



Graduate School Application Narrative Worksheet

Part 1: Self-Reflection

1. What experiences (academic, personal, or professional) have shaped your interest in this field?

2. What challenges have you overcome that influenced your educational or career path?

3. What are your short-term goals after completing graduate school?

4. What are your long-term career or life goals?

5. Why is now the right time for graduate school?

Part 2: Defining Your Narrative

6. What central theme or 'thread' ties your experiences and goals together?

7. How does your background prepare you to succeed in graduate school?

8. How will this specific type of graduate program help you achieve your goals?

Part 3: Research & Fit

9. What draws you to each program?

Fill in key details for 2-3 programs:

Program Name	Faculty Interests	Unique Courses/Tracks	Why It's a Good Fit
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Part 4: Final Check

- Does my narrative make sense from start to finish?
- Do I clearly connect past experiences to future goals?
- Is my story tailored to each specific program?
- Would someone reading my application understand what makes me unique and what I want to achieve?

 Tip: Review your answers before writing your personal statement. Use these reflections as guideposts to keep your story focused, personal, and clear.