

# Personal Statement Exercise

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Your Personal Statement tends to be the most difficult part of the application and often gets put off until September, when applications are due. Try to do this one-hour exercise to create the draft. It will give you an initial set of thoughts and perhaps refine the specialty/residency you want.

Set the timer on your phone for one hour, get your laptop out with a glass/cup of your favorite libation and compose a 3 paragraph essay . . . like the type they taught us in the 3<sup>rd</sup> grade.

The 3 paragraphs are:

**Your life before medical school** (any events you wish to highlight and describe and how you came to the decision to want to commit to a career as a physician)

**Your life during medical school** and why you chose your specialty (the adjustment you made to school, becoming a professional, working with patients, specific residents or faculty who influenced you, logic behind selecting a specialty, etc.)

**Your life as you see it after medical school**

- a. How you see your professional life through residency and career
- b. How you see your personal life through residency and career
- c. How you see your professional life interacting with/affecting your personal life and your personal life affecting your professional life

This is a draft, so don't worry about spelling, punctuation or other grammar issues. It's great to get something down in a Word document because as you reflect, it may also help clarify your path and specialty choice.