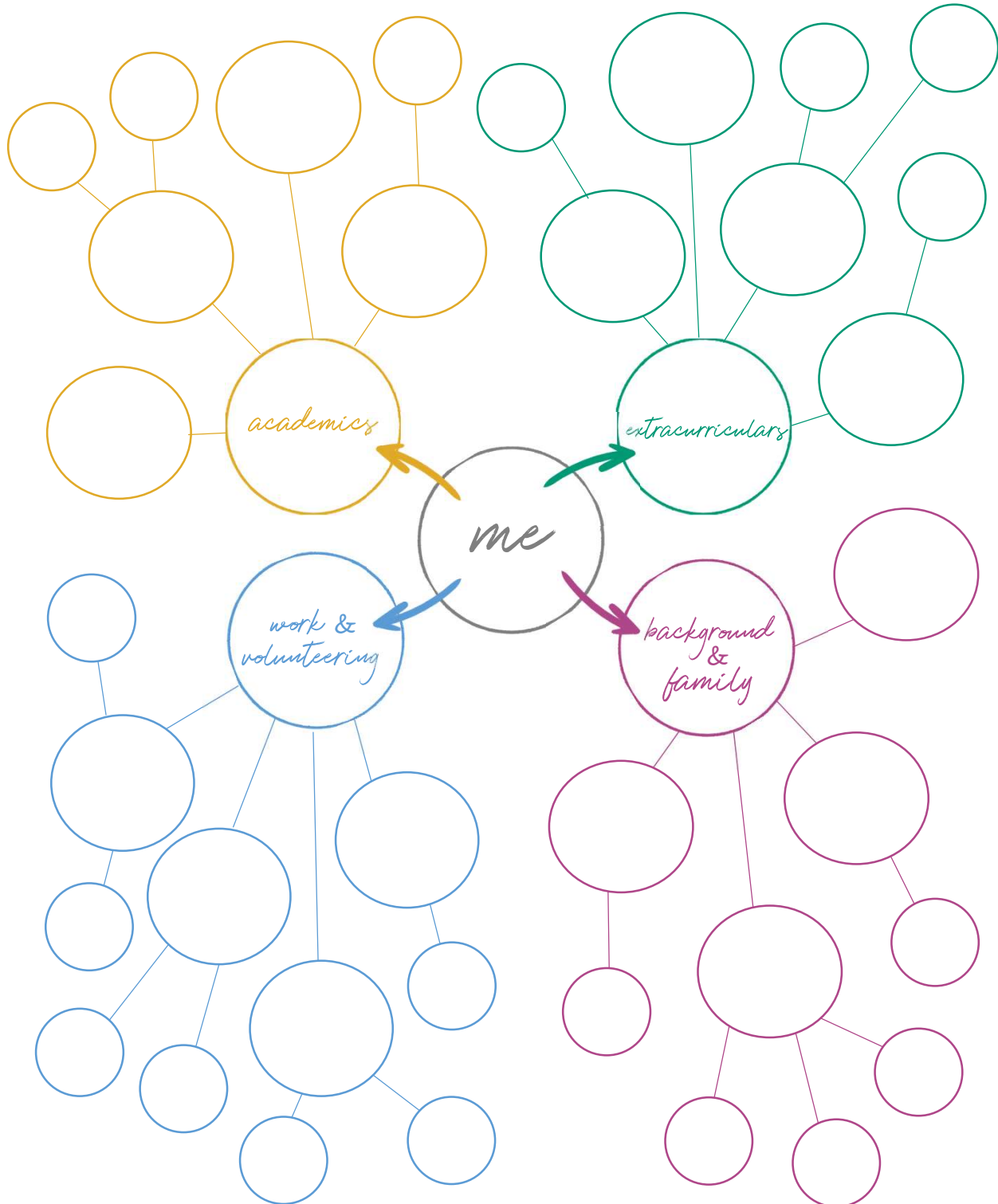


# Key Messages Worksheet

In the space below, list every accomplishment or characteristic you can think of when it comes to your high school career and what makes you... you! Then, look for patterns across categories and circle things you think could be connected.



# Key Messages Worksheet

**Key Message 1:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Key Message 2:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Key Message 3:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Example



# Key Messages Worksheet



**Key Message 1:** \_\_\_\_\_

Proof Points (facts that prove your key message is true):

- 
- 

Anecdotes (stories that bring your key message and proof points to life):

- 

Looking Forward (statement about how you'll contribute in this way at your future school):

- 
- 

**Key Message 2:** \_\_\_\_\_

Proof Points (facts that prove your key message is true):

- 
- 

Anecdotes (stories that bring your key message and proof points to life):

- 

Looking Forward (statement about how you'll contribute in this way at your future school):

- 
- 

**Key Message 3:** \_\_\_\_\_

Proof Points (facts that prove your key message is true):

- 
- 

Anecdotes (stories that bring your key message and proof points to life):

- 

Looking Forward (statement about how you'll contribute in this way at your future school):

- 
-

# Example



Camila

**Key Message:** *I'm a natural leader in whatever I do*

**Proof Points (facts that prove your key message is true):**

- I'm the captain of my high school basketball team, where I lead my team to stay motivated regardless of the score.
- I am the first-chair clarinet in my school's band. This represents my skill and my desire to coach others.
- I volunteer to teach Sunday School to kids at my church.

**Anecdotes (stories that bring your key message and proof points to life):**

- I helped a teammate push through a mental challenge during a basketball game after missing most of her free-throw shots. I reminded her of how many shots she's made in the past, and encouraged her to visualize the ball going through the hoop. She went on to score the rest of her free-throw points that night, helping us come from behind and win the game.

**Looking Forward (statement about how you'll contribute in this way at your future school):**

- As a natural leader in whatever I do, I'm excited to find new ways to lead at your university, both within the Engineering College and on-campus recreational groups.
- I am eager to be a leader in the field of engineering, encouraging other diverse students to pursue STEM careers.