



**New England Association  
for College Admission Counseling**

*Opening Doors to Higher Education in New England*

## **2025 NEACAC Annual Essay Contest for Juniors and Seniors**

### **WRITING GUIDELINES**

We want you to write a winning essay! Here are some ways to ensure that your essay meets the criteria we evaluate:

#### **Content:**

- Does your essay describe your selected mentor?
- Does your essay describe specific ways this mentor has supported your educational goals?
- Does your essay describe the impact of this mentor on your college process?
- Have you used specific examples and language to describe this person, their support, and their impact?
- Did you write the essay yourself?

#### **Revising:**

- Have you read your essay out loud? (This can help you see how it will sound to the committee and whether it answers the questions in the prompt.)
- When you read the essay again, did you miss anything?
- Have you proofread and spell-checked your essay?
- Is it 500 words or fewer?
- Did you have someone else read your essay?