

Personal Statement

Your personal statement is a reflection of your personality. This is your chance to shine through use of grammar, sentence structure, as well as the content you decide to write about. Most, if not all, residency programs require that you write a personal statement as part of the application process. Without mincing words, this will be one of the hardest parts of your application.

Contained in this instructional document is a summary of what a personal statement centers around, formatting suggestions, other key areas to note, as well as a few samples for you to read through.

Be sure to read through the samples as it will provide you some good insight on the appropriate direction to take with your own work. Good luck and remember to contact your personal career consultant in the Office of Career Services

What are you writing about?

- What makes you different from the crowd?
- Talk about personal issues, life-changing events, goals in life, interests, and expectations of the residency program.

Idea:

Divide the personal statement into three parts. In the first part, you will talk about your personal story. The second part will include your achievements, goals in life, or other areas that are important to you. The final section will be an affirmation of your interest in the program and the career you have chosen.

Format:

Think about including the following information in your personal statement. Remember, these are only suggestions to help guide you through this process.

- Why have you chosen to pursue a particular specialty?
- What are you looking for in a program?
- What have you done between college graduation and medical school? Try to explain any large gaps in time)
- Explain about your background
- What about interests outside of medicine?
- Any special, different, unusual talents or honors.

Notes:

- Use correct grammar and spelling! Have Career Services check over your work before submission. Avoid the use of contractions in general.
- Do not be overly creative in writing your essay. Residency program directors tend to be conservative.
- Vary your sentence length and structure.
- Do not use “I” too much.
- Use examples throughout your personal statement to avoid generalizing statements such as “I am a leader” or “I am a hard worker”.
- Do not summarize your CV or Resume.
- Try not to be too “long-winded” in your statement. Get to the point!
- It helps to brainstorm and outline your document before starting. Often times it helps to clear your mind and present errors in themes before writing.