

Bio 3A - Applying to Health Professional Schools

WRITING A PERSONAL STATEMENT

As a part of the application process to health professional schools, services (AMCAS, AADSAS, AACOMAS, PHARMCAS, etc.) and individual health applications will require that the applicant write a personal statement. It is in this one page that you have the chance to let admissions committees get to know you, and to convince them that you are prepared to enter training for a specific health sciences profession. In some application processes, the personal statement can make the difference in the admissions committee's decision to interview an applicant.

Because each applicant is different in terms of background, experiences and academics, the content of each applicant's personal statement will vary. The style in which you present your information can tell an admissions committee a great deal about your personality. Following is a list of possible information to include in your statement, again, depending on your unique background and circumstances:

Reasons for pursuing this career: When did you decide and under what circumstances? Role models? How have you tested yourself within this environment? Depth and specifics of clinical experience?

Personal background: This is the one factor that makes applicants unique from one another. It tells the reader who they are reading about. If born outside the U.S., when and under what circumstances did you come to this country? Education and accomplishments of family and its affect on you? Unusual family circumstances or events? If bi-cultural, what have you learned and incorporated from both?

Academics: Are there any unusual circumstances surrounding your academic record? Your reaction to your record or test scores? Why are you confident that you can handle the rigors of a health sciences education?

Extracurricular activities/accomplishments: Which are particularly relevant? What have you learned? Personal growth experienced?

DO:

Type it, neatly, no typos, use proper grammar
Utilize all of the space provided
Give specific examples to illustrate points
Provide personal information especially if applying as disadvantaged

DO NOT:

Repeat info listed elsewhere in application
Use abbreviations local to UCI: SPOP, Bio 199, etc.
Make statement a LIST of accomplishments
Wait until the last minute - IT TAKES TIME!

Review of Personal Statements: You may get specific feedback and suggestions on your personal statement by contacting the Learning and Academic Resource Center (LARC). Please refer to the LARC website at <http://www.larc.uci.edu> for more information about this service.