



American University of the Caribbean
School of Medicine

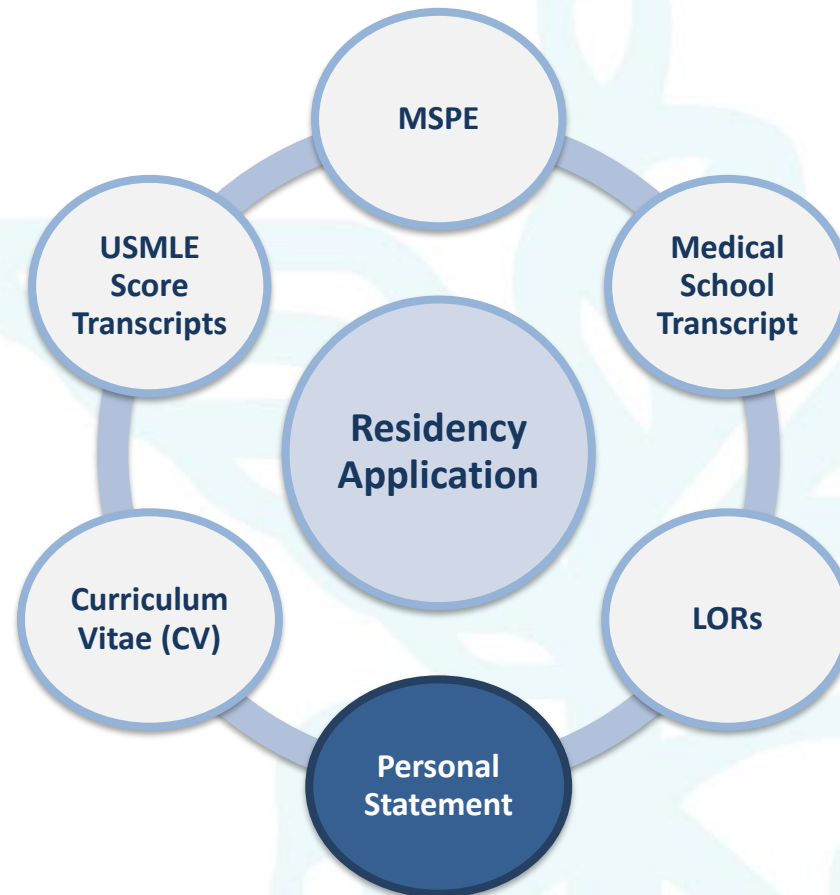
OSPD Match Corner

Office of Student Professional Development

Writing Your Personal Statement

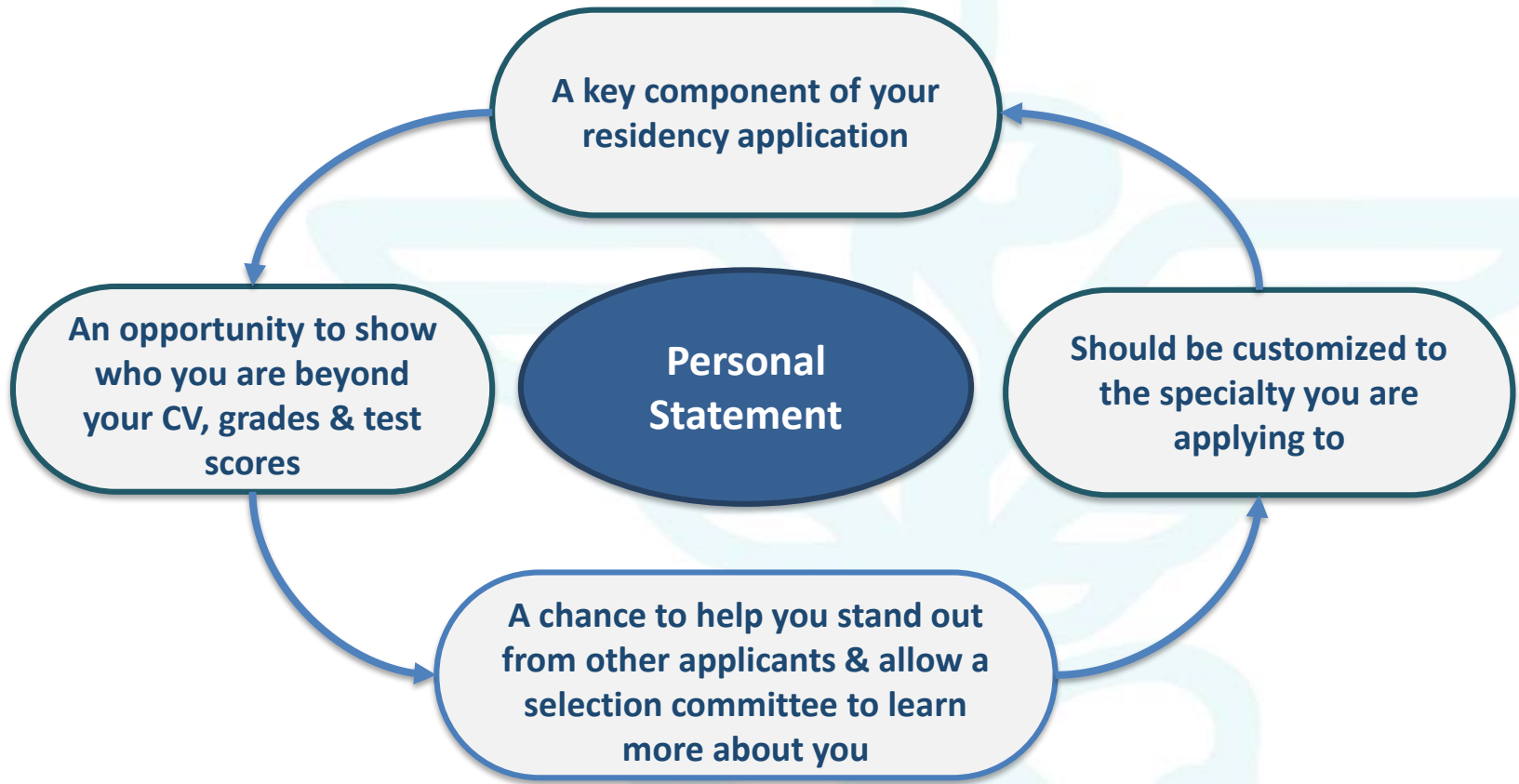


Residency Application Supporting Documents





Personal Statement





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.

Programs will begin having access to submitted applications on September 15th.



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:*

Reason for choosing a specific specialty
& the experiences that led to this

Your interests, motivations, and what you
would contribute as a resident to a program
and/or a physician to the community

Include a story or anecdote that
demonstrates your commitment to a
particular specialty

Meaningful hobbies, skills or key attributes
that distinguish you from other candidates

A patient encounter that had the greatest
impact on you and inspired you on your path
towards a specific specialty

Any “aha” moments that changed how you
approach life, medicine, or your work today

Develop a narrative that connects something
personal about you to your pursuit of
becoming a physician and your goals
post-residency

The skills you developed through prior work
experience and ways in which these skills can
contribute to your practice of medicine



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

Clichés &
Generic Statements

Speaking in general
