

## Approaching the Personal Statement

### Overview

The personal statement is a truthful but curated narrative unique to your journey in life as to why you want to go into a particular health career (*e.g.*, medical doctor) and what makes you a good candidate for admission. It is also an example of your written communication skills. Give yourself time to write a strong cohesive narrative of several months. We suggest a couple months of self-reflection and assessment followed by multiple months to write including multiple drafts of revision, editing, and refinement with multiple people providing feedback throughout.

through health care (in particular in your desired career where you will interact with your patients and their loved ones), your academic strengths and intellectual curiosity, your dedication and discipline, your resilience and adaptability, and your interpersonal and professional skills.

Preparation to Write (The Summer-Fall before you apply, two years before you plan to attend)

- Review what is a [personal statement and example statements on the HPAC page](#) as well as additional resources available for writing a personal statement as the statement should fit who you are and your unique journey of v03(fi) journey of

your application, the AMCAS experiences and your personal statement should augment and amplify one another and not simply repeat information.

### Starting to Write Your Statement (Late Fall/Early Winter before you apply)

- Review your experience and reflections.
- Identify what you value most about your health career of interest, the key experiences that provide evidence, and the three to four strengths you want to highlight to the admissions committee.
- Outline your initial statement
- Write the body of your initial draft of your statement followed by the conclusion and introduction.
- Remember at this stage you want to get ideas on the page. The process of writing is one of inquiry and learning. By starting to write, you will develop new ideas.
- Look at the experiences, strengths, and order presented.
- Do different experiences and strengths need to be highlighted?
- Does the order make sense or would rearranging work better?
- Revise your statement multiple times.
- Have others read your draft to provide feedback on the overall narrative and experiences used.
- Continue to revise.
- Meet with Rachel Chase in the Career Development Center and your HPAC advisor to have them read over a draft of your statement to provide feedback.

### Refining Statement (Late Winter/Spring before you apply)

- Continue to refine statement to make it clear and concise with a cohesive narrative.
- Continue to solicit and incorporate.
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