Personal Statement Workshop

May 22 and June 8, 2023

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Workshop Objectives

• Participants will leave the workshop with a basic outline for their personal statement
• This will be accomplished through the use of two essential skills for professional and personal success: reflection and gaining perspective
Reflection and Perspective

<table>
<thead>
<tr>
<th>Reflection</th>
<th>Perspective / Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>We reflect on information...</td>
<td>... in order to gain perspective or assign meaning</td>
</tr>
<tr>
<td>Patient’s symptoms</td>
<td>Diagnosis</td>
</tr>
<tr>
<td>Friend’s comments</td>
<td>What they are thinking</td>
</tr>
<tr>
<td>Clerkship experiences</td>
<td>Best fit specialty</td>
</tr>
</tbody>
</table>
Reflection Exercise #1

• What is the purpose (meaning) of the personal statement?
Perspective: Programs

- Offers a sense of your organization, clarity of thought, enthusiasm for medicine and career aspirations (quality of candidate)
- May identify candidates with undesirable personality traits (fit for program)
- Provides “ice-breakers” for the interview
- Provides human dimension to an otherwise data laden application
- Makes it easier to recall candidates
Perspective: You

- May help you choose a specialty if you are still undecided
- Refines your ideas about why you have chosen a particular specialty
- Clarifies what you are looking for in a program
- Prepares you for your interview
- An opportunity, after a pivotal year in your life, to reflect on who you are and what you want
Reflection Exercise #2

Write your perspective on your worksheet.

- Who are you?
- Why are you interested in your chosen specialty?
- What are your goals for your career in this specialty?
- What will you need from a training program in order to prepare yourself to tackle those goals?
Perspective: A Personal Statement is NOT...

- A way to brag about or list your accomplishments
- An opportunity to demonstrate your creative writing skills
- The time to complain about other people, specialties or patients
- A document you can write in one weekend
- A way to get interviews or rank list rankings that you otherwise would not get
Reflection Exercise #3

- Support your answers to these 4 questions:
  - Who are you?
  - Why that chosen specialty?
  - What your career goals?
  - What do you need to succeed?

“Metamorphosis of Narcissus”
Salvador Dali
Perspective: Who are you?

- What experiences brought you to medicine?
- What about these experiences/people made a difference?
- What does this say about who you are?
- How does this impact where you plan to go in the future?
Perspective: Why this specialty?

- What event(s) triggered your specialty decision?
- Are there powerful role models for you in your chosen specialty?
- Is there something about your specialty that draws you in?
  - Patient population?
  - Physiology?
  - Molecular biology / Genetics?
  - Procedures / Specific patient interactions?
  - Research, teaching, leadership opportunities?
Perspective: What are your goals?

• In what venue do you plan to work?
• Are their specific clinical activities you’d like to pursue?
• Besides clinical activities, are there other activities?
  • Research?
  • Teaching?
  • Leadership?
  • Opportunities?
• Are there strong personal motives for these choices?
Perspective: What do you need to tackle these goals?

• What would maximize your learning?
• What would maximize your professional and personal happiness?
• What additional experiences besides clinical training would benefit your career?
  • Research opportunities?
  • Teaching opportunities?
  • Focus on quality?
Process Pointers

Typical Personal Statement

• ~One page
• ~Four paragraphs
• ~80 percent focused on:
  • Who are you?
  • Why your chosen specialty?

• ~20 percent on:
  • What are your career goals?
  • What do you need to succeed?
Process Pointers

START NOW!

ID Key Questions / Points
- Bulleted responses
  - Flesh out responses
    - Start writing
      - Address grammar & punctuation
        - Refine tone
          - Take breaks from writing
            - Get critiques

Final draft September 15th
Reflection Exercise #4: The PD’s Perspective

- If you were a program director, what kind of person would you be looking for?

