

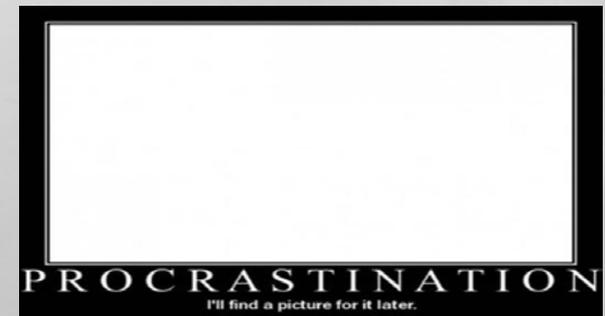
# **PERSONAL STATEMENT**

**THE VIEWING GLASS INTO YOUR HEART, MIND AND SOUL**



# YOUR PERSONAL STATEMENT

- Hardest part of application
- **MUST** be your best work
  - Excellent writing skills
  - Active voice
  - No clichés
  - Avoid quotes
- Engage the reader
- Reflect your goals, your qualities, your values
- Describe experiences that led you to this career choice
- Use concrete examples and personal details
- Be concise, no fluff
- **BE AUTHENTIC/SINCERE**
- No autobiography



# PURPOSE OF PERSONAL STATEMENT

- **Explain who you are**
- Delineate your values
- **Describe your motivation for the career**
- Demonstrate that you understand what it takes to practice the profession
- **Highlight your leadership skills**
- Confirm your commitment to community service
- **Demonstrate your ability to work as a professional**
- YOUR PURPOSE FOR WRITING THE PERSONAL

STATEMENT:

**TO GET AN  
INTERVIEW!!!**



KEEP IT SIMPLE

# WHAT DO EVALUATORS LOOK FOR?

- Consistency of response
  - Comments in essay match activities cited elsewhere in application
  - Inconsistencies:
    - “I care about people,” but there are no other--centered activities cited
    - “I want to practice in undeserved and/or rural area,” but does not discuss underserved/rural topic or is not involved in these issues

*what you do*  
**EVERY**  
**DAY**  
matters more than  
*what you do*  
**EVERY**  
**ONCE**  
in a while.

# WHAT DO EVALUATORS LOOK FOR?

- DEPTH OF UNDERSTANDING OF APPLICANT
  - UNDERSTANDS HIM/HERSELF
  - UNDERSTANDS THE PROFESSIONAL FIELD
- CONVICTION
  - DISPLAYS PASSION FOR PROFESSION
  - HAS A SENSE OF SELF
- SOCIAL DESIRABILITY
  - DOES NOT TRY TO PLEASE READER
  - IS HONEST
- CONCEPTUALIZATION OF ESSAYS
  - ORGANIZED IN BOTH THOUGHT AND STRUCTURE
  - RESPONDS DIRECTLY AND CLEARLY

**Always Speak  
The Truth**

**But Don't**

**Always  
Speak**

-Great Grandpa

*BeautyThroughImperfection.com*

# OVERVIEW OF DO'S AND DONT'S

DO: WRITE THE OUTLINE OF YOUR PERSONAL STATEMENT  
FIRST BEFORE WRITING YOUR INTRODUCTION.

DON'T: WAIT UNTIL THE LAST MINUTE

# ALL ABOUT YOU

## YES

- Your driver to career
- Values with **examples**
- Explain your passion
- Why you would be a good....
- Desire to serve
- **EXAMPLES**



## NO

- I was born on....
- I am dependable, motivated, intelligent, sincere....
- I've always wanted to be a ....
- I can do it better than....
- I want to help people
- Anything from high school, politics, religion

# PERSONAL CHARACTERISTICS

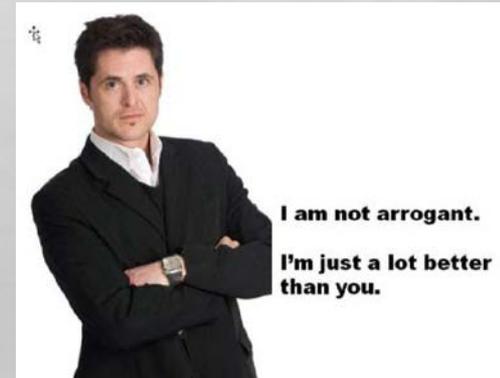
## Positive

- Commitment to service
- Realistic about strengths and weaknesses
- Involved in activities
- Evolution of desire for health care



## Negative

- Compulsiveness
- Fanaticism
- Providing info without discussing importance
- Insensitivity to needs of others
- Patronizing
- Hostile
- Arrogant



I am not arrogant.  
I'm just a lot better  
than you.

