

NAME:

Date:

Personal Statement Workshop

BRAINSTORM!

Strengths

Brainstorm an exhaustive list of your strengths, and ways that your background has especially qualified you to be a good healthcare provider. Include your special attributes and perspectives. Include hard skills (like cracking books, managing time, or running IV's) and soft skills (like professionalism, making friends, and staying motivated).

Look within. Be creative. Also, ask your friends. Ask your mother.

Weaknesses

Brainstorm an exhaustive list of your obstacles as a student or practitioner. Include your weak attributes and handicaps. Include personal or interpersonal areas that cause you confusion or discomfort. Include hard skills (like cracking books, managing time, or running IV's) and soft skills (like professionalism, making friends, and staying motivated).

Be realistic—you may have weaknesses you don't understand. Ask your therapist. Ask your enemies.

Put a **STAR** by any strength which maybe 20% or fewer professional school applicants might claim.

Most of a person's weaknesses don't present major problems—though being aware of them is part of maturity.

Put a **STAR** by any weakness that could pose significant problems for you in school or as a practitioner.

Personal Statement Workshop 2015

BRAINSTORM!

Accomplishments

What have you done that you're proud of? That reflects your skills, work ethic, and character?

Personal Statement Workshop 2015

BRAINSTORM!

Motives

What motivates you to spend a career working in healthcare? What events or individuals started you on this path? Why is healthcare something you want to do each day for maybe the next 30-40 years?

(There had better be things on this page other than, "I want to help people.")

Personal Statement Workshop 2015

BRAINSTORM!

Goals

Goals are what you look forward to in the future, personally and professionally. What does your dream future look like?

What sorts of tasks do you most enjoy? What sort of patients do you especially like to work with? Do you especially prefer to work in a hospital, clinic, private practice, or other setting? Do you hope to serve in the military or as a medical missionary? To be paid by the public or by private citizens? Are you especially interested in special areas within your field (including academics or teaching)? How much time in a week will you want to devote toward healthcare? Toward your personal life and family? Do you have particular earning, investment, or acquisition goals? Career advancement goals?

Personal Statement Workshop 2015

BRAINSTORM!

Influences

What people, experiences, relationships, or circumstances shaped who you are today? Which ones put you on the path to healthcare? Did a particular book, quote, or event especially shape your outlook?

Challenges

What challenges, handicaps, circumstances, or misfortunes have you had to overcome to get this far? How did your influences and challenges change and mature you?

Personal Statement Workshop 2015

BRAINSTORM!

Chronology

What events and experiences have helped to shape you as a future healthcare provider?

It's useful to start with early childhood. What were your first experiences that shaped your present, healthcare-ready self? Continue listing events through the present day.