terms rather than using
specific examples

Sensitive topics such as
religion or politics

Grammar &
Spelling Errors

Not having the right
balance of emotion and
professionalism

Including too many
different topics and not
considering the *flow*

Items copied straight
from your CV

Waiting until the last
minute to begin drafting
your statement

Not following the
guidelines



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**



Personal Statement: Additional Resources

ACP

[Medical Student Perspectives: Writing the Residency Application Personal Statement](#)

[Personal Statement "Do's" and "Don'ts"](#)

ECFMG

USMLE
AdvisorMD

[Part 1: The Personal Statement by Dr. Brian](#)
[Part 2: The Personal Statement by Dr. Brian](#)

[Sample Personal Statements](#)

USMLEWEB

Kenneth V.
Iserson

[Iserson's Getting into a Residency: A Guide for Medical Students](#)



Student Services | Stay Connected

Office of Student Professional Development (OSPD)

Department Email: ospd@aucmed.edu | Department Phone: 305-446-0600, option 6

Students and graduates can [schedule an appointment](#) to discuss the residency application process and match strategy with an OSPD Advisor.

Office of Clinical Student Services (OCSS)

Department Email: advisors@aucmed.edu or coordinators@aucmed.edu

Department Phone: 305-446-0600, option 4

Office of the Registrar

Department Email: aucregistrar@aucmed.edu

Department Phone: 305-446-0600, option 5