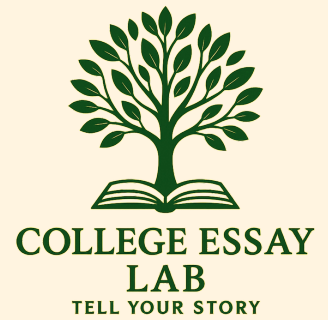


CEL

Mountains & Valleys

Visualize your life, both triumphs and challenges, to identify pivotal moments of growth.



Instructions

- 1) Draw a horizontal line that stretches across a blank piece of paper.
- 2) Mark significant years, events, and memories below the line.
- 3) Plot “mountain peaks” (achievements, joys) on the line, above where you wrote them.
- 4) Plot “valleys” (challenges, failures, regrets) on the line, below where you wrote them.
- 5) Connect those points to see the mountains and valleys of your life.

Mountains

- Do any of the mountains reveal something important about your values?
- Were any of the mountains unexpected?

Valleys

- Which valley taught you the most or led you to the most growth?
- What lessons have you learned about yourself and how you recovered from those valleys?

Summary

You are looking for something transformative. Admission staff will love to read about your introspection; how did these events help shape who you are, and what did you learn about yourself?