Personal Statement
Finding Your Story

UC Davis
Health Professions Advising
<table>
<thead>
<tr>
<th>Profession</th>
<th>Character Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allopathic</td>
<td>5300</td>
</tr>
<tr>
<td>Osteopathic</td>
<td>4500</td>
</tr>
<tr>
<td>Vet</td>
<td>4500</td>
</tr>
<tr>
<td>PA</td>
<td>5000</td>
</tr>
<tr>
<td>Nursing</td>
<td>Varied</td>
</tr>
<tr>
<td>Physical Therapy</td>
<td>4500</td>
</tr>
<tr>
<td>Pharmacy</td>
<td>4500</td>
</tr>
<tr>
<td>Vet</td>
<td>5000</td>
</tr>
<tr>
<td>Dentistry</td>
<td>4500</td>
</tr>
</tbody>
</table>
Goals:

• Reveal Attributes
• Tie to the field (motivation)
• Share tidbits of your background
• Brag about your experiences
Lead your story to making a point.

Start with a story or idea.

- Your point should highlight what you’re about to reveal.
- Each paragraph should have a point that supports the main theme.
- Each paragraph should reveal a different attribute about yourself.
- Show evidence of the claims you make about yourself.

Every paragraph should end with you tying what you just said about yourself back to your future career. How does being a good leader relate to being a good nurse? How does the story you just told show us what kind of doctor you will be?

Start your conclusion summarizing the things you just said about yourself.

End your conclusion with an appeal to school. “With a medical education, I will be equipped to solve even more problems in society.”
Who Are You?
Starting from Scratch?

Think of 10 points in your life, starting from childhood through college, when:

- *something happened to you*
- *you realized something*
- *you were impacted in some way*
For each experience you described, write the attribute you hope that story will reveal.

Next, write what that story/attribute say about you as a future X.
Can you find a theme between your paragraphs?
Create a Structure.

Any structure can work.
Peer Work:
When reading the essay, write the attribute next to the paragraph.
Peer Work:

What does the story make you think?

BE HONEST
Do’s & Don’ts
Do:

- Write honestly, with your voice
- Reveal as much about yourself as possible
- Tell stories. Show instead of tell.
- Illustrate your strong attributes.
- Tie to the field.
Don’t:

• Criticize the field or current practitioners
• Use hyperbolic language “Patients want…”
• List your experiences without tying together.
• Use second person “You”.
• Tell me why you did not choose another field.
Writing Tips

• Read Outloud
• Ask Multiple Readers
• Remove anything not relevant.
• Eliminate hyperbole and assumptions.
• Avoid passive writing.
• EDIT.
Questions?