Personal Statement Questions from Insight Résumé™

For undergraduate admission applications submitted for Fall 2015 or later.

1. **Leadership / Group Contributions**: Describe examples of your leadership experience in which you significantly influenced others, helped resolve disputes or contributed to group efforts over time. Consider responsibilities to initiatives taken in or out of school.

   **Tip**: For this question, give us an example of how you’ve utilized your leadership abilities, e.g., influencing people, settling disputes, initiating something, going beyond your required duties or expectations.

2. **Knowledge in a Field / Creativity**: Describe any special interests and how you have developed knowledge in these areas. Give examples of your creativity: the ability to see alternatives; take diverse perspectives; come up with many, varied or original ideas; or willingness to try new things.

   **Tip**: The “knowledge or creativity in a field” question doesn’t necessarily have to do with art. We want to see how you have developed an area of interest. Part of that development is being able to see the world in a different way (i.e., showing us something we’ve never thought about or seen before.). Sometimes it helps if you think back to when you first approached an interest that you have now. What made you pursue your interest (i.e., steps that showed you not only tried it, but went further to learn more and/or practice more)? Why did you stick with it?

3. **Dealing with Adversity**: Describe the most significant challenge you have faced and the steps you have taken to address this challenge. Include whether you turned to anyone in facing the challenge, the role the person played, and what you learned about yourself.

   **Tip**: Think about something you’ve struggled with (significant challenge) that required you to turn to someone for help. Tell us what happened, who you turned to for support, what his/her role was in helping you and what you learned from the experience about yourself.
4. **Community Service:** Explain what you have done to make your community a better place to live. Give examples of specific projects in which you have been involved over time.

   **Tip:** Think about the most meaningful community service experience you have participated in. We’re looking for something that you are passionate about, something that made you want to give back to the community by volunteering your time. Usually if you’re passionate about something, you’ll be invested in it and do it more than just one weekend or to fulfill a community service requirement.

5. **Handling Systemic Challenges:** Describe your experiences facing or witnessing discrimination. Tell us how you responded and what you learned from these experiences and how they have prepared you to contribute to the UND community.

   **Tip:** This question has to do with discrimination—which comes in more forms than just racial/ethnic discrimination. Discrimination is being treated unfairly based on things like your age, gender, religion, race, disability, sexual orientation, physical size, etc. So, think of a time when you were discriminated against, or witnessed it. How did you handle the situation? What did you learn? How has it prepared you to contribute to the UND community?

6. **Goals / Task Commitment:** Articulate the goals you have established for yourself and your efforts to accomplish these. Give at least one specific example that demonstrates your work ethic / diligence.

   **Tip:** This question refers to long-term goals. We want to see that you’re capable of setting a goal, and that you know how to take the necessary steps to achieve this goal. Give us an example of work you’ve done (or are doing) to achieve your long-term goal.