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Personal Statement Assignment



Coolidge Scholarship

Academic Information Breakdown







Academic Information



Select "My school provides a cumulative GPA".

You will need to get your GPA from either your Ed. Specialist or your guidance counselor.

Maximum Possible GPA will be 4.0

You will need to select "My school ranks students" and put your rank. You can find this on your final transcript or get this information from your guidance counselor.

Academic Information

Cumulative GPA *

- My school provides a cumulative GPA
- My school does not provide a cumulative GPA.

Please report your cumulative GPA through the conclusion of your most recent term or semester. Please do not estimate your GPA, but rather report the most recent cumulative GPA score that has been provided to you by your school. This should reflect AP and other classes, which may provide extra GPA credit at your school. If your school does not provide a cumulative GPA, check the second box above.

*Maximum Possible Cumulative GPA *

*Note: your cumulative GPA may be greater than the maximum possible cumulative GPA if your high school gives extra GPA weight for advanced placement/IB/honors courses. In the "Maximum Possible Cumulative GPA" box, please report the maximum GPA a student at your school can earn without taking courses that receive extra weight.

Class Rank *

- My school ranks students.
- My school does not rank students, but will provide me with a percentile (such as top 1%, top 2%, etc.).
- My school does not rank students and will not provide a percentile to report on this
 application.



Test Scores



Test Scores

Please report your scores for any of the following tests you have taken. If you have not taken a test, it will not be held against you. If you have taken a test multiple times, you may report your super score when applicable. If you are selected as a finalist, you will be expected to provide proof of your scores so make sure that all information reported is accurate.

ACT*

- O I have taken the ACT
- O I have not taken the ACT.

PSAT*

- O I have taken the PSAT.
- O I have not taken the PSAT.

SAT*

- O I have taken the SAT.
- O I have not taken the SAT.

CLT*

- O I have taken the CLT.
- O I have not taken the CLT.

If you have taken any of these standardized tests, you will need to select it and put your score.

If you have not taken them, select "I have not taken".



Subject Tests

Hawkins County students only- if you have taken an AP Exam and passed it, select it here.

If you have not taken your ACT yet, I would recommend writing here what month you plan on taking the ACT this year.

		^
AP Research		
AP Seminar		
Art History		
Biology		~
To select multiple	tests, hold the "Command" key (on Macs) or the "Ctrl" key (on PCs) while clic	king on
he appropriate te	ests. To deselect tests, simple click on the blank space at the top of the test lis	t.
SAT Subject Te	ests	
Biology E		^
Biology M		
Chemistry		
Chinese with Li	stening	
Franch		~
	tests, hold the "Command" key (on Macs) or the "Ctrl" key (on PCs) while clic	-
he appropriate te	ests. To deselect tests, simple click on the blank space at the top of the test lis	t.
ACT, SAT, AP o	Foundation understands that you may not have been able to take or SAT Subject tests due to COVID-19 and that the situation arisi may have negatively impacted your educational experience and f there is anything you would like us to know regarding any of y	ng from test



Transcript & Resume Download



Transcript and Resume Uploads

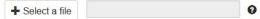
Please make sure your Resume and Transcript files do not appear up-side-down or sideways before saving and uploading them to your application.

Upload Transcript*

+ Select a file	0
T Select a lile	-

Please include your most recent high school transcript with this application. The version you attach may be an unofficial copy. However, if you are named a finalist, your school will be asked to provide the Coolidge Scholars Program with an official, sealed, version of your transcript. Your transcript may be uploaded as a doc, docx, jpeg, jpg, or pdf file.

Upload Resume (1 page maximum length) *



Please submit a resume that gives details, if applicable, about employment, community service involvement, research experiences, extra-curricular activities, leadership roles, special interests/hobbies, and any awards or honors you have received. This resume must use a minimum of a 12-point font size and must not exceed one page in length (standard 8.5" x 11" letter-sized paper). Given the allotted space, it is necessary that you prioritize the information you provide on your resume to include the items which are most noteworthy and important to you. Your resume may be submitted as a doc, docx, jpeg, jpg, or pdf file.

You will need to get a copy of your transcript from your guidance counselor or Ed. Specialist. You will need to scan it in and upload it here. (Your Ed. Specialist can help with this)

You will also need to complete an Academic Resume. We will go over how to do this today!



Essays



You will have 3 essays to complete.

Essays 2 and 3 do have required readings (they aren't long) and you can access the links in your application.

