

Personal Statement- Medical Residency



What is a medical residency personal statement?

A medical residency personal statement explains why you want to be accepted into a residency program, how your experience makes you a qualified candidate, and how you hope the program will contribute to your professional development. Is an opportunity to illustrate how you are motivated, experienced, and eager to achieve your goals.

OTHER HELPFUL HANDOUTS

- *Writing personal statements*

OTHER SOURCES

- *First Aid for the Match, 5th Ed, by Tao Le, Vikas Bhushan, and Christina Shenvi.*
- *The Successful Match 2017 : Rules for Success in the Residency Match by Rajani Katta and Samir P. Desai*
- www.medfools.com

What are some common features of the medical school personal statement?

- They demonstrate, in detail, that you are a good fit a given program and specialty.
- They create a narrative about your strengths and how you will benefit from and contribute to a program and specialty.
- They highlight your strengths as a future medical practitioner with details and examples that illustrate your strengths.

How do I get started on my personal statement?

Here are some questions to help you brainstorm ideas:

- Why did I choose this specialty?
- What am I looking for in a residency program? Why would I be a good fit for this program?
- What are my professional goals in the field I have chosen? How can I contribute to this specialty?
- What are my strengths? In my chosen specialty? What examples illustrate those strengths?
- What accomplishments should I highlight?

What are strategies for writing a successful statement?

- Don't feel you have to organize your statement chronologically. You can also consider grouping ideas by theme or goal.
- Consider a vivid scene or image to open your statement. What can grab the committee's attention? You might also return to that scene in your conclusion as a way to frame the essay.
- Be sure to provide specific examples and details to illustrate your ideas. If you write "I am a hard worker," include specific examples that provide evidence for that claim. Show the committee how you are a good worker rather than simply stating it.
- Make sure your statement is stylistically conventional and easy for a reader to follow. Try to focus each paragraph on a particular idea, with a strong topic sentence. Committee members have to read many statements, you want to make it easy to do so.
- Be sure to proofread your statement carefully, and have others proofread it for you, so no mistakes make it through to your final draft.

Here are a few final tips about writing your statement.

- **Start early:** Allow enough time to brainstorm, draft, and revise as much as needed. If the submission deadline is September, consider starting drafting your statement in the spring.
- **Use multiple readers:** Your peers, mentors, and writing specialists can all look for and give feedback on different aspects of the statement. The University Writing Center works with many Medical Residency Personal Statements each year.
- **Tailor your personal statement to specific programs:** If you are interested in research, emphasize those elements of your statement when you apply to do research in an academic institution.