Bilingual Script with Subtitle Timing: U.S. Essay Prompt Strategies (8 min)

## ⏱ 0:00–0:40

Hello again! In this video, we’ll talk about different kinds of essay prompts you may see on U.S. college applications.  
We’ll help you understand each type — and how to write in a way that’s true to you.

大家好！在这个视频中，我们将讲解美国大学申请中常见的文书题型。  
我们会帮你理解每种题目类型——以及如何用真实的方式来写出你的故事。

## ⏱ 0:40–2:00

\*\*Leadership Prompts:\*\* These questions ask about a time when you led or made a difference.  
You don’t need a big title. Leading can mean helping your sibling study, organizing a group chat, or standing up for someone.  
Focus on what you did, why it mattered, and how it changed you.

\*\*领导力题目：\*\* 这些题目会问你是否在某个时刻起到了带头作用或产生了影响。  
你不需要是班长或社团主席。领导力也可以是辅导弟弟功课、组织学习群，或为他人发声。  
重点在于你做了什么，为什么重要，以及你从中得到了什么成长。

## ⏱ 2:00–3:20

\*\*Challenge or Obstacle Prompts:\*\* These ask about a difficulty you’ve faced.  
You don’t need to share trauma. Focus on how you responded — what did you learn, how did you grow?  
Even a small challenge — like managing anxiety, or speaking up in class — can show strength.

\*\*挑战与障碍题目：\*\* 这些题目想知道你是否经历过困难。  
你不需要讲创伤经历。重点是你如何应对——你学到了什么，怎样成长了？  
即使是小的挑战，比如处理焦虑、在课堂上勇敢发言，也能展现出你的内在力量。

## ⏱ 3:20–4:30

\*\*Community or Volunteer Essays:\*\* These ask about your role in helping others or being part of something bigger.  
Talk about what community means to you — your school, your town, even your online group.  
What did you give? What did you receive? How did it shape you?

\*\*社区与志愿服务题目：\*\* 这些题目关注你是否参与了对他人或集体有意义的活动。  
你可以谈谈社区对你的意义——可以是学校、家乡，甚至是线上社群。  
你付出了什么？得到了什么？这对你产生了怎样的影响？

## ⏱ 4:30–5:30

\*\*Talent or Passion Essays:\*\* These let you show something you’re great at — music, sports, writing, coding, anything.  
Don’t just list achievements. Tell the story: why does it matter to you? How has it helped you grow or connect with others?

\*\*才艺与热情题目：\*\* 这类题目让你展示自己擅长或热爱的领域——比如音乐、运动、写作、编程等等。  
不要只列出奖项。请讲故事：这项才艺对你意味着什么？它如何帮助你成长或与他人建立联系？

## ⏱ 5:30–6:40

\*\*Academic Interest Prompts:\*\* These ask why you want to study a specific subject.  
Be specific. Talk about one moment, one book, or one question that made you curious.  
Then show how you’ve followed that interest — reading, watching, building, exploring.

\*\*学术兴趣题目：\*\* 这类题目会问你为什么对某个专业感兴趣。  
请具体写。可以从某个瞬间、一本书、或一个问题说起。  
然后讲讲你是如何延续这个兴趣的——比如阅读、观看、动手实践或深入探索。

## ⏱ 6:40–7:30

\*\*Personal Story Essays:\*\* These are open-ended. You get to choose the story.  
Pick something that shows who you are, not just what you did.  
Think about: What changed you? What value do you carry with you now?

\*\*个人故事题目：\*\* 这类题目较为开放，你可以自己选一个重要的经历来讲述。  
选一个能体现你“是谁”的故事，而不仅仅是你“做了什么”。  
想一想：什么事情改变了你？你现在最珍视的价值是什么？

## ⏱ 7:30–8:00

Thanks for watching! Remember: you don’t need to impress — just be honest, thoughtful, and specific.  
Every student’s voice matters. Let your story lead the way.

感谢观看！记住：你不需要炫耀，只需要真诚、有思考、具体表达。  
每位学生的声音都值得被听见。让你的故事带你走得更远。