

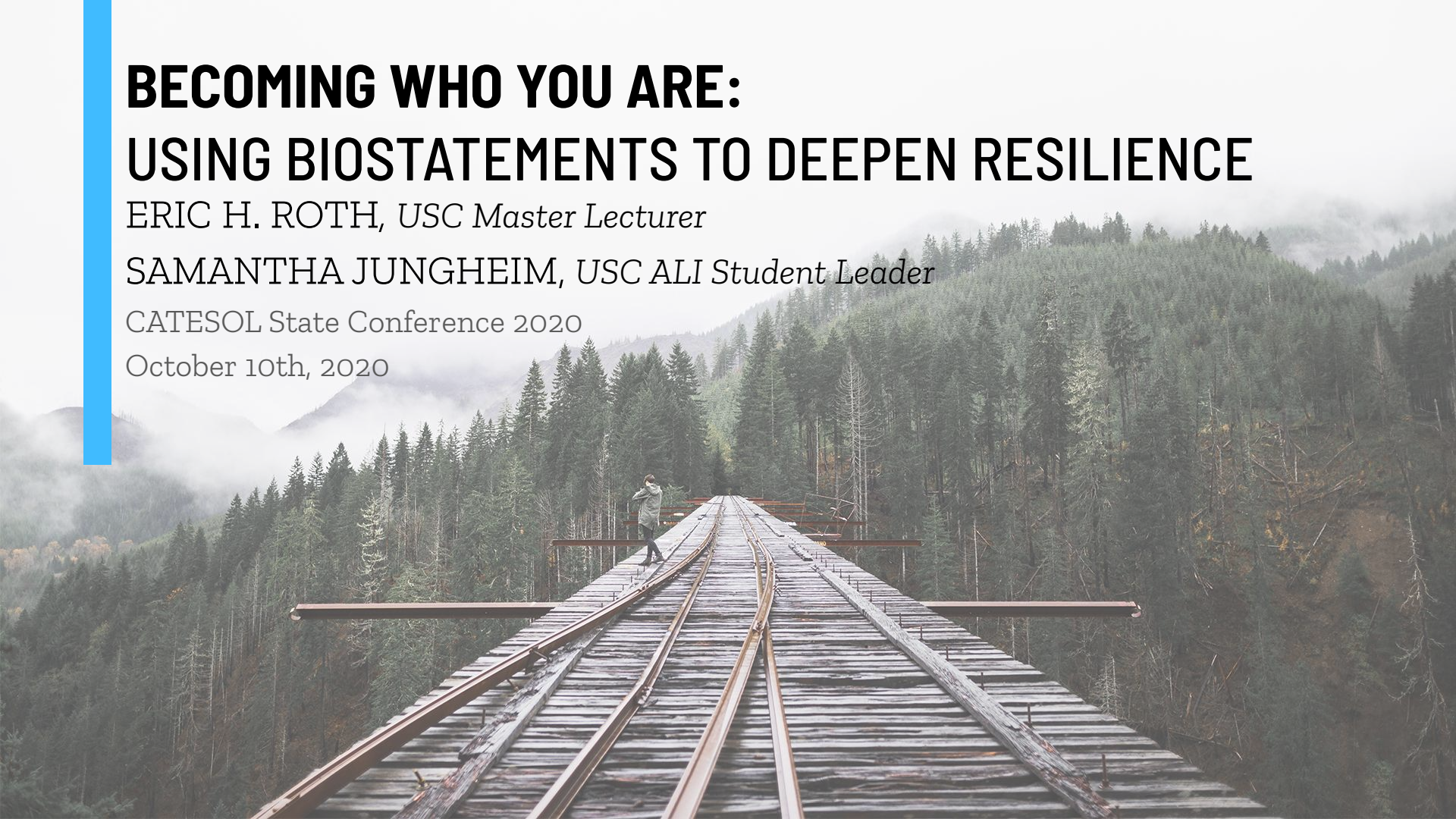
BECOMING WHO YOU ARE: USING BIOSTATEMENTS TO DEEPEN RESILIENCE

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01

INTRODUCTION

What are biostatements?
Why biostatements?
Where are they seen?

02

WARM UP ACTIVITY

Looking at positive
attributes

03

MAIN IDEAS

Positive Psychology
Language Focus
Structure
Handouts

04

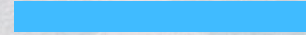
CONCLUSIONS & QUESTIONS

Q&A
References

PRESENTATION AGENDA

BIOSTATEMENTS

Are short biographical statements written in the third person to highlight accomplishments and professional progress



WHY BIOSTATEMENTS?

