

## TELL ME ABOUT YOURSELF—YOUR 15-SECOND STORY

Often someone you meet will ask: “Tell me about yourself.” This is your opportunity to show that you know where you’re going and why you’re taking that path. By telling your story with confidence and clarity, you’ll make a good impression and give the person you’re speaking with a way to see who you are. When she sees you, she can connect with you. When she connects with you, she can offer help and/or access to her networks. Answer the questions below to build your story. Let’s start with a basic 15-second version of who you are.

Your 15-Second Story

My name is \_\_\_\_\_.

I am a \_\_\_\_\_ at \_\_\_\_\_.

In this role I plan on becoming \_\_\_\_\_.

This is why I am \_\_\_\_\_

\_\_\_\_\_.

This is important to me because \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The one thing I can do to make a difference is \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Example Story

I am a Junior at the University of Pittsburgh.

I plan on becoming a middle school teacher and a soccer coach.

This why I am majoring in Middle Childhood Education and play on the school's soccer team.

This is important to me because education and health have always been emphasized in my family. I also had a middle school coach who changed my life. I want to work with kids of this age, both in the classroom and on the field, to help steer them to successful futures.

## TELL ME ABOUT YOURSELF—YOUR 30-SECOND “ELEVATOR” STORY

Now that you’ve built your 15-second story, add some more connecting detail to reveal further clarity and specificity to who you are, who you want to be, and why you’re doing what you do. Rely on your 15-second version and build upon it.

My name is \_\_\_\_\_.

I am a \_\_\_\_\_ at \_\_\_\_\_.

In this role I plan on becoming \_\_\_\_\_.

This is why I am \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

This is important to me because \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

The one thing I can do to make a difference is \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Your 30-second Story

## Example Story (need to re-write the below)

I am a Junior at University of Pittsburgh.

I plan on becoming a middle school teacher and a soccer coach. And I hope to live to the Boston or Philadelphia area.

This why I am majoring in Middle Childhood Education with a minor in Psychology. I play on the school's soccer team and have spent the last three summers as a counselor and coach at a youth sports camp near Harrisburg, Pennsylvania.

This is important to me because education and health have always been emphasized in my family. My mother is a high school teacher. My father played college baseball and has always guided me to sports. I also had a middle school coach who changed my life when she took an interest in both my academic and athletic skills. Since then, I've wanted to work with kids of this age, both in the classroom and on the field, to help steer them to successful futures.

## TELL ME ABOUT YOURSELF—YOUR 60-SECOND “ELEVATOR” STORY

Now that you’ve built your 30-second story, add some more connecting detail to reveal further clarity and specificity to who you are, who you want to be, and why you’re doing what you do. Rely on your 30-second version and build upon it.

My name is \_\_\_\_\_.

I am a \_\_\_\_\_ at \_\_\_\_\_.

I plan on becoming a \_\_\_\_\_.

This is why I am \_\_\_\_\_

\_\_\_\_\_.

This is important to me because \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

The one thing I can do to make a difference is \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Your 60-second Story

## Example Story (need to re-write the below)

I am a Junior at University of Pittsburgh.

I plan on becoming a middle school teacher and a soccer coach. I want to ensure that the skills learned through team sports are transferable to the learning environment and serve these students throughout life. I will build my career in the Boston or Philadelphia area.

This why I am majoring in Middle Childhood Education with a minor in Psychology. I play on the school's soccer team and have spent the last three summers as a counselor and coach at a youth sports camp near Harrisburg, Pennsylvania. I also have shadowed a sports psychologist at the University and for a professional sports team. I also hope to give a presentation next year on the connection between sports and academic success.

This is important to me because education and health have always been emphasized in my family. My mother is a high school teacher. My father played college baseball and has always guided me to sports. I also had a middle school coach who changed my life when she took an interest in both my academic and athletic skills. Since then, I've wanted to work with kids of this age, both in the classroom and on the field, to help steer them to successful futures. I want to make difference and pay back for the direction and support I've received. I believe this is my obligation to society.