



Personal Statement

Finding Your Story

UCDAVIS

HEALTH PROFESSIONS ADVISING

Character Count

Allopathic: 5300

Physical Therapy: 4500

Osteopathic: 4500

Pharmacy: 4500

Vet: 4500

Vet: 5000

PA: 5000

Dentistry: 4500

Nursing: Varied

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.

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."

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?

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 does 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?