"We know what we are,
but we know not what we may be."

— **William Shakespeare**
(1564–1616), *English playwright*



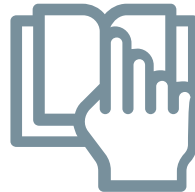
PUBLIC
PROFILES



PERSONAL
WEBSITES



PUBLICATIONS



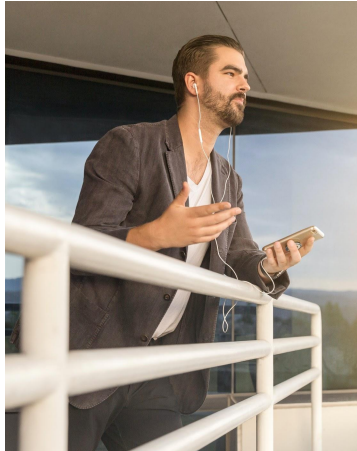
PROFESSIONAL
EVENTS



WHERE
DO
WE READ
BIOSTATEMENTS?

WHO IS OUR AUDIENCE?

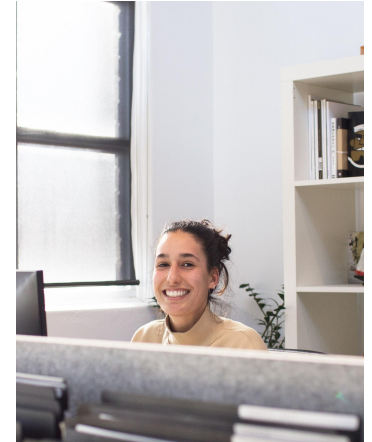
Demonstrating various versions of our self



**Potential
Employers**



**Future
Collaborators**



Colleagues

Photo by [LinkedIn Sales Navigator](#)
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THINGS YOU LIKE ABOUT YOURSELF

3 words or phrases

POSITIVE ADJECTIVES

2 words

WARM UP ACTIVITY

Please type your responses
in
the chat!
The more the merrier.



TIMES YOU'VE FELT SATISFIED WITH YOUR ACCOMPLISHMENTS AND/ OR ACHIEVEMENTS

1 sentence or more



BUILD RESILIENCE

Biostatements can be used to
practice “benefit-finding”

(Hone, 2019)

" The ability to mentally time travel is the process of remembering the past to draw from those memories and construct a future.

Recalling past events is a great advantage in determining who and what to trust, and what works and what doesn't.

Through past experiences,

people are able to picture where they would like to be and how to get there."

— **Richard Miller** (2020),

*Professor of Practice,
T. Denny Sanford School of Social and Family Dynamics,
Arizona State University*



POSITIVE PSYCHOLOGY



CREATING A GOOD LIFE

Seeing possibilities



RETELLING YOUR LIFE STORY

Remembering
the positive moments



STRENGTHEN PROFESSIONAL ASPIRATIONS

Focus on next steps

GETTING STARTED

What's a synchronous activity I can use?



KNOWING YOURSELF



CAN

1. They can translate
2. They can cook many dishes
3. They can edit videos
4. They can dance salsa
5. They can tutor

LEARNING HOW

1. They are learning how to speak Japanese
2. They are learning about marketing

CAN'T

1. They can't code
2. They can't make a marketing strategy
3. They can't write good poetry

POSITIVE SPIN

Look at your experiences
through a positive lens

Ask:

Did you change majors?

Did you lose a job?

Did you change careers?

Did you change schools?

Did you face setbacks?

01

INTERPRETATION 1

Carlos didn't know what to major in, so he changed majors multiple times.

02

INTERPRETATION 2

Carlos explored many majors and chose to double major in English and Education.

CRAFTING A BIOSTATEMENT

STRUCTURE

1. Present
2. Past
3. Past
4. Past
5. Present
6. Future

LANGUAGE FOCUS

- Verb Tenses
- Vocabulary
- Articles

THIRD PERSON OUTCOMES

- Zooming out
- Reframing
- Positive Spin

LANGUAGE FOCUS

Multiple Verb Tenses



PRESENT ● ● ● Ting Min currently studies...

PAST ● ● ● She earned her bachelor's degree...

PAST ● ● ● Min was awarded a merit scholarship...

PAST ● ● ● Experienced in researching...

PRESENT ● ● ● She is interested in...

FUTURE ● ● ● Min hopes to...

