

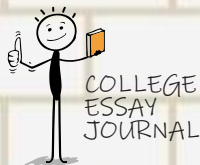
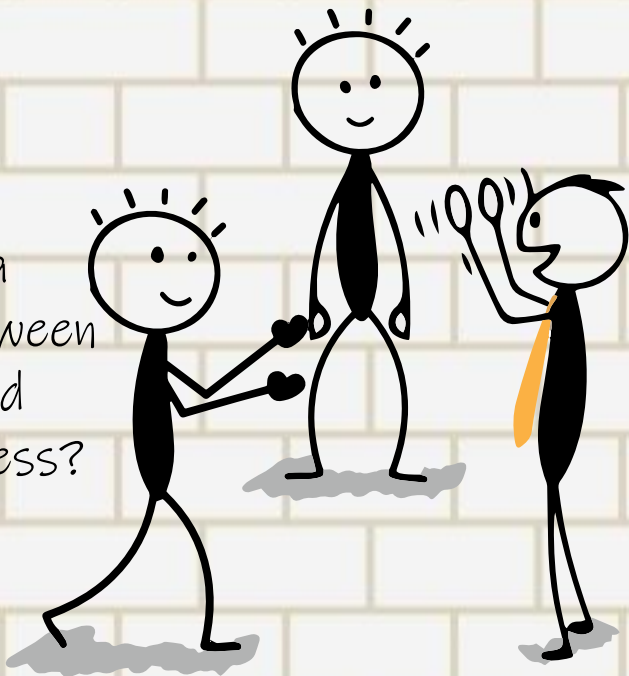
COLLEGE ESSAY JOURNAL™

presents: a mindful approach to
college convos

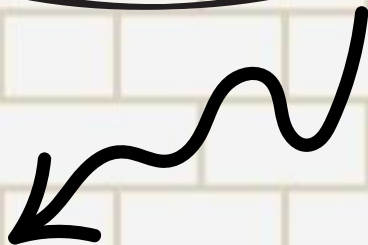
Share your definition of "success"



Is there a
difference between
personal and
academic success?

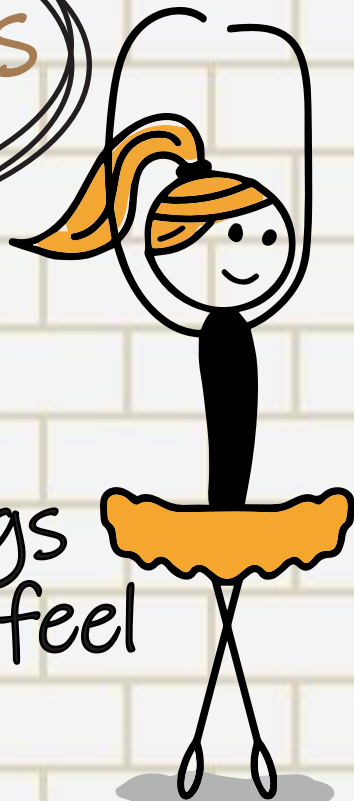


Mindfulness
Moment



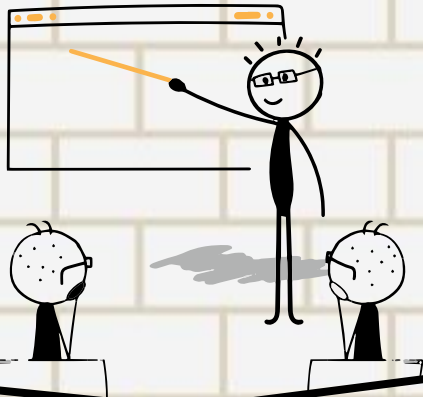
Share 3 things
that make you feel

happy



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Describe a **challenge** you've overcome during high school



How do you want to approach challenges in the future?



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Where do you do your best thinking?

*There's no
right answer!*



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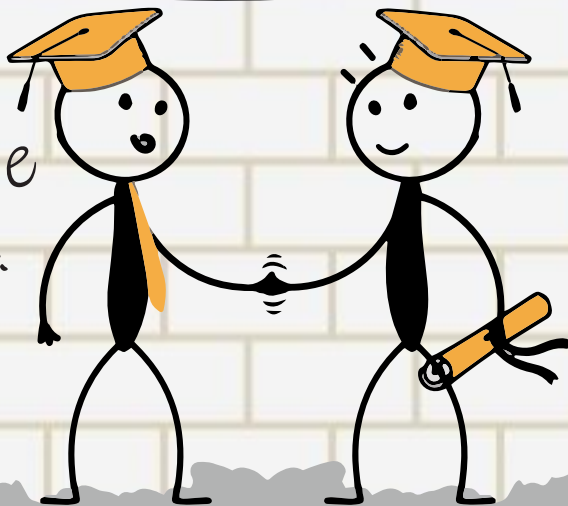


Discuss any concerns
you might have about

paying for college



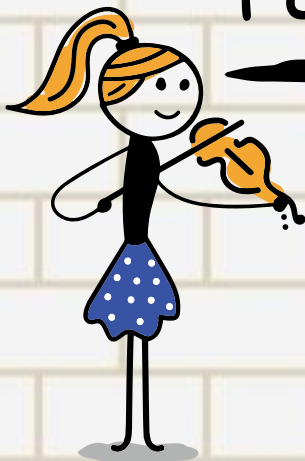
Let's dive
into it!



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describe your ideal dorm room and roommate

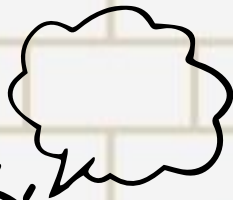


Let's
hang
out!



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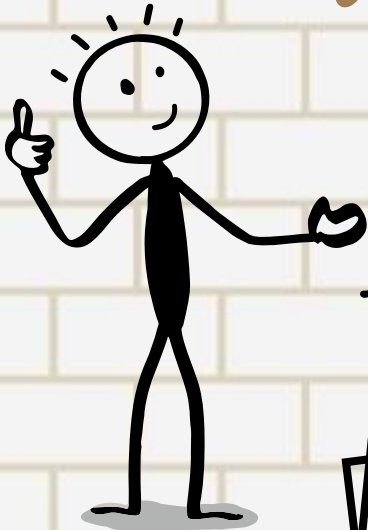
Ask a friend or family member to describe your 3 best traits



Bonus:
do the same
for them!



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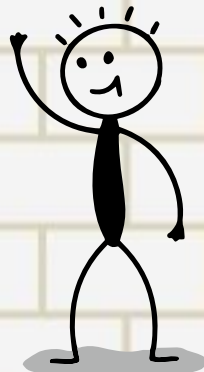
Describe a
concept or idea
that makes
you lose all
track of time

Bonus:
How do you share
it with others?



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How has your
neighborhood shaped
you as a person?



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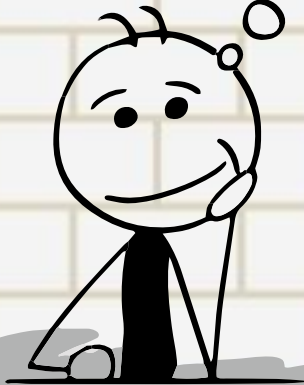
Give yourself a


~~compliment~~

You deserve it!



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