Residency Application Supporting Documents

- MSPE
- Medical School Transcript
- USMLE Score Transcripts
- Curriculum Vitae (CV)
- LORs
- Personal Statement
Personal Statement

A key component of your residency application

An opportunity to show who you are beyond your CV, grades & test scores

Personal Statement

A chance to help you stand out from other applicants & allow a selection committee to learn more about you

Should be customized to the specialty you are applying to

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Steps for Writing Your Personal Statement

1. Review the guidelines and make sure you are aware of the required format.

2. Brainstorm Ideas

3. Draft, and redraft until you are confident with your statement.

4. Seek feedback from a mentor, faculty, or peer, and ask someone to proof read for grammatical or stylistic errors.

5. After all edits have been made, upload to ERAS to submit as part of your residency application.
Personal Statement: Format & Guidelines

One Page (try to keep it under 700 words)

Single Spaced

Standard & Legible Font (ex: Times New Roman/Arial)

Be aware of sentence structure, writing style & transitions

Writing style flows smoothly and is void of any grammar or spelling errors

Specialty Specific - Tailor your personal statement to a particular specialty. If you are applying to more than one specialty, write a personal statement for each specialty.

Focus on the positive. If there are red flags in your application that you would like to explain, you can incorporate this briefly, but only do so if you are able to tie this back to a learning experience, or something that you have overcome.

KEY TIP: Be sure to review the “MyERAS Residency USER GUIDE” located on the AAMC website for specific details regarding the full guidelines for your Personal Statement in ERAS.
## Personal Statement: Where to Begin

*Brainstorm ideas of which direction you would like to take your personal statement. When brainstorming, consider:*

<table>
<thead>
<tr>
<th>Reason for choosing a specific specialty &amp; the experiences that led to this</th>
<th>Your interests, motivations, and what you would contribute as a resident to a program and/or a physician to the community</th>
</tr>
</thead>
<tbody>
<tr>
<td>Include a story or anecdote that demonstrates your commitment to a particular specialty</td>
<td>Meaningful hobbies, skills or key attributes that distinguish you from other candidates</td>
</tr>
<tr>
<td>A patient encounter that had the greatest impact on you and inspired you on your path towards a specific specialty</td>
<td>Any “aha” moments that changed how you approach life, medicine, or your work today</td>
</tr>
<tr>
<td>Develop a narrative that connects something personal about you to your pursuit of becoming a physician and your goals post-residency</td>
<td>The skills you developed through prior work experience and ways in which these skills can contribute to your practice of medicine</td>
</tr>
</tbody>
</table>
Personal Statement: Sample Structure

**Introduction (1 Paragraph)**
- Lays the foundation for the rest of the Personal Statement
- Explains a personal story that led you to your desired specialty
- Should entice the reader and be intriguing

**Body (2-3 Paragraphs)**
- Focus on what you bring to the table
- Provide clinical examples and any story of influence relatable to your specialty
- Suggest specific skills that distinguish you from other candidates

**Conclusion (1 Paragraph)**
- Reiterate interest in desired field and emphasize goals
- Include future long-term goals
- Convince the reader that you will be a valuable asset to the program
## Personal Statement: What to Avoid

<table>
<thead>
<tr>
<th>Clichés &amp; Generic Statements</th>
<th>Speaking in general terms rather than using specific examples</th>
<th>Sensitive topics such as religion or politics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grammar &amp; Spelling Errors</td>
<td>Not having the right balance of emotion and professionalism</td>
<td>Including too many different topics and not considering the flow</td>
</tr>
<tr>
<td>Items copied straight from your CV</td>
<td>Waiting until the last minute to begin drafting your statement</td>
<td>Not following the guidelines</td>
</tr>
</tbody>
</table>
Personal Statement: 4 Key Tips

- **Start early & dedicate enough time**
  
  Begin brainstorming ideas & develop a draft by January of your application year

- **Follow the guidelines required by the AAMC using the MyERAS Residency User Guide**

- **Seek feedback & thoroughly proof read**

- **Be specialty specific & incorporate examples**

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Students and graduates can schedule an appointment to discuss the residency application process and match strategy with an OSPD Advisor.

Office of the Registrar
Department Email: aucregistrar@aucmed.edu
Department Phone: 305-446-0600, option 4

UME Student Services
Department Email: umestudentservices@aucmed.edu
Department Phone: 305-446-0600, option 3

Office of Student Professional Development (OSPD)
Department Email: ospd@aucmed.edu | Department Phone: 305-446-0600, option 5