Personal Statement Exercise

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 3rd 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.