



CENTER FOR CAREER DEVELOPMENT

WRITING A PERSONAL STATEMENT

AGENDA

- Introductions
- Resources
- The Personal Statement
 - Purpose
 - Content
 - Format
- Drafts and More Drafts
- Feedback
- Next Steps

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CAREER CENTER RESOURCES

- **Career center website pages devoted to graduate school preparation**
 - <https://career.uconn.edu/preparing-for-graduate-school/>
 - <https://career.uconn.edu/resources/personal-statements/>
- **Pre-Med/Dental website page**
 - <https://premed.uconn.edu/primary-applications/>
- **Career Coaching Staff**
 - <https://career.uconn.edu/meet-with-a-career-coach/>

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The Statement Itself

Purpose

- Provides an overview of your writing ability
- Offers insight into fit with the field or program
- Allows the applicant to highlight strengths
- To demonstrate how you will be a successful member of a health professions program, as well as the field in general

The Statement Itself

Content

- Follow directions from the application service
 - Answer any questions or prompt, if provided
- Tell your story
 - Concise, Focused, Genuine; Stay on topic, and Be compelling
 - Use easy to understand language and terminology
- Describe what makes you special, unique, and distinctive
- Provide relevant details about what or who shaped and influenced you

- Avoid oversharing personal or unnecessary information
- Avoid summarizing your résumé or transcripts & emphasizing the negative

The Statement Itself

Content

- If no question offered, consider your ...
 - reason(s) for wanting to pursue a career in this field
 - reason(s) for pursuing a medical/dental/health professions degree
 - area of study in which to specialize
 - successes enjoyed and obstacles overcome
 - relevant past experience(s), career goal(s), and plans for the future
 - preparation (i.e., academics, work experience, service, involvement) for study in a particular field

The Prompts

AMCAS (MD/Allopathic Medicine) “Personal Comments Essay”

- Use the Personal Comments Essay as an opportunity to distinguish yourself from other applicants. Consider and write your Personal Comments Essay carefully; many admissions committees place significant weight on the essay. Here are some questions that you may want to consider while writing the essay:
 - Why have you selected the field of medicine?
 - What motivates you to learn more about medicine?
 - What do you want medical schools to know about you that hasn't been disclosed in other sections of the application?

The Prompts

AMCAS (MD/Allopathic Medicine) “Personal Comments Essay”

- In addition, you may wish to include information such as:
 - Unique hardships, challenges, or obstacles that may have influenced your educational pursuits
 - Comments on significant fluctuations in your academic record that are not explained elsewhere in your application

The Prompts

AACOMAS (DO/Osteopathic Medicine) “Personal Statement”

- This section is where you can write a statement, which is shared with all your osteopathic medicine schools.
 - Once submitted, may not go back and edit
- Keep your topic general: This essay is sent to all programs where you apply.
 - Even if you plan to only apply to one program, it is still strongly recommended to keep the statement general in case you later apply to additional programs.

The Statement Itself

Format & Grammar

- Pay attention to specific instructions:
- AMCAS (MD/Allopathic Medicine): 5,300 characters—includes spaces
- AACOMAS (DO/Osteopathic Medicine): 5,300 characters—includes spaces
- AADSAS (Dental Medicine): 4,500 characters—includes spaces

- Use well developed sentences, varying the length to avoid choppiness or run-on thoughts and ideas
- Catch typos, spelling, punctuation errors
- Use a broad to narrow approach – more on next slide

Broad to Narrow and Back Again



https://unsplash.com/@rabbit_in_blue

- a. Why This Field of Study
- b. Explain why Medical/Dental/Health Professions School in general
- c. Why a specific School and Program
- d. How will you contribute to the field of health care?
- e. How will you represent the field?
- f. How will you have an impact within the profession?

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Drafts, Drafts, More Drafts

The Act of Writing

- Multiple drafts common and expected
- 4-7 drafts and revisions are typical
- Sometimes start over – new version
- Helpful to start early
- Proofing – by others and yourself

FEEDBACK - WHO TO ASK & HOW

- FACULTY
 - Professors and Advisors
 - Research Mentors
- STAFF
 - Advisors
 - Career Center Coaches
 - Research Practitioners
- CLINICAL/MEDICAL PROFESSIONALS
- WRITING CENTER
- FAMILY & FRIENDS

