

PERSONAL STATEMENT GUIDE



5 questions to ask yourself when beginning your personal statement:

1. Why medicine?

Share in depth how becoming a physician is the path to help you to achieve your personal goals.

2. How do you know?

Identify specific examples that have been impactful for you and how they have shaped you into a person who wants to care for others.

3. What's your story?

Take the application process as an opportunity to share what you've learned, why medicine is the right career fit for you, and how you can advocate for others.

4. What is your motivation?

Pay attention to what you pay attention to. What brings you joy? What can you rely on to keep you motivated along the journey to medical school and beyond?

5. Why you?

What experiences have you had that can demonstrate that you are committed to service, a good teammate, compassionate, etc.?



5 considerations as you draft your personal statement:

1. Length

The AMCAS personal statement character limit is 5,300 characters, including spaces, which is roughly one single-spaced page.

2. Timing

Give yourself plenty of time to draft your personal statement. You will want time to walk away, receive feedback, and edit.

3. Feeling stuck?

Start in the middle. The introduction and conclusion can be a challenging place to start. Pick an experience and start writing.

4. Organization

Find a balance between narrative and evidence-based paragraphs. Be purposeful with your words and avoid typographical errors.

5. Connect with your audience

The admissions committee may not meet you in person; they may only hear your voice in your written work. Use descriptive language and detail to show them your passion for medicine.

WHY MEDICINE?

List 5 reasons why you want to be a physician (complete sentences/detailed thoughts)

1

2

3

4

5

What common themes do you notice in the reasons you listed above?

Looking back at these 5 reasons and the common themes that you noticed, describe why you want to be a physician in 1-2 sentences. This can help with really driving home a clear reason for the "Why Medicine?" question the committee is looking for.

HOW DO YOU KNOW?

List 3 moments when you felt reassured/certain that you wanted to become a physician – write a paragraph about that experience – what did you experience, how did it feel, why was it so impactful, what did you learn/take away from that moment?

Ex: Could be from shadowing, working with patients, volunteering, etc.

1

2

3

WHY YOU?

What qualities do you want to have as a physician? Can you connect those qualities to any of your answers above?

Take a moment to reflect on your responses above – think about what has kept you curious, motivated, and encouraged to become a physician.

Looking at all of this information, think about why you want to be a physician and what moments/experiences have led you to that conclusion.

Start writing – do not get caught up on exact wording – just get your thoughts on paper – then you can enter the editing phase.