Essay I will be a Personal Statement. We will do this in class today.

Essays

Please remember the following when writing and editing your essays:

- 1. Make sure that your essay is correctly formatted in the text box, with a space between each paragraph, before submitting. Note: you can expand the response box by clicking in the lower right hand side of the box and dragging down.
- 2. Carefully proofread your work. Grammar, spelling, and punctuation will be considered.
- 3. Essays #2 and #3 relate to Calvin Coolidge, both of which have required readings (available here). Note that you are certainly permitted to do additional research beyond these readings -- a good place to start is our About Coolidge page.



Essay 1

In an original essay of no more than 400 words, please describe your academic interests and explain why these fields attract your attention.

Essay 1 Response *					
					Lef

Essay 2

Please read the Autobiography of Calvin Coolidge. Please also read the three Coolidge speeches available at this link (the Autobiography is also available at the link):

https://coolidgescholars.org/essay-resources/

After completing these readings, choose a principle that Coolidge elucidates in his Autobiography and in at least one of the three speeches. In an essay of not more than 400 words, clearly identify the principle, explain why it was important to Coolidge, and explain how the principle impacted the way Coolidge governed, citing specific examples from his career in public service.

Important note: although you personally may not agree with Coolidge, for this essay try to get inside Coolidge's head and explain how Coolidge thought about the principle you identify.

Essay 2 Response *					

Word Count: 0 / 400

Essay 3

Coolidge believed Americans and their communities were often more effective than the government at solving problems. Coolidge also believed strongly in individuals' right to their own property, and famously said that excessive taxation by the government was "legalized larceny." Larceny is theft. Coolidge was reminding the country that tax money comes from somewhere -- from citizens' property.

Why would Coolidge consider it moral for individual Americans to keep more of their property as opposed to the government taking a large share of people's property through high taxation? In Coolidge's mind, how would keeping private property in private hands benefit all Americans, even the poor? What obligations did Coolidge believe Americans had with respect to their property? Is there a difference between taxation and charity?

Please prepare an essay of 600 words or fewer in which you address the questions posed above. To assist in your preparation, please carefully read the Coolidge speeches available at this link

https://coolidgescholars.org/essay-resources/

Important note: although you personally may not agree with Coolidge, for this essay try to get inside his head and explain how you believe Coolidge thought about these issues. A strong essay will engage with the Coolidge speeches provided at the link and thoughtfully consider the topics and questions posed above.

Essay 3 Respo	nse *		

Word Count: 0 / 600

Deadline: January 20th

Academic Resume

What is an academic resume? Why might you need this?







Academic Resumes



A high school resume is a great way to emphasize your academic performance while giving the admissions office a snapshot of who you are. You can go into detail about your leadership responsibilities or community service while sharing about your hobbies.



Not a lot of colleges ask for this anymore but some scholarships, like Coolidge, does request one. We will do a quick overview about what needs to be included.





Brag Sheet



The simplest way to get all the information together that you need to complete your academic resume is to do a "Brag Sheet".

This is a form where you would fill out as completely as possible and don't be afraid to brag about yourself.

Template

https://www.ub-dcea.org/junior-find-the-fit



Academic Resume



Once you have filled out your Brag Sheet then you are ready to start filling out your academic resume.

Academic Resume Template

https://www.ub-dcea.org/juni or-find-the-fit



Academic Resume Example



Melissa Smith

584 1st Ave. South

Rogersville, TN

Melissa.Smith@gmail.com

EDUCATION

Cherokee High School, Rogersville, TN

High School Diploma, Anticipated Graduation: May 2021

- · 3.8 unweighted GPA
- AP courses in English, Biology and Algebra

ACTIVITIES

Spanish Club - Member/President

September 2017-Present

- · Lead weekly meetings and recruited members from Spanish classes
- Coordinated the fundraising efforts that raised \$10,000 and funded an organization-wide trip to Maxico
- · Planned club events with at least one event per quarter

School Newspaper - Editor

September 2016-Present

- · Reviewed and edited all submissions from writers
- · Collaborated with the teacher to build the newspaper layout
- · Conducted research to fact check stories when necessary

ATHLETICS

- · Varsity swim team for 3 years
- Co-captain of the swim team senior year

Here is an example of what your layout should look like once you transfer all the information from your Brag Sheet to your resume.

