



Thometz
Life Coaching

#7 Worksheet - College Essay Checklist

Y/N - These answers should be YES!

- / Essay prompt at top? Delete later?
- / Is your first line a simple, declarative sentence?
- / Crappy First Draft? *Did you write it, put it away, and start fresh?*
- / Did you read it aloud? *While walking? To someone else?*
- / Did you declutter?
- / Did you use past tense? *You can't reflect if you write in the present tense.*
- / Were you succinct?
- / Did you use "I"?
- / Did you paint vivid images?
- / Did you use commas and paragraph breaks?
- / Did You Use Both/And? *I believe in campus carry and it makes me nervous.*
- / Did you write about your Failure?/Shame?/Conflict?

Y/N - These answers should be NO!

- / Any junk phrases? *Owing to the fact, Is the reason for, This is why*
- / Any **zombie** nouns? *The police conducted an **investigation**.*
- / Did you use definitions? "Webster's says..."
- / Did you use flashbacks?
- / Any quotes from other writers?
- / Did you ask the reader a question? "Did you know....?"
- / Did you repeat prompt? "What did I fail at...?"
- / Did you say your name? "My Name Is...."
- / Did you use Sound Effects? "Wham!" "Pow!"
- / Any gross stuff? "After 10lbs of M&M's I vomited every color.."
- / Did you use cliches? "For better or for worse..."
- / Did you start sentences with "ing" words? "Working in a..."
- / Did you use dialogue?
- / Did you use a passive voice? "London was bombed..."
- / Did you tell the reader what they already know?
- / Did you rely solely on spell check? *My kid used morality instead of mortality*
- / Did You Use Either/Or? *Either you're for campus carry or against it. Pick!*