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## *Web-based Application Checklist*

In order to successfully complete the web-based application, there are several required items that you can have ready before starting. Alternatively, you also have the option of saving your answers and returning to the application for later completion.

1. You will be asked to upload a passport photo taken within the last year.
2. You will also be asked to upload four (4) casual photos of you with your family and/or friends. *Each photo should be less than 2 MB in size.*

**Using photos that are larger than 2 MB will exceed the upload limits of the webbased application and will result in an error that will prevent you from submitting the application.**

3. You will be asked to provide a personal essay of 750 to 1000 words, written independently by you in English. We suggest that you compose and save the essay in a program, such as Microsoft Word, and paste it into the web-based application.

This personal essay helps us become acquainted with you as a person and as a student, apart from courses, grades, test scores, and other objective data. You should describe yourself, what makes you unique, and what you will contribute to your school community in the U.S. or U.K.

The following questions are examples of those that you might address in your essay. **Please do not try to answer every question**, but rather seek to fully introduce yourself in a personal and meaningful manner.

- **Have you had a unique experience or relationship that is of particular importance to you and who you are?**
- **Describe the members of your family and your relationships with them.**
- **Tell us about your most common activities and interests, including sports, hobbies, music, the arts, and membership in clubs or other group organizations.**
- **Do you have any special accomplishments and/or talents?**
- **Do you have any leadership experience?**
- **What are your educational plans following your ASSIST/HMC experience?**
- **What are your specific reasons for wishing to undertake this experience?**

*Thank you.*