

# Find Your Spike

## The admissions story only you can tell

Strong applications have a through-line, a "spike," not a list of everything you've ever done. This worksheet helps you find the theme that ties your essays, activities, and interview together into one memorable story.

### Dig for your story

A moment that changed how you see the world:

.....

Something you do that makes you lose track of time:

.....

A problem you genuinely want to help fix:

.....

What friends and teachers come to you for:

.....

The through-line connecting your top three activities:

.....

### Shape it into a narrative

- 1. Theme.** One sentence: "I'm the kind of person who \_\_\_\_\_."
- 2. Evidence.** Three specific moments that prove it.
- 3. Growth.** How you changed along the way.
- 4. So what.** Why it matters for what you'll do next.

**Parent tip:** Your job is to ask questions, not write the story. Admissions officers read thousands of essays; the honest, specific, teenage voice is the one that stands out. Resist polishing it into your voice.