Central Connecticut State University
Department of Social Work

Guidelines for the Personal Narrative

The personal narrative should be integrative, coherent and have a thesis statement, as well as, an introduction and conclusion. Simply responding to the questions below in a series of short numbered responses is not acceptable. Papers should be double-spaced with no extra lines between paragraphs. Use a header which includes last name and page numbers. Utilize American Psychological Association writing guidelines including use of in-text citations and references where appropriate.

The Personal Narrative should address the following items.

1. How did you become interested in social work? Discuss what being a professional social worker means to you. What social issues and/or academic, volunteer, or paid work experiences have influenced your choice of social work as a profession?
2. Please describe significant life experiences and/or relationships that have contributed to your personal development, values and belief systems.
3. Please discuss how diversity characterizes and shapes human experience and the formation of identity of others, including your own.
4. Please comment on your readiness for undertaking social work education.
5. Address how you believe you will face the demands of coursework and volunteering (field education) experience.

For assistance in composing your personal narrative, please consult your writing hand book. Consider utilizing E-Tutoring and/or the CCSU Writing Center. In addition, there are a multitude of electronic websites you may find helpful including: Purdue Owl “Writing the personal statement” http://owl.english.purdue.edu/owl/resource/642/01/ and the University of Illinois Writing Center http://www.cws.illinois.edu/workshop/writers/tips/personalstatement/.