



Miss Us Italia Pageant Contestant Application, Bio, and Interview Tips

Why Your Application & Bio Matter

Your application and bio are simply a way for the judges to get to know you before they meet you. They help judges choose fun, meaningful questions so your interview feels easy and natural. Think of your bio as an introduction — not a test.

Helpful Things to Keep in Mind

Only include things you feel comfortable talking about. Keep answers appropriate, positive, and true to who you are. Anything you write could become an interview question, so choose topics you enjoy discussing. In many ways, your bio helps guide the conversation. There is no single pageant girl mold — winners come in all personalities. What makes you different is what makes you memorable.

Writing Your Bio the Easy Way

Write the way you speak — simple and natural is best. Choose two or three things you would enjoy talking about during your interview. These might include hobbies, Italian heritage or traditions, community involvement, or something fun or unique about you. Be ready to share why these things matter to you.

Your Heritage

This pageant celebrates Italian Americans. You are encouraged to share family traditions, foods, memories, or community connections that are meaningful to you. Every family story is different, and all stories matter.

Accomplishments, Activities & Hobbies

Accomplishments do not have to be awards. Helping others, participating in school, church, or community activities, and learning new skills all count. Small acts of kindness matter just as much as big ones. When listing hobbies, a short list of two strong interests is better than a long list you don't truly enjoy.

The Interview

Your interview is not a test. Judges simply want to meet you, learn about your family, heritage, and interests, and enjoy a friendly conversation. Short, honest answers are perfect. Smile, take a breath if needed, and speak from the heart. If you feel nervous, pausing, breathing, or asking for a question to be repeated is always okay. This interview is simply a conversation — relax, be yourself, and enjoy the experience.