Tips for Creating a Resume



- **Keep it concise.** Keep your resume to one or two pages and narrow down what you include to highlight only your greatest accomplishment and things that best represent you as a candidate.
- Focus on the length of commitment. Because it's ideal to keep your resume to one or two pages, it's important to choose just one or two key experiences you participated in over a longer period. For example, instead of talking about all the clubs and sports you participated in, choose just one or two and go into greater detail about your involvement with that organization. If you didn't participate in clubs or sports but held an after-school job instead, focus more on work responsibilities, training, mentoring and on-the-job skills.
- **Include quantifiable results.** Use numbers to describe your accomplishments as much as possible. For example, instead of saying that you raised money for your organization, include the amount of money you raised.
- **Highlight something unique.** Include something in your resume that wasn't covered in your college essays or short answers, such as a hobby you're passionate about that makes you unique.
- **Proofread carefully.** Always proofread your resume carefully. It's usually a good idea to wait a few days after writing it before returning and proofing for typos and grammatical errors. You should also have a family member or friend read it as well, looking not only for typos but also for inconsistencies in formatting.
- **Use consistent formatting.** Look carefully at your resume to ensure you're formatting everything consistently. If you use periods at the end of your bulleted list, make sure that you use them for every item on the list and on every list you include on your resume.









Personal Statement

What is this & why is it important?

What is a Personal Statement?



Personal statements are used in both undergraduate and graduate admissions. These are essays that students must write to submit their main application.

Personal statements for scholarships are generally not school-specific.





What is the Purpose of the Statement?



The personal statement is generally your opportunity to speak to your unique experiences, qualities, or beliefs that aren't elsewhere represented on the application. It is a chance to break away from the data that defines you on paper, and provide a glimpse into who you really are. In short, it's the admissions committee's chance to get to know the real you.

So, what are colleges looking for in your personal statement? They are looking for something that sets you apart. They are asking themselves: do you write about something truly unique? Do you write about something common, in a new and interesting way? Do you write about an aspect of your application that needed further explanation? All of these are great ways to impress with your statement.

Beyond getting to know you, admissions committees are also evaluating your writing skills. Are you able to write clearly? Can you tell an engaging story? Writing effectively is an important skill both in college and in life, so be sure to also fine-tune your grammar.



Your Reason for Applying to the School



Many colleges ask you to write an essay or paragraph about why you're applying to their school specifically. In asking these questions, admission officers are trying to determine if you are genuinely excited about the school and whether you're likely to attend if accepted.







What Kind of Questions Do Colleges Ask?

Thankfully, applications don't simply say, "Please include an essay about yourself" – they include a question or prompt that you're asked to respond to. These prompts are generally pretty open ended and can be approached in a lot of different ways.



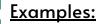


Prompt 1: Your Personal History

This sort of question asks you to write about an experience, important event, or key relationship from your life.

Admissions officers want to understand what is important to you and how your background has shaped you as a person.

These questions are both common and tricky. The most common pitfall students fall into is trying to tell their entire life stories—it's better to focus in on a very specific point in time and explain why it was meaningful to you.



Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.

Think about an academic subject that inspires you. Describe how you have furthered this interest inside and/or outside of the classroom.





Prompt 2: Facing a Problem

A lot of prompts deal with how you solve problems or how you cope with failure. College can be difficult, both personally and academically, and admissions committees want to see that you're equipped to face those challenges.

The key to these types of questions is to identify a real problem or failure and show how you adapted and grew from addressing the issue.

Examples:

Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?

Describe a problem you've solved or a problem you'd like to solve. Explain its significance to you and what steps you took or could be taken to identify a solution.





Prompt 3: Diversity

Most colleges are pretty diverse, with students from a wide range of backgrounds. Essay questions about diversity are designed to help admissions committees understand how you interact with people who are different from you.

In addressing these prompts, you want to show that you're capable of engaging with new ideas and relating to people who may have different beliefs than you.

Examples:

Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?

Our university encourages students to share their perspectives, develop their interests, and pursue new experiences. Share something you'd like the admissions committee to know about you and how it has shaped what you want to get out of your college experience.

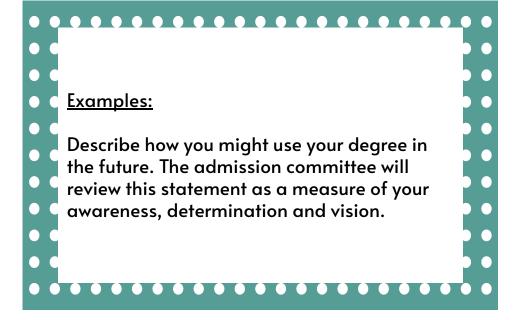




Prompt 4: Your Future Goals

This type of prompt asks about what you want to do in the future: sometimes simply what you'd like to study, sometimes longer term career goals. Colleges want to understand what you're interested in and how you plan to work towards your goals.

