|  |  |  |
| --- | --- | --- |
|  | **Personal Essay / Profile / Statement** |  |
|  |  |  |
| • Honest statement about your talents, skills, accomplishments, challenges, service to others and future goals |
|  • Opportunity to talk about your character strengths that help you accomplish goals and give you a sense of purpose |
| • Writing it forces you to self-reflect and self-evaluate |  |
| • Result is, you gain greater self-awareness (a life-long process!) |  |
|  |  |  |
| **For District Awards:**  | **You MUST follow the criteria in APPENDIX A**  |  |
|  |  |  |
|  | **Here is a suggested format to follow:** |  |
|  | (THSS Planner pages about “Accomplishment Statements” may help) |  |
|  |  |  |
|  |   |  |
|  | **Who I am - general intro** |  |
|  | Introduce yourself |  |
| **Introductory PP** | Give your basic information (your school, your grad date) |  |
|  | State clearly and confidently that you fit the award criteria |  |
|  | List examples of your interests and strengths that fit the criteria |  |
|  |   |  |
|  |  |  |
|  |   |  |
|  | **Who I was** |  |
| **PP** | Tell them your past accomplishments & successes |  |
|  | Tell them about challenges you have overcome |  |
|  |   |  |
|  |   |  |
|  | **Who I am now** |  |
| **PP** | Tell them what your past experiences have taught you |  |
|  | Tell them what you're doing now to help yourself & others |  |
|  |   |  |
|  |   |  |
|  | **Who I want to be** |  |
| **PP** | Tell them your future dreams and how you'll achieve them |  |
|  | Tell them what you want your special contribution in life to be |  |
|  |   |  |
|  |   |  |
| **PP** | Tell them how the award will help you pursue your dreams |  |
|  |   |  |
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|  |   |  |
|  | **Closing Statement…**  |  |
|  |   |  |
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