

Topics to consider:

- applying to college
- receiving college acceptance
- first day
- graduation
- first job/dream job
- imposter syndrome
- overcoming a challenge
- story about a role model/mentor/fave professor
- experience with LEAD program

Consider these prompts:

- 1) Do you wish you could return to a moment in your life?
- 2) What personal achievements make you proud?
- 3) What events have brought you close to your family?
- 4) What is special about your neighborhood?
- 5) Do you unknowingly submit to peer pressure?
- 6) What challenges have you overcome?
- 7) What life lessons has adversity taught you?
- 8) How do male and female roles differ in your family?
- 9) Who is your role model and why?
- 10) Other: Choose your own topic

Audio Story Guide

Thank you for collaborating with us to create an audio story! This worksheet will walk you through the steps necessary to identify your story, record the audio, and submit your file so that we can add the finishing touches.

Example Audio Stories:

[Lessons Learned](#)

[Where I Come From](#)

Note that each audio file is short, tells a story or two, and focuses on a personal moment or story in a person's life. The best audio stories expand this moment and apply it to a greater theme.

1. Identify your story.

Some tips from KQED Perspectives Podcast: First you must identify a compelling story (or stories) that can be told in no more than 3 minutes. Try to use vivid precise language and word choice that bring the story to life in the mind of the listener. Give a window into an aspect of your life that helps define who you are and what world you live in.

Here are some prompts that might help you think of a story you'd like to tell.

1. When did you decide to apply to college?
2. Tell us about the moment you got your first college acceptance letter.
3. Tell us about a memorable moment at school.
4. What happened on graduation day?
5. Tell us about a role model or mentor?
6. What is your favorite class you have ever taken? Or favorite professor.
7. What challenges have you overcome?
8. What was your first job?
9. Tell us about an experience you have had with the LEAD program.
10. Have you ever felt imposter syndrome?

11. Tell us about the moment you found your passion.
12. Or, anything else that comes to mind.

2. Record your story.

You can record your story on a computer, smartphone, or other recording device. Whatever you have access to that will record the highest quality.

- Please record in a quiet room and ensure that there is no background noise.
- Please record at least 10 seconds of “room tone” before or after your story. Room tone is simply the sound of your quiet environment when you are not speaking. This can be a part of the same file your story is recorded on or a secondary file.
- Speak clearly and loudly near the microphone and feel free to pause and start over if you make a mistake. Try to tell the story authentically, try not to sound like you are reading your story.

3. Submit your file.

- Once you are finished recording your story and your room tone, upload the files to [this shared folder](#).
- You should see a folder with your first and last name. Please double click on this folder and upload your files here.
- Please also submit 1-3 photographs of yourself in this folder.