

1. **NewsEducationStudy Abroad** How to write college admission essays: Every teenager is a hero

How to write college admissions essays: Every teenager is a hero

Every teenager has already gone through the hero's journey: an unwilling call to adventure, testing one's skills, strength, and character. Writing college admissions essays becomes a process that helps the applicant understand him/herself better at a deeper level.

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by Education Desk , New Delhi, Updated Aug 14, 2024 08:52 IST



Uncovering your hero's journey: Writing college admissions essays as a path to self-discovery and personal growth (Representative image/ Source: Pexels)

Writing college admissions essays for study abroad applications can seem overwhelming. However, it's a process that helps the applicant understand him/herself deeper. Imagine, you are between the ages of 16 to 18 years. [If you would like to attend a US university](#), then you must write about yourself in almost every application. Until this moment, many 18-year-olds haven't really thought about themselves. Most may think they're very ordinary. 'What possible story about ourselves could we write?'

The opposite is true. Teenagers have incredible stories to tell about themselves; they only need to look a little deeper and change their perspective about themselves. Somewhere, they have already gone through rejection: maybe they performed below their own standards; maybe they disappointed their parent's expectations; maybe they stood up for what was right, against their best friend.

Somewhere, they have already built resilience, not accepting that rejection, and are recreating themselves every day. Believing more in themselves than their environment, they show up, maybe because they don't have a choice, but more because they allow

their higher sense of self-esteem to show up for themselves. They choose to face challenges and build their own growth mindset.

To help them reach within, we can ask: What is an experience that made you feel good about yourself? 'I became friends with a girl in class 6 who was being bullied. I wanted to help someone who was treated unfairly. I realised that even if I don't stand up for myself, I can stand up for someone else.' At the next deeper level, 'Once I had the courage to help others, I was finally able to help myself.'

They don't have to be the big stories; they can be the simple ones that touch us within ourselves and help us form our values and our identities. What are this girl's values? Friendship, fairness, helping others, courage, standing up to an authority figure when needed. What could be a part of her identity? Being a loyal friend, no matter the circumstances. What seems to be her journey? To become courageous enough to fight her own battles, once she realizes she has the courage to help her friend.

Every teenager has already gone through the hero's journey: An unwilling call to adventure, testing one's skills, strength and character; and then the final battle that leads to triumph. It's the inner learning, the building of character and resolve that's important, whatever the outward circumstance be. Every teenager is a hero, only needs to humbly recognise it in one's own eyes.

My 17-year-old student had his own blog, on art, music, and fashion. His audience identified with him. He was a young connoisseur of art, slightly rebellious, a creator of his future by his own merit. This youth saw the opportunity to monetize his blog with the addition of an online store. Through heaps of 'junk' clothing, he identified pieces that he would sell. His ability to seek undervalued pieces and showcase them on his online store resulted in his ability to make up to at least 2 times profit per item. He was a curator of value to his audience. He didn't think much of his talent. It was normal. Every week, he displayed the characteristics of an astute businessman and executed his plan to earn from his venture. He was a hero in the realm of entrepreneurship and needed to accept and celebrate himself. He needed to slow down the thought process, share the depths of his story, and understand the merits of his journey.

What created an impact on you? From your experiences, you form your values, build your character, and create your identities. Then it becomes easier to share your authentic self-that's relevant for each college in the College application essays. Everyone's looking forward to reading your story.

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First uploaded on: 13-08-2024 at 17:00 IST TAGS:[Admission](#) [Admission Process](#) [College Admissions](#) [Indian Students Abroad](#) [Study Abroad](#) www.indianexpress.com

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