

PERSONAL STATEMENT

PURPOSE

To establish the relationship between you and the training program (think of this as online dating)

- Who are you and how is that reflected in your career choice
- Highlight what would make you the ideal candidate
- What are you looking for in a residency program

Should be a maximum one page

POSSIBLE TOPICS

- Was there an experience that sparked your interest in this specialty?
- Was there a mentor that sparked your interest in this specialty?
- How has diversity shaped you?
- Background – emphasize your values and ties to specialty choice

DO

- Be well organized, well written, proper grammar
- Use a catchy intro
- “Show,” don’t tell (e.g. don’t say “I get along well with others,” tell a story where that is obvious)
- Address any holes or red flags directly
- OK more than one version if applying to more than one specialty
- Try to have a general theme trying things together

DON'T

- Just regurgitate your CV
- Discuss controversial topics (e.g. politics, religion)
- Say motivation was someone near you who was sick/dies or “want to help people”- Cliché
- Tell a story where you outperformed a peer or say bad things about other health professionals
- Don’t overly romanticize (e.g. “Being a rural doctor is the epitome of practice”)

CONCLUSIONS

- Outline your future career goals within the specialty
- Specify what you are looking for in a residency
- Highlight your love of THIS specialty
- Tie together with general theme if possible