

A close-up photograph of a hand holding a pencil, poised to write on a sheet of lined paper. The background is slightly blurred, focusing attention on the hand and the pencil tip. The text is overlaid on a semi-transparent white box in the center of the image.

Personal Statement Workshop: The Do's and Don'ts

A Guide to a Successful Personal Statement



The Purpose

Your statement is a vital tool

1. It provides the Admission Committee a “picture” of you
 - It is a ‘mirror’ in which they should see the ‘real’ you
2. It demonstrates YOUR unique qualifications for and commitment to the profession
3. It is your chance to “sell” yourself beyond the entrance exam & GPA numbers

Deadline for Review: March 1!

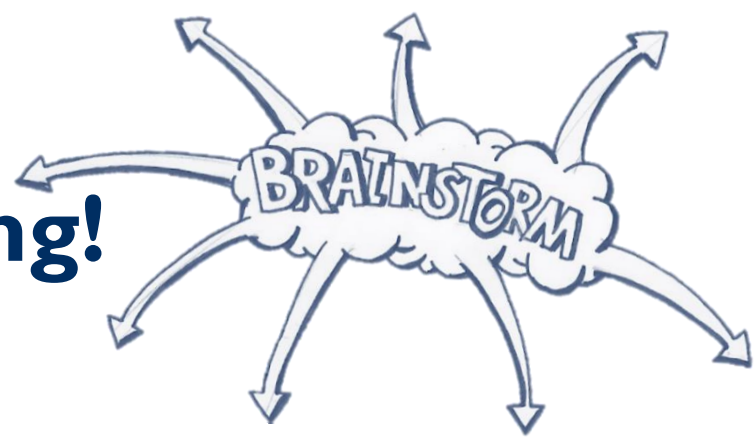


What should be in your personal statement?

You want to show (NOT just tell) the admissions committee:

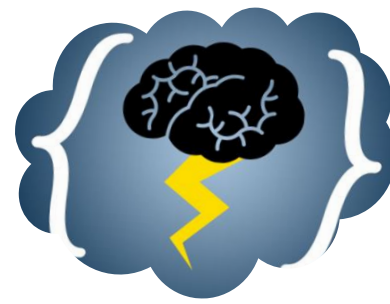
- your character
- your values
- your commitment(s)
- your industriousness
- your unique accomplishments
- your talents

Step 1: Planning!



- Make a plan to make your story **flow**
- The more intuitive the progression of your story, the easier it is to read → vital to a successful statement!
- Create an outline with the points you want to get across
 - What makes you *different*?
 - What tells *YOUR* story?

Brainstorm!



SHOW evidence of qualities that would answer the following questions for the committee:

1. Do you want to come to our Medical/Dental/Optomerty/Pharmacy/PA school?
2. If accepted, will you come **AND** work your hardest to excel?
3. How will you make us look good?

Think about your:

- Motivations
- Family Background
- **Significant** outstanding issues – explain/clarify
- Extracurricular Activities and Work/Volunteer Experience
- Future Plans (long/short term)

The BIG “Don’t”

- **DO NOT just list your qualities, SHOW them!**
 - The natural reaction is to question your statement
 - A list of your qualities will sound prideful even if it is accurate
- **Instead of a list, give an example:**
 - Give an anecdote of how you have showed integrity or resolved a challenging problem or situation

This is **NOT** a resume!

- All central applications are extensive, your readers already know your experiences!
- You may choose to expand on SIGNIFICANT experiences you've listed, but ***choose these wisely***
 - You want to avoid sounding repetitive
- Remember to avoid lists, tell the reader something about you that includes that quality you want to emphasize
 - Make every character count!



Make this your OWN

- You can read many personal statements online but none will be about YOU and YOUR story
- **Your personal statement isn't a recipe!! There isn't a template – you should see yourself as unique**
 - A recipe or template will limit your creativity
 - Remember: there are no set “rules” for these essays

Remember, this is a **PERSONAL** statement!

- When written correctly, personal experiences can add uniqueness to your statement without making you pitiable or a victim
- Caveats:
 - Be optimistic – how has adversity changed you?
 - Focus on what you learned or how you grew from an experience
 - This is all about you, so *keep the focus on YOU!*



‘Full Circle’

- An essay must have a solid start and this is often a theme that runs throughout the essay
- Usually the thematic topic is revisited and emphasized in the concluding paragraph to bring the essay ‘full circle’
- After you have written a first draft you may find it helpful to re-outline and re-organize

Almost Done!

Loading 76%

1. Revise, revise, revise!
 - Eliminate as many useless filler words as possible to have space for the important words (e.g. very, however, ‘colorful’ adjectives)
2. Carefully check spelling, punctuation, grammar
3. Make an effort to be interesting through the good use of language
 - **Avoid** use of flowery or over-descriptive writing



Revising

1. Have your friends read it, carefully and critically
2. Give it to the faculty members you know well
3. Visit the Writing Center for constructive comments
4. When you believe it is **Finished** bring to the Office of Pre-health Professions Advising

*Do NOT bring something with errors in grammar, spelling or a preliminary draft!

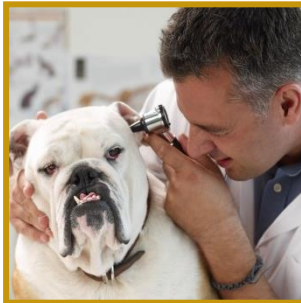
Common Weaknesses

- ❌ Too many points, may lack detail and specifics
- ❌ Listing of activities or qualities
- ❌ Criticism of others, judgmental
- ❌ Controversial topics, a personal agenda
- ❌ **Excessive vocabulary, verbose, complex words**
- ❌ Generic statements and platitudes
- ❌ Rambling and excessive writing, off-topic descriptions

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Arts & Sciences

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**Don't let it wait, we won't have time to
read it after March 1!**

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