



Personal Statement for Medical School

UCDAVIS

HEALTH PROFESSIONS ADVISING

**Allopathic: 5300
Characters with Spaces**

**Osteopathic: 4500
Characters with Spaces**

What do they want?

Who Are You?

What the PS is NOT:

- A Resume
- A Disadvantaged Statement
- A Chronicle of your journey into medicine
- An explanation of why you didn't do something else (research)
- A Place to explain your bad grades
- One long story.
- A poem
- A piece of super creative writing

Goals

- Reveal Your Competencies/Attributes
- Tie to your future as a medical student or physician.
- Share glimpses into how your background adds value
- Tell stories that **SHOW** who you are (evidence) and how that relates to what kind of physician you intend to be.

Every medical school is different!

Every screener is different!

**You will not make
everyone happy!**

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 story you tell, can you explain how that relates to you being a doctor?
Can you find a parallel between what you did and what you will do?

Creating a Theme:

- **Once you have your stories, synthesize them, looking for commonalities throughout.**
- **Do multiple stories say similar things about you or your future?**
- **Does your past predict your future in some way?**
- **Can you use a creative theme to tie paragraphs together?**
- *Not ALL personal statements have themes.*

Examples?

Start with a story or idea.

Lead your story to making a point.

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 this dietetic internship, I will be equipped to solve all the problems in society!"

Every paragraph should possess something tying what you just said to being a dietitian.

How does being a good "leader" relate to being a good dietitian?

How does the story you just told show us what kind of practitioner you will be?

Characters are currency.

Do's & Don'ts

Do:

- **Write honestly, with your voice**
- **Reveal as much about yourself as possible.**
- **Tell stories. Show instead of tell. Provide evidence.**
- **Illustrate your strong attributes/competencies.**
- **Tie to the field.**
- **Pick 2-5 people you trust to read it.**
- **Ask people to describe what they learned about you.**

Don't:

- **Simply tell me how you arrived at medicine “exploring” chronologically.**
- **Tell me why you did not choose another field.**
- **Criticize the field or current practitioners**
- **Use hyperbolic language “Patients want..”**
- **List your experiences without tying together.**
- **Use second person “You”.**
- **Tell me how you're going to solve huge problems that no one else has been able to solve.**

Questions?