

COLLEGE ESSAY JOURNAL™

presents: a mindful approach to college convos

Share your definition of "success"

Is there a difference between personal and academic success?



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Mindfulness Moment

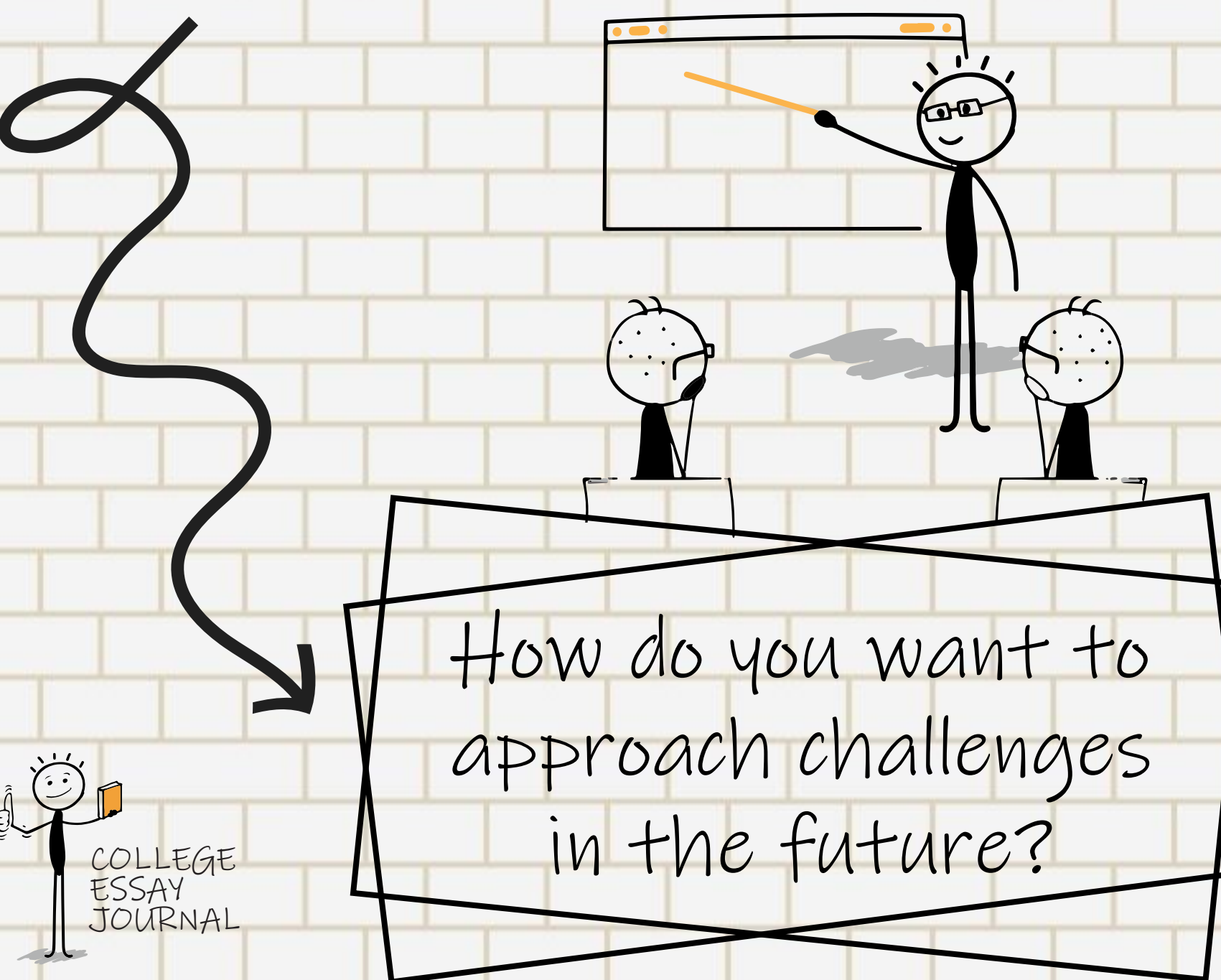
Share 3 things that make you feel happy



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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!

