Crafting a personal story

Storytelling allows you to better understand yourself and influence others in positive ways. The narratives we tell ourselves influence our thoughts and actions. Story sharing creates shared experiences and emotions, and builds connections. Story is a tool that can allow you to make connections between your past, current, and potential future selves to develop their identities as engineers, mathematicians, and scientists.

Story prompt options: **Describe a moment in your life that helped you decide to major in Civil Engineering,** OR **describe the impact of a mentor who helped shape who you are today.**

Pick a scene: Put boundaries around the life snippet you want to share. Describe the "scene".

Include transformation: Make transformation the focus of your story. You could share a hard decision, struggle, or mistake, but make the story about what you learned, or what changed about you or others as a result. Maybe you found relief from anxiety, clarity from confusion, meaning after experiencing chaos or loss.

Incorporate specific, sensory details: Describe your emotions and the details of what you experienced to make the story interesting and memorable. Help the listener see what they saw, hear what they heard, feel what they were feeling. Give enough details so we can imagine the setting and emotions. Put us into your shoes!