



# GalínEducation

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## **The Quieter Application**

Brenda Ward, Director of College Counseling



Aaron Caycedo-Kimura,  
author of *Text, Don't Call*

# The Plan

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- Who's an introvert? What are the introvert's strengths?
- Do Colleges value introverts?
- How do introverts handle the essential components of the college application: recommendations, essays, activities?
- A look at some examples of intro-centric applications?

# The introvert



from

***Quiet: The  
Power of  
Introverts  
in a World  
That Can't  
Stop Talking***

by Susan Cain

<b>Introversion</b>	<b>Extroversion</b>
Contemplation	Action
Heed-Taking	Risk-Taking
Solitude	Chaotic Environments
Sensitivity	Epidermal Teflon
Solo or Parallel Play	Teamwork
Listening	Speaking
Low Profile	High Profile

““ Introverts are drawn to the inner world of thought and feeling; extroverts to the external life of people and activities. Introverts focus on the *meaning* they make of the events swirling around them; extroverts plunge into the events themselves. ””

“ Introverts and extroverts work differently. Extroverts tend to tackle assignments quickly. They make fast decisions, and are comfortable multitasking and risk-taking. They enjoy ‘the thrill of the chase.’ Introverts often work more *slowly* and *deliberately*. They like to focus on one task at a time and can have mighty powers of concentration. ”

“

Extroverts add life to a dinner party and laugh generously. They tend to be assertive, dominant, and in great need of company. Extroverts think out loud and on their feet. Introverts may have strong social skills and enjoy parties and meetings, but prefer to devote their social energies to close friends, colleagues, and family. They often feel as if they express themselves better in *writing* than in conversation. ”



*And from the MBTI Manual, based on theory of Carl Jung:*

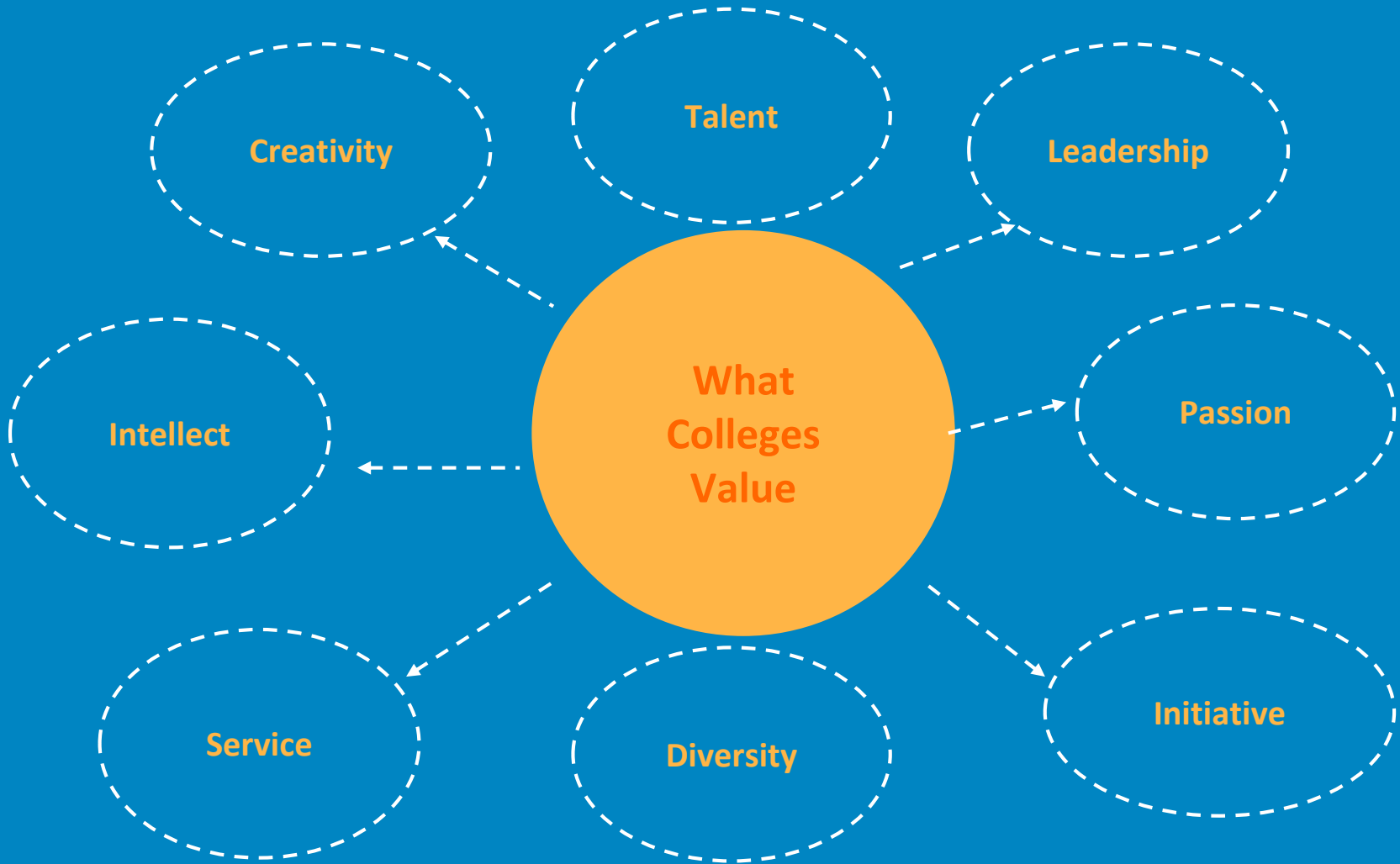
“ For extroverts, energy flows out. Extroverts rely on environment for stimulation, eagerness to interact with the world. The introvert gets energy from reflecting on inner experiences, concepts, ideas, and recollected experiences. Emphasis is on thought over action. Introverts are good at understanding human relationships, seeking meaning and connections.

