Getting Started on Your Personal Statement: Assessing your academic, career and personal background as it supports and relates to your endeavor

**Step One:** Assess your personal background to find a “hook” or theme, which needs to relate to why you chose to apply to medical/grad school

*This can include: family, hobbies, interests, hardships, achievements/honors.* Questions to ask yourself: Why do I want to become a doctor? What were some of the turning points in my life? What were some of the biggest challenges in my life, and how did I handle them? What person has most influenced my life and how? What event has most influenced my life and how? What are my future goals and why?

Hook 1: ________________________________________________________________

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Hook 2: ________________________________________________________________

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Hook 3: ________________________________________________________________

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**Note, you will ultimately need to select only ONE hook that will be the central theme of your personal statement

**Step Two:** Assess your academic background

List your college major and/or other training that has contributed to your knowledge of and desire to study your field of interest.  **Academic Program:** How has it prepared you and/or influenced your decision to apply for medical/grad school?  (Mention skills acquired & lessons learned. Do not list courses)

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**Step Three:** Assess your work experience associated with the career field of interest (Internship/ Part-Time/ Job Shadow/ Volunteer): Describe your experience & lessons learned. For example, discuss populations you worked with, skills you utilized, & tasks you completed, and, why you enjoyed this experience.  **Examples:** Volunteer at Kaiser Hospital, Physical Therapy Assistant at West Valley Clinic

**Job Title, Place of Employment:**  How has it prepared you and/or influenced your decision to apply for medical/grad school?

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