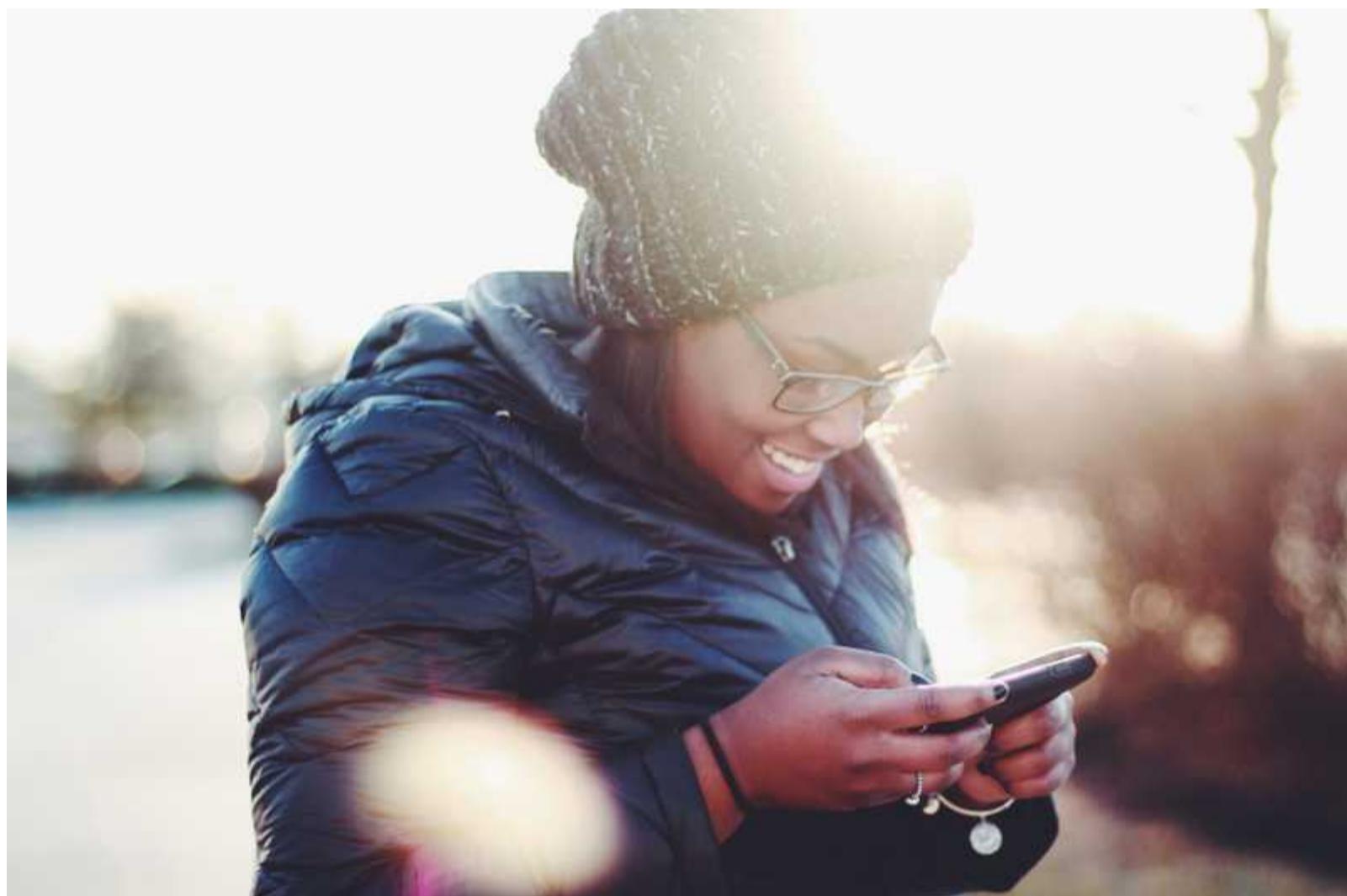


# 2022–2023 Common App Essay Prompts

[f](#) [t](#) [in](#)**By Scott Anderson**

January 27, 2022



The Common App essay prompts will remain the same for 2022–2023. Because as we enter the third year of a global pandemic, consistency is not a bad thing.

That's not the only reason, of course. We know from our most recent survey on the topic that over 95% of every group who responded—students, counselors, teachers, and admission officers—agree that the prompts spark effective essays. That's why we kept them the same last year as well, with the exception of [adding a new one about gratitude](#).

As we've said in the past, this announcement is not an invitation to juniors to start writing. And it's definitely not a signal that they start thinking about applying. Those things will come in time. We share this news in January because it's when some schools begin conversations about college options. It's a time for learning, reflecting, and planning. That's where the prompts can be useful: in helping students understand the aspects of their lives that colleges are curious about.

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— Scott Anderson, Senior Director, Common App

Something else we've said in the past: prompts are not topics. They are simply questions designed to spark thinking. Our [Telling Your Story resource](#) shows students just how much flexibility they have in what they write when the time comes.

Below is the full set of essay prompts for 2022–2023. We will also retain the [optional COVID-19](#) question within the Additional Information section.

1. Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.
2. The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?
3. Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?
4. Reflect on something that someone has done for you that has made you happy or thankful in a surprising way. How has this gratitude affected or motivated you?
5. Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.
6. Describe a topic, idea, or concept you find so engaging that it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?
7. Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design.

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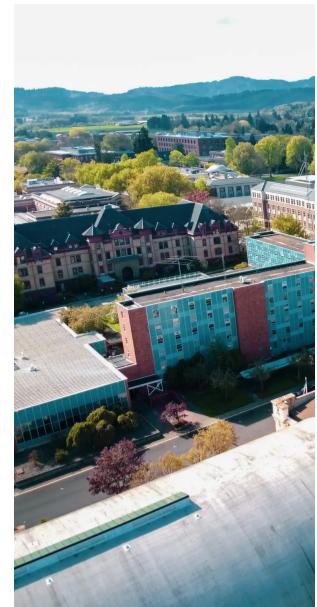
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