



Personal Essay

All Freshman applicants are required to submit a personal essay. This personal statement helps us become acquainted with you in ways different from courses, grades, test scores, and other objective data. It will demonstrate your ability to organize thoughts and express yourself and help us know you better as a person and as a student. Please write an essay (250-500 words) on a topic of your choice or on one of the options listed below.

Autobiographical Submit an autobiographical essay to help the admissions committee learn more about you. Information about academic interests, personal experiences, extracurricular accomplishments or relationships with teachers, employers, or peers who have influenced your life are especially helpful in getting to know more about you.

Contributions to the University at Albany The University at Albany is a wonderfully diverse community. Please describe how you would contribute to campus and student life as a member of this community.

Heritage On Part I of your application for undergraduate admission, you were asked to indicate your race or ethnicity. We recognize that your ethnic heritage is far more complex than just checking a box; therefore, we invite you to share a more detailed description of your heritage and the role it has played in your life.

Please send your personal essay to:

The Office of Undergraduate Admissions
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1400 Washington Avenue
Albany, New York 12222
Phone: (518) 442-5435
Fax: (518) 442-5383