You'll mostly see these prompts if you're applying for a specialized program (like pre-med or engineering) or applying as a transfer student.









Prompt 5: Why This School

The most common style of supplemental essay is the "Why us?" essay. In these essays, you're meant to address the specific reasons you want to go to the school you're applying to.

Whatever you do, don't ever recycle these essays for more than one school. These should be tailored for each specific school.

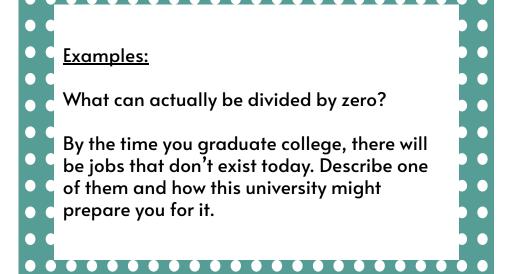






Prompt 6: Creative

More selective schools often have supplemental essays with stranger or more unique questions. The University of Chicago is especially known for this, but it's not the only school who will ask you to think outside of the box.





Do's & Don'ts

8

DON'T

- Focus on the great aspects of a particular college, the amount of dedication it takes to be a doctor, or the number of extracurricular activities you took part in during high school.
- Try to cover too many topics. This will make the essay sound like a resume that doesn't provide any insight into your personality.
- State a fact to get an idea across, such as "I like to surround myself with people with a variety of backgrounds."
- Rely on phrases or ideas that people have used many times before. These could include statements like, "There is so much suffering in the world that I feel I have to help people." Avoid overly formal or business-like language, and don't use unnecessary words.
- Plagiarize.
- Turn it in without proofreading it and don't rely on your computer's spell check to catch mistakes.

DO

- Share your personal story and thoughts. Take a creative approach and highlight areas that aren't covered in other parts of the application.
- Focus on one aspect of yourself so the readers can learn more about who you are.
 Remember that the readers must be able to find your main idea and follow it from beginning to end.
- Include specific details, examples, and reasons to develop your ideas. For example, describe a situation when you were surrounded by various types of people. What were you doing? With whom did you talk? What did you take away from the experience?
- Write in your own voice. You could write about a real experience that made you feel you had to take action.
- Ask your Ed. Specialist to proofread your essay to catch mistakes.







Example of What We Will Write Today



"My passion for teaching others and sharing knowledge comes from my curiosity and love for learning. My shadowing experiences in particular have stimulated my curiosity and desire to learn more about the world around me. How does diabetes affect the proximal convoluted tubule? How does plasma stimulate tissue growth? My questions never stopped. I wanted to know everything and it felt very satisfying to apply my knowledge to clinical problems.

It is hard to separate science from medicine; in fact, medicine is science. However, medicine is also about people- their feelings, struggles and concerns. Humans are not pre-programmed robots that all face the same problems. Humans deserve sensitive and understanding physicians. Humans deserve doctors who are infinitely curious, constantly questioning new advances in medicine. They deserve someone who loves the challenge of problem solving and coming up with innovative individualized solutions. I want to be that physician. I want to be able to approach each case as a unique entity and incorporate my strengths into providing personalized care for my patients."

Example of What We Will Write Today



"Suddenly I started scratching my neck, feeling the hives that had started to form. I was experiencing anaphylactic shock, which prevented me from taking anything but shallow breaths. I was fighting the one thing that is meant to protect me and keep me alive- my own body.

After that incident, I began to fear. I became scared of death, eating, and even my own body. As I grew older, I became paranoid about checking food labels and I avoided eating if I didn't know what was in the food. I knew what could happen if I ate one wrong thing, and I wasn't willing to risk it for a snack. Ultimately, the fear turned into resentment; I resented my body for making me an outsider.

In the years that followed, this experience and my regular visits to my allergy specialist inspired me to become an allergy specialist. Even though I was probably only ten at the time, I wanted to find a way to help kids like me. I wanted to find a solution so that nobody would have to feel the way I did; nobody deserves to feel that pain, fear, and resentment. As I learned more about the medical world, I became more fascinated with the body's immune responses, specifically, how a body reacts to allergens."