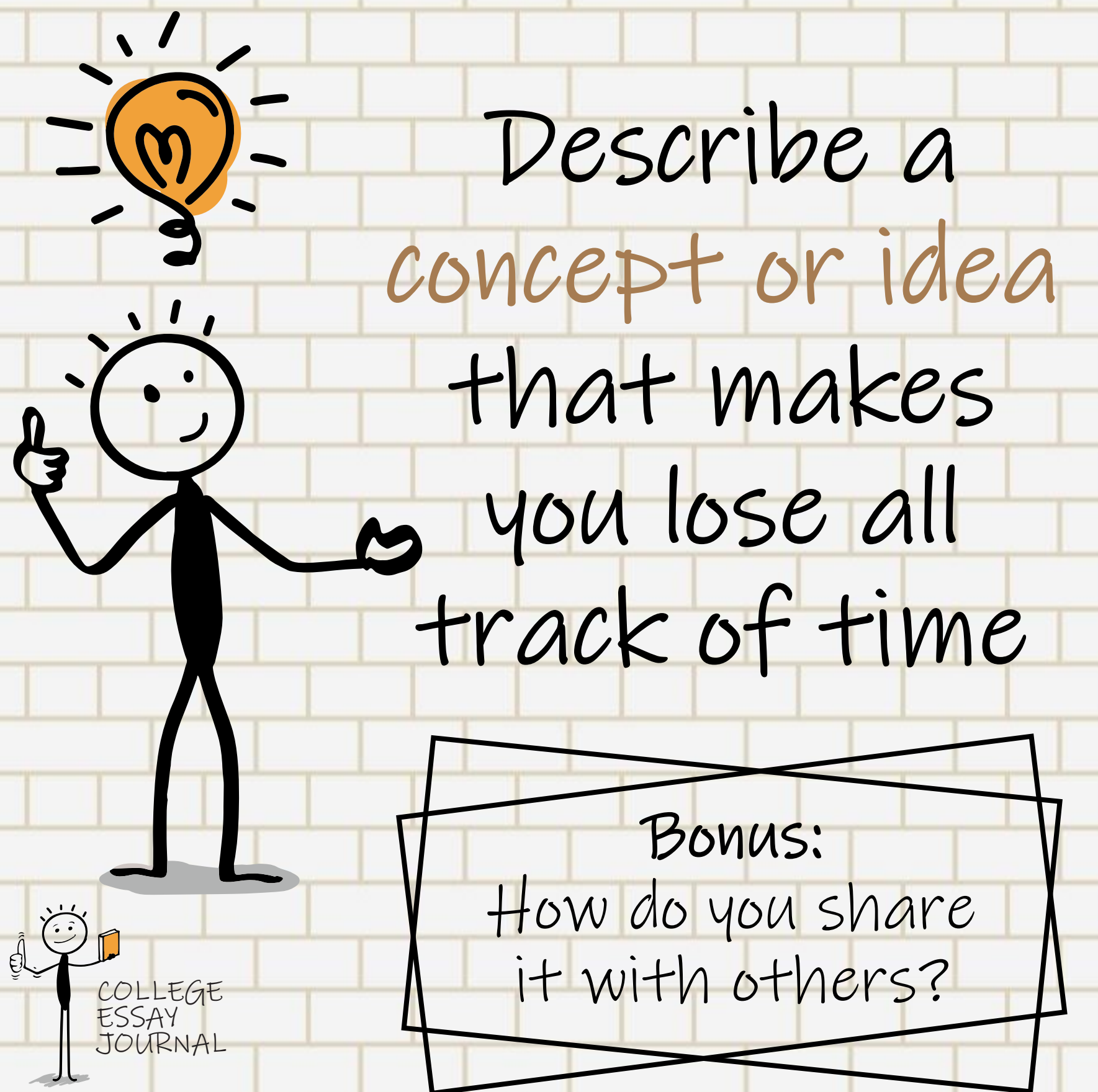
I am loyal



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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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