LANGUAGE FOCUS

WH QUESTIONS



WHAT?

Studying Media and Communication

WHERE?

At the University of Southern California

WHEN?

Anticipated graduation is Spring 2022

WHO?

Ting Min

WHY?

Passionate about online communication

HOW?

Learned SMS skills at an internship

ANCHOR IN DATES



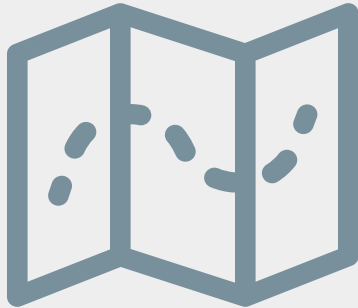
- What year did you enter college?
- When will/did you graduate?
- When did you have your first internship?
- Be specific!

- Awards
- Honors
- Competitions
- Scholarships
- Graduations
- Certificates
- Grades
- Internships
- Presentations
- Publications
- Promotions

PREVIOUS ACCOMPLISHMENTS



TRANSITIONS



- during
- in fact
- moreover
- in addition
- specifically
- as a result
- since
- similarly
- by contrast
- while
- furthermore

- What are your professional goals?
- What is an achievement you are working towards?
- What is an interesting goal you'd like to share?

FUTURE GOALS



EDITING PROCESS

- Upgrade Vocabulary
 - Replace *do/make/get* and 2 word verbs
 - give up → refocused
 - quit → redirected

GOOD MISTAKES

What edits are we making in our earlier drafts?

First Draft Student Example with Good Mistakes:

~~Miss~~ Ting Min is currently a master student in Annenberg School of Communication and Journalism at University of Southern California (~~USE~~). She earned her bachelor's degree in Communications in 2018 and ~~were~~ ~~where she was~~ awarded a merit student scholarship at University of Media and Communication in Beijing, China, ~~majoring in Communication~~. ~~Miss Min~~ Ting has ~~both~~ interned at both Beijing Television Station and China National Magazine. She ~~was~~ ~~has~~ experienced ~~ed~~ in researching ~~ing~~ and creating content regarding media and technology. She also has ~~the~~ experience in operating social media accounts and managing a social media team. She is interested in journalism and passionate about ~~dedicating herself to~~ creating engaging content.

PEER/SELF CHECKLIST

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Biostatement: Peer/Self Checklist

Use this short checklist to review your classmates's biostatement.

A. Please circle/highlight information that might be missing.

Does the biostatement include:

- their full name?
- is the full name highlighted in some way?
- Their last name only after the first sentence?
- an opening sentence that describes their current life?
- a second sentence that uses the correct pronoun and the past tense?
- when they entered the university? Major?
- their academic achievements (scholarships, papers, conferences) as an undergraduate?
- social, leadership, and volunteer experiences as an undergraduate?
- professional memberships and conferences?
- Internships? military experience?
- work experience with dates, locations, and titles?
- crucial dates and events?

TEACHER EVALUATION

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Biostatement: Teacher Evaluation Checklist

Student: _____ Date: _____
Grade: /10

The missing information has been highlighted.

Does the biostatement include:

- full name at the start of the first sentence?
- is the full name highlighted in some way?
- the last name only after the first sentence?
- an opening sentence that describes their current life?
- a second sentence that uses the correct pronoun and the past tense?
- when the student entered the university? Major?
- academic achievements (scholarships, papers, conferences) as an undergraduate?
- social, leadership, and volunteer experiences as an undergraduate?
- professional memberships and conferences?
- Internships? military experience?
- work experience with dates, locations, and titles?
- crucial dates and events?
- reasons for studying abroad or going to graduate school?
- reason for selecting USC or their graduate field?
- research interests?
- professional goals using the future tense?
- a positive depiction on an interesting life?

Comments:

REPRODUCIBLE HANDOUTS

A woman with long brown hair, wearing a yellow turtleneck sweater, black leggings, and tan boots, is sitting on a large, light-colored rock. She is holding a small orange bottle in her hands and looking off to the side. The background is a soft-focus landscape with green grass and a blue sky.

OUR CONCLUSION

- Apply this presentation to your classroom context
- Use these ideas to write a biostatement to introduce yourself to students
- Consider other autobiographical activities using first and third person

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Q&A

Please ask us questions in the chat or
let us know if you'd like to speak

Feel free to stay in touch

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jungheim@usc.edu

THANKS

- ✓ ALI 255 students
- ✓ ALI 254 students
- ✓ USC American Language Institute
- ✓ CATESOL

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