Example of What We Will Write Today



"If you asked my parents, they would tell you that my favorite pastime is simply eating. Since I was a child, my entire world has revolved around it, whether it was a new type of cuisine or a well-known favorite. Not only did I enjoy consuming food, I also loved to make it, which led me to a great interest in the science behind what makes food the way it is. In college, I hope to be able to study food science, where I will be able to further my understanding into the intersection between culinary arts and science, and lead a career in the food science field.

Developing new recipes has been a hobby of mine while in high school. I sought to perfect family recipes through science. I calculated the molarity of baking soda, and then calculated how much acid I would need to activate and neutralize the base exactly. I also used my chemistry knowledge to optimize exactly how long it took particular foods to heat to a desired temperature, and whether the process could be shortened by different placements of heat sources. This type of food science research is what I hope to continue doing in the future, and I know that this degree in food science can get me there.

I know that pursuing an education in food science will be challenging, and it will require me to master concepts in a variety of different fields. This degree will allow me to become a food scientist researcher in the future, where I will be able to come up with new ways to bring fresh flavor and food safety to consumers around the world."

PERSONAL STATEMENT

SAMPLE

My parents tell me that when I was younger, my favorite phrase to use was, "there has got to be an easier way to do this." Necessity is the mother of invention, and my determination to make life easier has led me to create numerous solutions to try and simplify daily tasks. I didn't know it at the time, but it was that mentality that would drive me towards engineering in the future. My parents had always hoped that I would take over the family business and study something related to management, but after my preengineering courses taken in high school, I know the path that I hope to take. I want to put my creativity and curiosity to work as an engineer, and an Engineering degree from Lasham University will give me the training and credentials I need to succeed in the field.

As an engineer, I learned that it is most important to continue to create despite how many failures are encountered. Throughout my preengineering track in high school, I have experienced multiple setbacks, including one which destroyed months of work with a single mistake. Sometimes, projects completely failed due to poor design, implementation, or both. However, I have learned to take those in stride and learn from past mistakes in order to forge a better product at the end. Despite having corrupted the source code for my underwater robot a week before the competition, I managed to salvage the parts and create a better robot based on the design of the first, which won me first place in the 2015 Seacrest Robotics Competition.

Engineering is a difficult major, and I do not pretend to expect an easy ride throughout my years in college. However, I believe my strong physics, science, computer science, and engineering background will give me an excellent foundation on which to build further studies. I look forward to taking advantage of all that Lasham University has to offer, including extracurricular activities tailored for engineers with similar interests. I am greatly interested in pairing with a faculty member to also conduct research, using my knowledge and skills to potentially make life easier to people around the world. That pursuit of efficiency is what drove me to the field of engineering in the first place; it would be an honor to use it to also bring much-needed innovation to the community.

PERSONAL STATEMENT

300 WORDS

It is very easy to become stationary in life; comfort is the greatest enemy to progress. As a non-traditional student, I have decided to return to school at the age of 45 as a role model for my children and to fulfill my childhood goal of becoming a lawyer. It was easy to dream as a child, but reality forced me to focus on survival first. My mother, who raised my sisters and me by herself, fell ill when I was 16, forcing me to find work in order to support the family. Since that, time, I have worked a multitude of jobs to support a family of my own. However, I want to show myself and my children that anything is possible – and I am hoping to return to that childhood dream of mine, bringing justice to people who desperately need it.

My motivation for wanting to study law is rooted in the injustices I observed while growing up. In my community, police presence was strong, and sometimes was the source of unrest. Random searches of children, arrests for no reason followed by releases, and targeted pat-downs were but a reality. In this community with a high population of immigrants, many people did not know enough English, or were too fearful, to mitigate change.

I am no longer fearful, and I know that I must speak out and stand up for what I believe is right. Obtaining my bachelor's degree in Legal Studies will give me a stepping stone to understanding the legal system as well as to think critically about how it could change. After my bachelor's studies, I hope to attend legal school and become a civil rights lawyer. Although it has been a long time coming, I believe my unique experiences and background will enhance my ability to help those in need and bring justice to those who have no voice.

Personal Statement





You will need to go into your Google Docs or Word and start a blank document.

Begin writing your personal statement. I will keep up the previous slide so that you can have a reference.

Once you have completed your first draft, you will send this to Abby. Her email is on the left.

She will send this to your Ed. Specialists who will help you proofread.

Once corrections are made it will be ready for you to upload for submission for the Coolidge Scholarship.

