

THE PERSONAL STATEMENT

There are untold sites on the Internet and opinions regarding the purpose and the content of the Health Professions Graduate School Application Personal Statement.

Some of the sites I recommend are the following:

<http://www.princetonreview.com/medical/personal-statement.aspx>

<http://www.usnews.com/education/blogs/medical-school-admissions-doctor/2011/05/30/6-personal-statement-dos-and-donts>

<http://web.jhu.edu/prepro/health/Applicants/personal.html>

I am convinced that you should approach the construction of the Personal Statements with the idea that the ultimate objective of the document is to generate an *“I’ve got to meet this person and talk to her some more!”* response from the Admissions Committee member who is reviewing your file...in other words, GET YOU AN INTERVIEW.

Admissions committee folks constantly talk about wanting to see “introspective writing”, evidence of “self-reflection”, and an understanding of “the path traveled and the obstacles overcome” that you have experienced in your life.

Other questions that you can use to help craft your personal statement:

What have my life experiences reveal to me about myself (my talents, gifts)?

What are the attributes I expect to see that an exceptional physician possesses? In what ways have I represented such attributes?

Why medicine, as opposed to nursing, physician assistant, etc.?

How am I good fit for a career as a physician?

What are my strengths? How will these attributes help sustain my motivation to pursue medicine?

What are my weaknesses? What have I done to address them and how have I grown?

This document cannot be written well in a week, or even a month. It needs to be created over the course of many months of reflection, revision, and review (by another set of eyes)