Introverts are insightful, creative, visionary, conceptual, symbolic, metaphorical, idealistic, complex, deeply committed. ”

# Applying to College



- **Introverts and extroverts apply the same way, using the same components of the application.**
- **Introverted or extroverted, the applicant must compete with thousands of other students for very few slots in high selective admissions. Both kinds of “verts” have to play to their strengths in the application, and both have to submit application pieces that don’t suit them as well.**
- **Both introverts and extroverts have traits that colleges value. However, some traits are more easily communicated in an application.**



## Rethinking Leadership:

# “10 Ways You Are Leading Without Knowing It”

by Alyssa Orrantia Bieneme, Associate Director of Admissions, Cornell University

1. You respectfully speak up and take action when you know something is unjust, even if you are standing alone. (*Rosa Parks was an introvert!*)
2. During community service projects or other activities, you identify needs and *take the initiative* to fill them regardless of your title and available resources.
3. At your job or internship, your *behind-the-scenes* work, research, and other contributions have made a difference in operational and decisions that impact your company.
4. You are the *go-to person* in your household for sibling care, translation services, financial help, or other important family needs.
5. When you share your perspective during class discussions or projects, you elevate the conversation and suggest *thoughtful and creative* solutions to problems.

6. Acquaintances and friends often ask for your *guidance* regarding challenges in their academic, social, and personal lives.
7. You are a *voice of reason* and truth bringing peace and creating common ground when there are different opinions and conflicts at school, online, and in your community.
8. Whether or not you are in a formal mentoring program, you *tend to take* younger students, family friends, and others *under your wing* to ensure their success at school and in life.
9. In class, on project teams, and in your extra-curricular activities, you often prompt others to share their ideas. You enjoy helping others connect, grow, and *take the lead*.
10. You follow through on your word and do the right thing whether or not anyone is watching. When you are a person of integrity, *others will eventually take notice* (and hopefully follow suit).



