HOW TO WRITE A PERSONAL STATEMENT FOR MEDICAL SCHOOL

Potential Strategies

- Make a list of some of your defining experiences where you did something and had to make a choice.
- Select an experience that demonstrates a trait that you believe shows that you would make a good doctor or medical student.

Here are some questions and self-reflective topics to help you get started:

- What are your most passionate interests or concerns?
- What errors or regrets have taught you something important about yourself?
- To what extent do your current commitments reflect your most strongly held values?
- What obstacles, if any, have influenced your educational pursuits?
- What motivates you to learn more about medicine?
- How do your interests and who you are relate to your goals in medical school and as a doctor?
- How would you contribute to the profession and patient care?

Writing tips

- Show, don’t tell. Show your readers something you have done that indicates your passion.

- Avoid...
  - too many qualifiers (i.e., very, quite, rather, really, interesting)
  - using jargon, abbreviations, slang, clichés
  - restating your resume and/or transcript
  - writing too much about doctors or other professionals you admire. The focus should be on you.

Tell a story of personal growth, particularly towards your commitment to the field of medicine.

For additional information about writing dental school personal statements, visit this website: https://www.adea.org/dental_education_pathways/aadsas/Applicants/Pages/PersonalStatement.aspx

Information for this handout came from the following:
AAMC. “Your Pathway to the White Coat: 7 Tips for Writing Your AMCAS® Personal Comments Essay.”
Yale. “Writing the Personal Statement for Medical School.”