YOU DON'T KNOW.)

1. _____
2. _____
3. _____
4. _____
5. _____

IF YOU HAD TO GIVE A SPEECH OR PRESENTATION, WHAT FIVE TOPICS WOULD YOU FEEL MOST CONFIDENT TALKING ABOUT?

1. _____
2. _____
3. _____
4. _____
5. _____

WHO ARE THE FIVE PEOPLE THAT YOU MOST ADMIRE?

1. _____
2. _____
3. _____
4. _____
5. _____

WHAT ARE YOUR FIVE MOST FAVORITE BOOKS OR MOVIES?

1. _____
2. _____
3. _____
4. _____
5. _____

WHAT ARE YOUR FIVE MOST FAVORITE MEMORIES?

1. _____
2. _____
3. _____
4. _____
5. _____

WHAT FIVE PEOPLE HAVE INFLUENCED YOU THE MOST?

1. _____
2. _____
3. _____
4. _____
5. _____