

Finding Yourself: Potential Essay Topics

Finding the personal “voice” to share with those who are trying to get to know you through your writing can be difficult. Maybe some of the potential topics listed below will help you find a vehicle to help others get to know who you really are.

Your Background: Does something in your background make you different from your peers in terms of where you have lived, what you have experienced or what you have been exposed to?

Events: Are there significant events in your life? How would you describe them and/or what would you say about those events and how they’ve affected you?

Feelings: What do you care most about? What makes you the happiest? What makes you angry? Where are you and what is going on in your life when you feel really strong positive or negative emotions? What makes you most proud?

Rising to the challenge: Have there been crises or challenges in your life? Have there been unusual victories or successes in your life? Are there problems you have had to solve? Have you been put in some really difficult circumstances? How did you handle them?

The big event: Where, when or how were you born?

Couldn’t have done it without him/her: Who has been a significant influence in your life since then? A parent? A sibling? A teacher or a coach? An employer? A friend or a neighbor?

Get a clue: What’s right in your world? What’s wrong in your world? What issues matter to you?

It made an impression: Is there something you have read, heard (e.g., music) or seen (e.g., a movie) that has made a real impression or difference in your life?

Possessions: What’s in your wallet, your purse, your locker, your car or your house?

Spirituality: Are there religious beliefs, activities or experiences that are important to you?

Skills: Do you have special talents, hobbies or activities?

Dreams: Do you have special dreams, goals or personal characteristics?

Helping others: Are you involved with work or volunteer activities that are making a difference in your life or the lives of others?