

Application Aspects: Personal Statement and Activities Writing

Personal Statement

Your personal statement is a large and really important part of your medical school application.

A personal statement:

- Provides a summary of your interests
- Tells your story of why you're interested in becoming a physician, why medicine fascinates you, and why you're a great fit

When writing your statement, there are a lot of routes you could follow. One is by talking about specialty interests:

As an example, Aprile had a deep fascination with obstetrics and gynecology in college. She wanted to take advantage of every opportunity to learn more about that field. Her research, teaching experiences, shadowing, and clinical work aligned with this field. This created and developed a story that evidently showed why she was a great fit not only for medicine but also for OB-GYN.

However, if there is not a particular specialty that fascinates you the most, that is okay! Another way of thinking about your personal statement is by writing about specific experiences that really shaped your interest in medicine:

Some examples of experiences you may have had:

- *Specific volunteer experience where someone you helped influenced you in a certain way*
- *Took care of someone long-term (relative or not)*
- *Something non-clinical that showed you the importance of empathy and kindness*

All of these experiences are relevant and should be included in your personal statement. You should include things that are a part of your story. **You want to tell a story that makes it very clear that not only are you interested in medicine but also that you would be an excellent fit.**

Activities

Your activities section can include a number of things. It can vary greatly whether it is something that might have aligned specifically with medicine or something that is completely unrelated.

As long as you are able to talk about it clearly and explain why it is part of your story, it is something that should be included!

In this activity section, you want to include:

- Purpose of activity
 - Why does it exist?

- What is the point of it?
- Your role in that activity
 - What is it that you did while you were part of that activity?
 - What was the purpose of your role?
- What you learned from being in that activity

Every experience you have has a purpose and all of them can help you learn something in some way. You might not realize it firsthand, but when you think about it more deeply, you'll realize that there is a purpose to all of these activities and it did shape you in a way that you can talk about.

To go a bit further, you can talk about how these activities relate to your interest in medicine. This is not required, but it does show that you have put in an effort to begin to explain that. **Just like your personal statement, you want to be able to tell a story.**

School Specifics

If you are applying to osteopathic medical schools, you want to be able to show why you're interested specifically in holistic healing. It is important to emphasize this in both your personal statement and activities and show why you're specifically interested in osteopathic medicine.

For allopathic medical schools, you want to explain why allopathic medicine specifically interests you as well.

These are not required, but are often overlooked when crafting your personal statement and activities section. **At the end of the day, you want to tell a story to explain why you're an excellent fit.**