# POINTS TO HIGHLIGHT

YOU KNOW WHAT YOU HAVE DONE WELL AND WHAT YOU COULD HAVE DONE BETTER

# PROFESSIONAL LIFE

## YES

- Health care experience
- Medical missions, such as International Service Learning
- Research
- Understand the rigors associated with practice

## NO

- I love ER, Grey's Anatomy, House, etc.
- I like to read medical thrillers
- I want to help
- I feel sorry for the poor
- I want status
- I want to make money





# LEADERSHIP SKILLS

## YES

- Extracurricular
- Committee chair
- Club Officer
- Coach
- Tutor; Peer Mentor
- Island Ambassador



## NO

- I wanted to do it but I had to work
- Nobody listened to my ideas
- It was just a popularity contest
- I was too busy



# COMMUNITY SERVICE

## YES

- Sustained commitment
- Two or three organizations
- Desire to serve

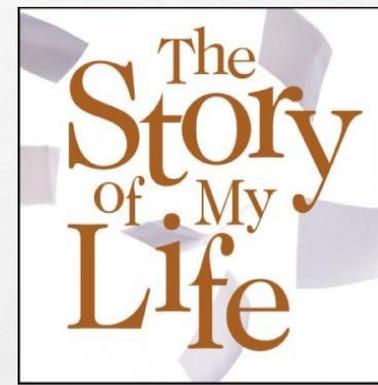
## NO

- Laundry list of mediocre activities
  - Walk of this
  - March of that
  - One day wonder child
- Multiple clubs



# RECAP TO SUCCESS

SIT DOWN... MAKE A PLAN... GET IT DONE RIGHT



# Do!!!

Make it real – tell a story – engage the reader

- Make it flow
- Explain why you are passionate about your career choice
- Support claims with examples
- Demonstrate your values
- Use formal writing – no contractions
- Include long-term goals
- Have other (smart) people read/critique essays

There are many smart people in Career Services:  
<http://career-services.tamucc.edu/current%20students/index.html>



# DO NOT!!!

- Introduce yourself
- Use “I” excessively
- Use quotes
- Use words that you have to look up
- Plagiarize
- Write, “I know that I will be a good \_\_.”
- Discuss the failings of the poor professionals, practitioners, professors you have known
- Make excuses
  - I had to work
  - The professors did not like me
  - The tutors were no good
- Whine



# PHARMACY SCHOOL PERSONAL STATEMENT OUTLINE

The essay is broken down into 3 major components.  
(Discuss EACH component.)

Part 1) Why you selected pharmacy as a career

Part 2) How does a Doctor of Pharmacy degree relate to your immediate AND long-term professional goals

Part 3) How does your personal, educational, AND professional background help you achieve these goals.

**FYI:** This approach can be adapted to any health profession field personal statement

# WRITE 3 PARAGRAPHS, ONE FROM EACH PART.

Part 1) How I decided I wanted to pursue a career in pharmacy. Here you can put anything that made you want to go into pharmacy. You can discuss your interest in chemistry (Org Chem YAY!!), interest in the drug field and the direction it's going in healthcare, personal experiences (watching grandma take her meds to stay alive 10-15 years longer), etc.) Try to have a valid, strong, and preferably unique reason into why you want pharmacy. \$\$\$\$ IS NOT A VALID REASON!!

Part 2) Explained my volunteer and work experiences and why I think they reinforced my decision to pursue a career in pharmacy (Generally shadowing/working as a pharm tech is what to talk about here. Talk about the positive great things you saw pharmacists do while you shadowed/worked with them. Depending on the work environment, you saw different scenarios into what pharmacists do (doing clinical rotations with doctors, discussing chemo drugs with patients when they pick-up from the compounding pharmacy, counseling patients in retail). Try to make the examples very specific and in detail. DO NOT add in negative situations (please exclude "watching the pharmacist yell at the drive thru window at CVS" in your examples. Also, any type of healthcare volunteer work that shows compassion and empathy towards patients is also good to add here.

Part 3) My plans for employment/residency once my PharmD is completed and my general goals for the future (Discuss certain pharmaceutical fields that personally interest you. Definitely, add in a residency if that's the direction you want to go and why you want the residency (do NOT state it's because it can help you get a job more easily. Although you may just do retail when you're done, try to add something unique and different that may set you apart from other applicants (since majority of students usually end up in retail anyways).

# REFLECTION POINT

- I COMPLETED MY APPLICATION PACKET FOR HPAC ON TIME AND WAS INFORMED THAT I WILL HAVE AN INTERVIEW DATE AND TIME ASSIGNED TO ME
- I JUST SAW THIS PRESENTATION AND WISH I HAD TIME TO FIX MY PERSONAL STATEMENT BEFORE THE COMMITTEE SEES MY ESSAY
- IT TAKES JUST AS MUCH ENERGY TO WISH AS IT DOES TO PLAN
- USE THIS PRESENTATION TO DEVELOP YOUR PLAN AND OUTLINE
- REDO YOUR PERSONAL STATEMENT AND SUBMIT IT TO [PREHEALTH\\_EDUCATION@TAMUCC.EDU](mailto:PREHEALTH_EDUCATION@TAMUCC.EDU) BEFORE THE END OF DAY MARCH 1<sup>ST</sup>