Ask for deliberate, focused feedback

Next Steps

- Start writing – get some general ideas down on paper
- Research the program thoroughly
- Reach out to alumni for ideas, input, insight
- One statement does not cover all
- Consider sharing with recommenders
- Have it reviewed at least once
- Once it is submitted - move on

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<https://career.uconn.edu/preparing-for-graduate-school/>



Graduate School Prep Panels ▾

[Listen to the Experts - Graduate School Admissions Representative Panel Presentation](#)

[Getting into Graduate School Panel Presentation: Perspective from Graduate ...](#)

HOW TO REQUEST A LETTER OF RECOMMENDATION

How to Request a Letter of Recommendation ▾

[VIEW RESOURCE](#) 🔗



Graduate School Interview Preparation ▾

Graduate school admissions interviews come in multiple formats. Prepare yourself for various styles of interviewing.

[VIEW RESOURCE](#) 🔗

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HANDSHAKE

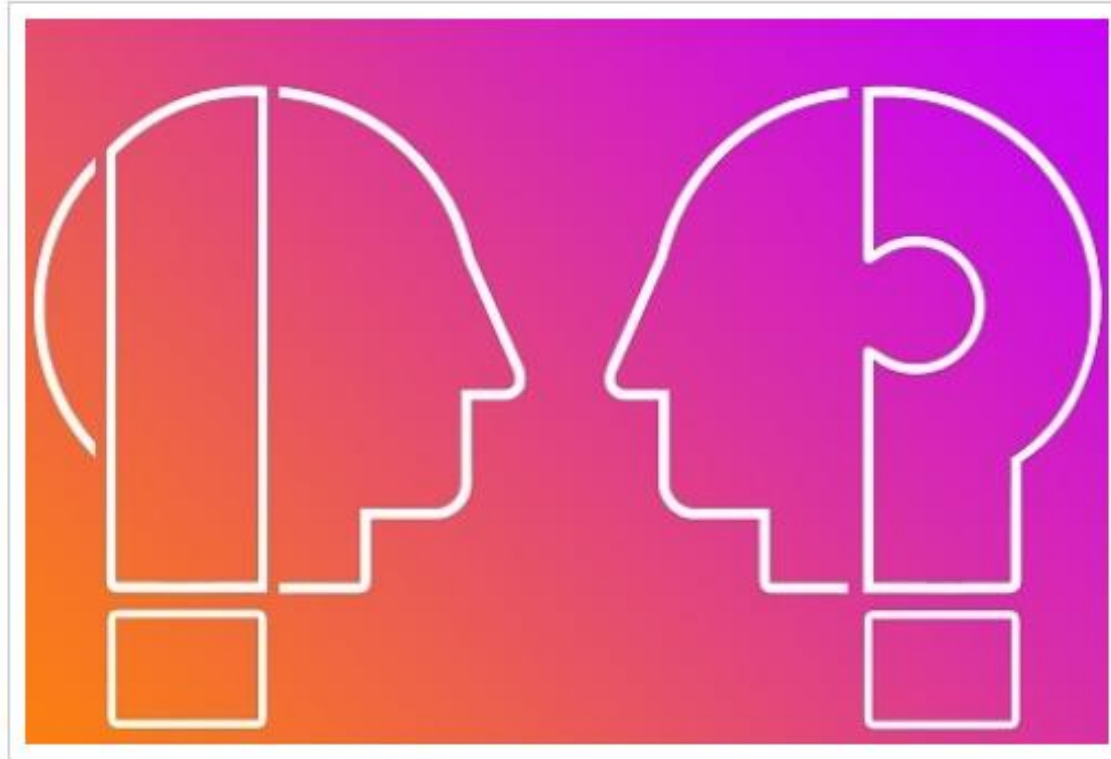
Register for more events



uconn.joinhandshake.com

HUSKY MENTOR NETWORK

CONNECT WITH ALUMNI & KEY PROFESSIONALS



career.uconn.edu/huskymentornetwork

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Storrs Campus:
Wilbur Cross Building
Room 202
(860) 486-3013

Office Hours
Monday – Friday
8:00 a.m. – 5:00 p.m.

Schedule an Appointment
career.uconn.edu

(in person and virtual)

- Specific hours at all five campuses,
- Check campus website for details
- Alumni – next three years

STUDENTS TODAY. HUSKIES FOREVER.

Medical School Admissions

Granville Wrensford

Assistant Dean and
Associate Director

Department of Health Career
Opportunity Programs



Thomas J. Buskey

Director

Admissions, Touro College of
Osteopathic Medicine

