

Creating Your Personal Narrative

This exercise is designed to help you answer the common first question, "Tell me about yourself." Once you fill in the blanks, use the example below to practice your own answer.

Three things about your history-who you are and where you came from:

- 1.
- 2.
- 3.

Three things that make you unique, special or interesting (and how 1, 2, or 3 contributed to this):

- A.
- B.
- C.

Three reasons why you are interested in and good for this position (given qualities in A, B, and C):

- I.
- II.
- III.

Pulling it together

[1, 2, or 3] has made me [A,B, or C] which has led me to [I, II, or III].

FOR EXAMPLE:

"I grew up in Miami and was the oldest of five children. There was always so much noise at my house that I would spend a lot of time at my neighbor's apartment. She was an elderly woman but even at a very young age, I enjoyed spending time with her and listening to her stories. I have always like spending time with elderly people and relate well to them. That's why I was excited about this position at the nursing home."