





The personal statement/essay helps admissions officers get acquainted with you in ways other than your courses, grades, test scores, and other objective data. Not only will your essay demonstrate your ability to organize your thoughts and express yourself, it will give prospective schools a window into what makes you unique.

With hundreds of colleges, there is no guarantee that when it comes time to put pen to paper you'll recognize any of the essay prompts below. That said, these prompts are widely used, and at the very least, they can give you an idea of what you can expect.

- 1. Some students have a background, identity, interest, or talent so meaningful they believe their application would be incomplete without it. If this sounds like you, please share your story.
- 2. The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?
- 3. Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?
- 4. Reflect on something that someone has done for you that has made you happy or thankful in a surprising way. How has this gratitude affected or motivated you?

- 5. Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.
- 6. Describe a topic, idea, or concept you find so engaging it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?
- 7. Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design.





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University of California Personal Insight Questions

- 1. Describe an example of your leadership experience in which you have positively influenced others, helped resolve disputes or contributed to group efforts over time.
- 2. Every person has a creative side, and it can be expressed in many ways: problem solving, original and innovative thinking, and artistically, to name a few. Describe how you express your creative side.
- 3. What would you say is your greatest talent or skill? How have you developed and demonstrated that talent over time?
- 4. Reflect on something that someone has done for you that has made you happy or thankful in a surprising way. How has this gratitude affected or motivated you?
- 5. Describe the most significant challenge you have faced and the steps you have taken to overcome this challenge. How has this challenge affected your academic achievement?
- 6. Think about an academic subject that inspires you. Describe how you have furthered this interest inside and/or outside of the classroom.

- 7. What have you done to make your school or your community a better place?
- 8. Beyond what has already been shared in your application, what do you believe makes you stand out as a strong candidate for admissions to the University of California?





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