



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-virtually/>

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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

The Statement Itself

Content

- Follow directions from the application service
- Be concise, focused, and on topic while telling your story; be compelling
- Describe what makes you a special, unique, and distinctive applicant
- Provide details about what or who shaped and influenced you
- Use easy to understand language and terminology
- Be genuine and sincere
- Avoid oversharing personal or unnecessary information
- Avoid summarizing your résumé or transcripts & emphasizing the negative
- Answer questions or prompt, if provided

The Statement Itself

Content

- If no question offered, consider your ...
 - reason(s) for pursuing a medical/dental/health professions degree
 - reason(s) for wanting to pursue a career in this field
 - area of study in which to specialize
 - successes enjoyed and obstacles overcome
 - 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?

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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 you submit your application, you cannot edit this section.
- Keep your topic general: Keep the statement general as this essay is sent to all the programs you apply to. If you plan to only apply to one program, we still strongly recommend keeping your 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 a broad to narrow approach
- Use well developed sentences, varying the length to avoid choppiness or run-on thoughts and ideas
- Catch typos, spelling, punctuation errors

Broad to narrow and back again



https://unsplash.com/@rabbit_in_blue

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

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DRAFTS AND MORE DRAFTS

- Multiple drafts common
- 4-7 versions typical
- Sometimes start over
- Helpful to start early
- Proofing – by others and yourself

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FEEDBACK - WHO TO ASK & HOW

- FACULTY
 - Professors and advisors
 - Research mentors
- STAFF
 - Advisors
 - Career Center Coaches
- 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
- Once it is submitted - move on

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HANDSHAKE

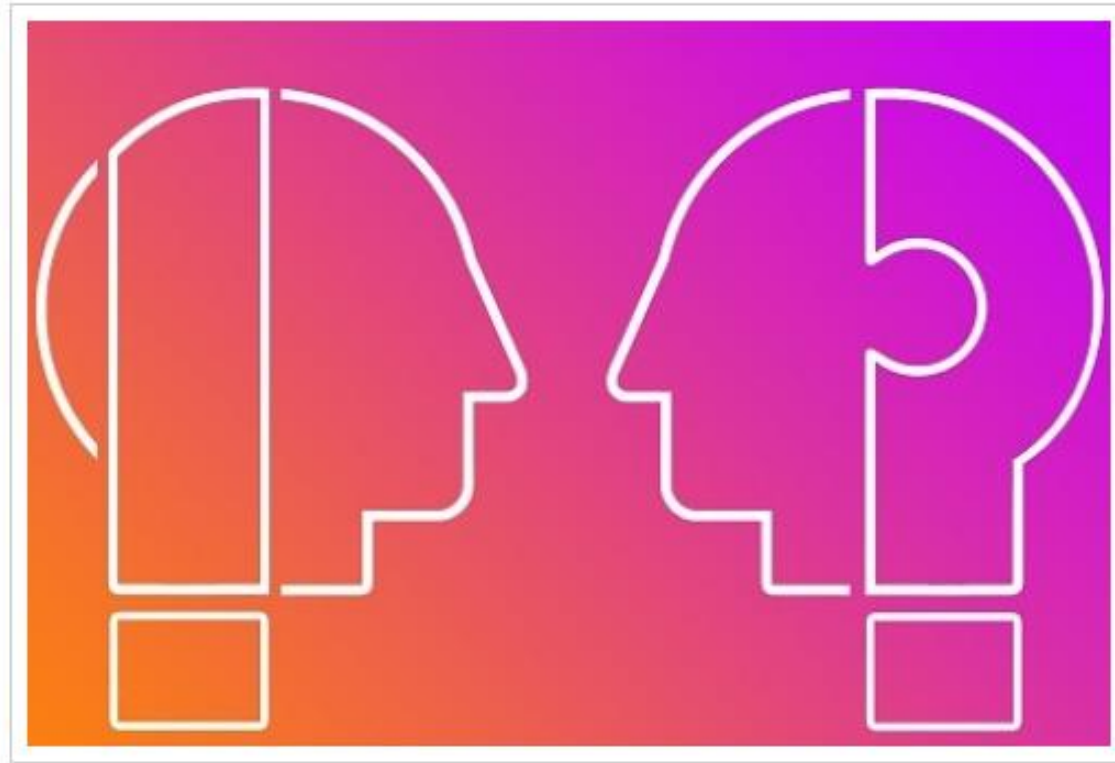
Register for more events



uconn.joinhandshake.com

HUSKY MENTOR NETWORK

CONNECT WITH ALUMNI & KEY PROFESSIONALS



career.uconn.edu/huskymentornetwork

CENTER **FOR** CAREER **DEVELOPMENT**

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

(virtual as of March 2020)

Hours at all five campuses, check campus
website for specifics

STUDENTS TODAY. HUSKIES FOREVER.

Medical School Admissions

Granville Wrensford

Assistant Dean and
Associate Director

Department of Health Career
Opportunity Programs

The logo for UCONN Health, featuring the text "UCONN" in a large, bold, white sans-serif font above the word "HEALTH" in a smaller, bold, white sans-serif font, both centered on a dark blue square background.

UCONN
HEALTH

Chris Tripp

Assistant Director of Operations
Office of Graduate Admissions

