

# CollegeReadyParent.org

## THEME-BUILDING WORKSHEET

Use this worksheet to help your student identify the academic, personal, and service themes that will thread through their essays. Think of it as a reflection tool - not a resume. Encourage honest answers, not just impressive ones.

### **1. What academic subject or field excites you most - and why?**

*Examples: Biology because you're fascinated by how the human eye works; History because you love uncovering hidden stories; Math because solving problems feels like a puzzle.*

### **2. What motivates you to pursue this field or goal? What's the deeper reason behind it?**

*Examples: A personal experience with vision loss; a desire to help others; curiosity about how things work; wanting to give back to your community.*

### **3. Where have you already made an impact - even if it wasn't part of a formal title or award?**

*Examples: Tutoring a younger student, organizing a club event, leading sectionals in band, starting a group project no one else would.*

### **4. What do people often say you're naturally good at?**

*Examples: Listening, problem-solving, explaining things clearly, being reliable, staying calm under pressure.*

**5. What do you want to study, build, or change in the future - and how do your past experiences connect to that?**

*Examples: Studying neuroscience because of a family illness; designing accessible apps because of your tech interest and empathy; becoming a teacher because of how much you valued a great mentor.*

Created by CollegeReadyParent.org - You're not just a parent. You're the only map they've got.