

## Step 3: Envision and Reflect

Respond to the reflective prompts in this **Step 3** to envision possible futures, create college lists and brainstorm ideas for personal statements. To begin **Step 3**, set aside 2 hours to complete the first draft for these worksheets. Set a timer for 10 minutes, write your best answer to every question, and then move onto the next question. After you have answered every question, reread and revise answers as you envision possible futures.

When you finish your first draft, schedule another 2 hours to complete a better draft that answers all questions using college-level vocabulary and robust explanations. Envision who you will become in the future; include detailed reasoning and value statements that will inform college choices and be used in your personal statements.

### Step 3.1 Explain the Reasons for Your Career, College, and Major Interests

Review your answers from **Step 1**, and then explain why your career, college, and major choices make sense for the direction that you want to go in life. It is healthy to have uncertainty, so articulate the reasons why these interests will motivate you in life after college, and discuss your ideas with family, mentors, and a college counselor.

3.1		Use College-Level Vocabulary to Explain Why	
	Career Interests		
	1.	1.	
	2.	2.	
		3.	
		4.	
	College Interests		
	1.	1.	
	2.	2.	
		3.	
		4.	
	Major Interests		
	1.	1.	
	2.	2.	
		3.	
		4.	

What are possible main points in your career path? Too often people only think of one dream job, “I want to be a doctor,” but it is more helpful to envision many realistic career tracks with possible points that lead to becoming a doctor. Now is time to envision future possibilities and explain why they matter in the life that you intend to live.

3.1	Main Points	Description, Explanation, and Research	
A.		Describe both possible and realistic career tracks.	
B.		Explain how past experiences have prepared you to start along any of the above career tracks.	
C.		Search online until you find a few, real jobs that you could expect to obtain upon graduation. Include a hyperlink to postings of positions. Copy-paste the qualifications, skills, and experience necessary to obtain the job.	

What do you plan to do during each summer before and during college? It is not necessary to make the decision today, but searching for internships and work along a career path are too often overlooked when making decisions about college. Brainstorm and research possible internships, projects or jobs that you could do during college. It is best to include a hyperlink to real internships that you could apply to in the future.

3.1	Year – Time	Internship	
	Before College		
	After 1 <sup>st</sup> Year		
	After 2 <sup>nd</sup> Year		
	After 3 <sup>rd</sup> Year		
	Job After Graduation		

### Step 3.2 List What You Think is Important in Life

There is more to life than college and career, so it is time to list everything that is important to you. Review the core values you set forth in **Step 1.4** to begin writing a list of at least 40 statements about what is important in your life. At first, students tend to write in too general terms, such as “Family and friends,” rather than to identify unique, personal qualities and experiences that demonstrate what is important in life; e.g. “Being able to support my parents and children when I am 50” or “eliminating disease, poverty, and infant mortality in the developing world.”

Write personal, valued-loaded statements with academic, technical, political, philosophical, scientific, historical, and other powerful language that inspires you. Write an exhaustive list because these phrases will be helpful when writing your personal statements. Most students struggle at some point during this activity. **Step 3.2** is best when you take a 10-minute session, every day for a few weeks and discuss your ideas.

3.2	Value Statements	Core Value Statements	

## Step 3.3 Describe Talents, Strengths, and Learning Style

Each student is different and every college provides a slightly different education, so this is time to describe who you are and how you learn without thinking about a specific college. By the end, write at least 500 words in response to the 3 prompts below that will help explain your virtues and purposes for learning. In **Step 5**, you will use the best of these ideas to write personal statements and respond to essays.

3.3	Reflective Prompts	
A	Describe your typical day at school. Identify your talents, strengths, and struggles. Explain how you direct and regulate your learning. How do you learn at school? How do you learn outside of school?	
B	Explain what sparks your interest and gives you a greater purpose for learning beyond attending school to get a better job. Why do you want to learn?	
C	Describe something in your world that is important to you. Why is it important to you? Why do other people care about it? What do you do that shows that this is important to you?	

## Step 3.4 Explain Experiences with Diverse People

College is an opportunity to interact with students from around the world, so being prepared to work with, learn from, and become friends with diverse students is an essential part of college success. Answer the following reflective prompts to understand how you have learned to appreciate diversity and will thrive in a college environment.

<b>3</b>		
	Describe at least 5 events where you experienced cultural diversity and explain how you thought, felt, and reacted.	
	1. 2. 3. 4. 5.	
	Identify how people throughout the world could approach differences in positive ways to resolve conflicts peacefully.	
	1. 2. 3.	

## Step 3.5 Brainstorm Interesting Ideas for Personal Statement

In **Step 5**, you will write essays, so it helps to have lots of ideas to write about. This is an opportunity to write any and all ideas that could be interesting for a college essay. Search for times in the past when you learned something important in life, became curious about a problem in a career field that interests you, or lessons learned while making a difference in the world. Reflect upon the past and envision the future to begin to brainstorm ideas for personal statements.

3.5	Reflect on Past Experiences and Envision Future Ones Brainstorm Ideas for Personal Statements	

## Step 3.6 Write Activity Descriptions

Refer to the list of activities that you created in **Step 1.3**, and then, select and add detailed descriptions of your role in at least 10 activities that best represent your leadership potential. Write your title, the name of the organization, and a description of your responsibilities and achievements. You will use this information to write resumes and activity descriptions later in your application.

3.6	Title, Organization	Concise Description of Your Responsibilities and Achievements	
	Activity Director <a href="#">Red Cross Club</a>	I help organize the Stanford Blood Drive in Mountain View. The nurses take blood. I welcome donors, and also manage and recruit volunteers throughout the year. I coordinated more than 145 volunteers in 2015.	