

Additional Info Paragraph for Your College Apps

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If you have some particular situation that has been rocky or rough, tell the colleges honestly and positively. They are there to help you and giving them important info really helps them evaluate your application correctly.

You might discuss: low test scores, parents' divorce, a medical condition, bullying, changing schools, mental health progress, inability to take certain courses because of schedule conflicts, etc.

Here are three samples:

Example A:

For years, school was always harder for me than it was for others. I had to work much harder to get a good grade and I was relieved to find that there was a reason for that. When I was in eighth grade, I was diagnosed with a learning disability that involves an auditory processing problem with languages. After that, I worked under a 504 plan throughout high school, and I was given time and a half on the SAT, as well as on tests and quizzes. Because of this difference in learning, I have realized that I need to be very organized in my studies and very proactive about seeking clarification from faculty, which I have always worked to do at the optimal times and in a very polite manner. My learning style has taught me to be very resilient, polite, patient, and determined, and for this I am grateful. Some may look at having a learning disability as a negative, but I have come to think of it in a positive way; I have noticed that my work ethic is very well-defined and that it helps me in all areas of life, in the classroom and out. My successes have taught me that I have great potential and I enjoy being a committed student. I know my dedication, my creativity in problem solving, and my determination to find a solution will help me be successful in the field of Occupational Therapy.

Example B:

I wanted to say that standardized testing is not one of my strengths, and my ACT scores do not accurately reflect my aptitude, attitude and potential for success in college. In spite of this, I have worked to overcome my anxiety about these tests, and I am proud of the progress I have made in this area. My character is more accurately demonstrated in my academic record and extracurricular accomplishments. I feel that my organizational skills, sense of determination, desire to be successful and excitement when engaging in my academics have produced so many positive results. I continue to work on strategies, such as breathing exercises and protein intake, to improve my test-taking skills. As a student invested in hard work and motivated to accomplish her goals, I am excited about the challenges and opportunities at college.

Example C:

I have had chronic, severe migraines for over ten years. In the past, this caused me to have frequent absences from school. Despite these limitations, I have pushed myself to take a demanding course load; as a student I wouldn't be happy knowing I took the easy way out. I believe my migraines have negatively affected my academic performance, however, I'm proud of my accomplishments and my determination not to let this health issue control my life. I've learned how to better manage these migraines over the past year and am optimistic that nutritional therapy, which has so far made a great difference, will be a successful solution.