Program Director?  Student?
Style and Tone

• Tell the program a little about yourself and your plans…
• …while not coming across as eccentric, arrogant, or in any way difficult to work with.
Style

- Expository / Biographic
- First Person
- Concrete
- Well organized
- Correct grammar
- Approximately 1 page
Tone

• Most Programs Directors will forgive errors in:
  • Content
  • Style

• Many Programs Directors will NOT forgive even minor errors in:
  • Tone
Tone Exercise #1: Describe the Pitfall

- Despite how difficult the personalities were on my team, I persevered and effectively attended to the needs of my patients.
- The patient proved to be extremely non-compliant with our recommendations.
- I performed in the top ten percent of students in the medicine clerkship.
- My ten years of working in the private sector before medical school leave me with little worry about stepping into the role of intern.
Tone Exercise #2: Compare and Contrast

I found that performing this procedure was very easy.

OR

I found that performing this procedure was very rewarding.
Tone Exercise #2: Compare and Contrast

Having had this experience, my career path has been very clear to me.

OR

Follow the yellow brick road!
Tone Exercise #2: Compare and Contrast

There are many reasons why OB/GYN is the best fit for me.

While working with my mentor, Dr. X, …

OR

My mentor, Dr. X, showed me how OB/GYN is far and away the best of the medical specialties.
Tone Exercise #2: Compare and Contrast

My ten years of working in the private sector before medical school left me with little worry about stepping into the role of intern.

OR

My experiences working before medical school have given me great perspective on taking responsibility and functioning within a team.
Tone Exercise #2: Compare and Contrast

I look forward to the challenges of the next few years.
To me, they represent a unique opportunity to grow as a person and a professional.

OR

I know the years ahead will be difficult but I have steeled myself for what is to come.
<table>
<thead>
<tr>
<th>Desirable Elements</th>
<th>Undesirable Elements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Humility</td>
<td>Arrogance</td>
</tr>
<tr>
<td>Sincerity</td>
<td>Ingratiation, craziness, blandness</td>
</tr>
<tr>
<td>Enthusiasm</td>
<td>Cynicism</td>
</tr>
<tr>
<td>Competence</td>
<td>Overconfidence / Lack of confidence</td>
</tr>
<tr>
<td>Diligence</td>
<td>Laziness</td>
</tr>
<tr>
<td>Gratitude</td>
<td>Bitterness</td>
</tr>
<tr>
<td>“Me, the Team, and the Patient”</td>
<td>“Me, Me and the Me”</td>
</tr>
</tbody>
</table>
Approaches to Setting Tone

- How you talk about patients
- How you talk about yourself and others
- Which stories and role models you chose to discuss
- How you describe your training to date and hopes for the future
- How you outline what you need from a training program
Process Pointers

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ID Key Questions / Points

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Final draft September 15th
Summary

• Content and Process
• Style and Tone
• Adequate time investment
• Reflect
• Gain Perspective

“Some people see the glass half full. Others see it half empty. I see a glass that's twice as big as it needs to be.”

— George Carlin
The Letter of Recommendation
Asking for a Letter of Recommendation

- Objective: A Strong Letter of Recommendation
  - Supportive
  - Detailed
  - On Time
  - Concordant
The “Ask”

• At least 6-8 weeks lead time
• Face to face
• “Could you write me a strong letter of recommendation?”

If “Yes”:
• Provide draft CV and Personal Statement
• Deadline for submission: September 15, 2023
• Upload directly to ERAS (if they have questions, they can ask our office)
Maximizing Detail and Concordance

“Would you be willing to review my CV and Personal Statement? I would like to answer any questions you may have about my research or activities.”

If the answer is “No, not now”, take an alternate approach:

“I have a question about my personal statement. Would you have a moment to help me with it?”

Focus your letter writer on key elements & details of your personal statement / CV.
How do the letters of recommendation get into ERAS?

• June 8, ERAS opens fully to registered applicants

• Can begin uploading all components of the residency application

• Personal statements, transcripts, photos, LOR’s…
Questions?