## 2019-2020 Common Application Embraces Family Responsibilities



Revamped activities section will be more explicit about family responsibilities, adding it to the drop-down menu

Colleges may choose to include this question under “My Colleges”:

*Who in your life is depending on you and what are they depending on you for?*

# Here's what introverts can emphasize!

What's going on in the mind:

- Reflection, meaning, metaphor
- Creative, innovative ideas & visions
- Deliberation, judiciousness, wisdom

What's going on in the heart:

- Empathy
- Loyalty
- Commitment to meaningful relationships



# And here's how they can showcase those traits...

**Activities/Resume**

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**Personal Statement**

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**Recommendations**

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**3 Essential  
Pieces  
of the  
Application**

# Putting Together a Cohesive Application





## Activities & Resume

*Where & how does the student spend time? And who with?*

*How can the student communicate contributions and impact without a title or quantitative results?\**

*\*After all, most action verbs are extraverted!*

## ***Turn “behind-the-scene” into “the seen”***

**Find an activity that doesn't demand a large group**

art, writing, computers (coding, gaming),  
reading, tutoring, one-on-one coaching and mentoring

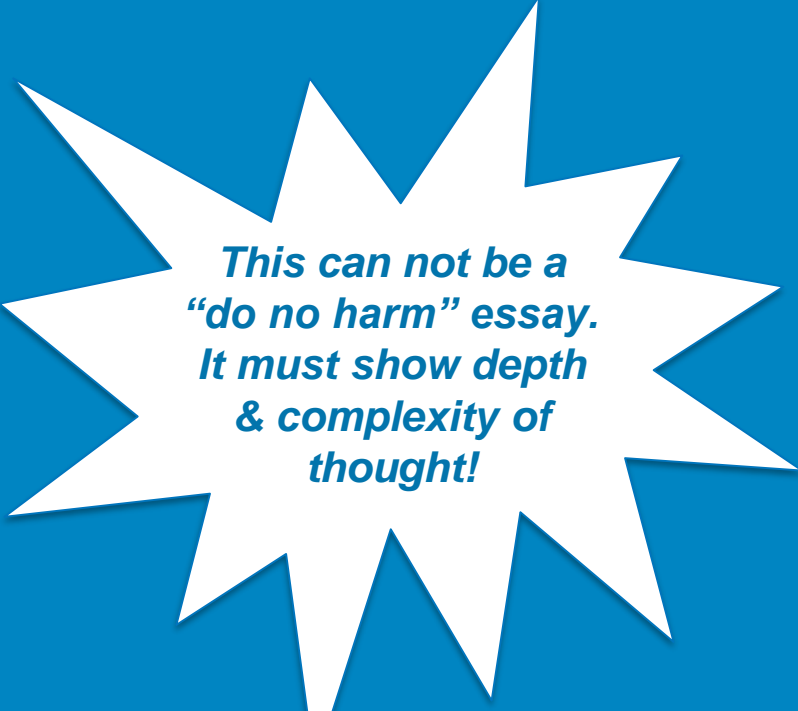
**Work with a few people who are welcoming and appreciative**

children, seniors, newbies or rookies, animals,  
family members, neighbors

**Look for ways to document and/or extend the activity or contribution**

newsletters and blogs; web sites and You Tube;  
testimonials (recommendations)

# Essays: Showcase for the Introvert



*This can not be a  
“do no harm” essay.  
It must show depth  
& complexity of  
thought!*

**Be proud: Own the introversion, no apologies!**

**Introverts care deeply.  
Demonstrate empathy, commitment,  
and the value of meaningful  
relationships.**

**Introverts imagine!  
Show creativity and innovation.**

**Introverts think!  
Analyze a problem, evaluate causes &  
effects, and offer possibilities.**

**Introverts can save the day!  
Prove the value of deliberation and  
caution in a specific situation.**



## Recommendations

# Let someone else do the documenting!

### Teachers


Choose wisely—It's not always the most popular teacher or accomplished writer who provides the best recommendation.

### Other Recommenders

Think beyond coaches and advisors. What about neighbors, co-workers, people who have benefitted from your strengths.

*Don't just ask--speak (or write) candidly with your recommenders about why you have chosen them.*

# Applications in Action

A decorative orange L-shaped line graphic consisting of a vertical line on the right and a horizontal line on the bottom, forming a corner shape to the right and below the text.

Thanks for joining me today. If you would like to talk more about applications for introverts, send me an email at:

[Brenda@galined.com](mailto:Brenda@galined.com)



I'm Nobody! Who are you?  
Are you—Nobody—Too?  
Then there's a pair of us!  
Don't tell! they'd advertise—you know!

How dreary—to be—Somebody!  
How public—like a Frog—  
To tell one's name—the livelong June—  
To an admiring Bog!

*--Emily Dickinson, poster poet for introverts!*