

## Identifying Personal Characteristics

The first step to writing a convincing personal statement for any graduate program is to isolate the qualities that make for a successful professional in that particular field. For example, qualities that help an individual be a good student might include the following:

- Conscientious
- Organized
- Curious
- Involved
- Dedicated
- Accepts criticism

Whether you are applying to be a physician's assistant, doctor, nurse, physical therapist, veterinarian, optometrist, public health administrator, or anything else in the health professions, you must know what attributes make someone successful in that profession. Below, list 6-10 attributes or characteristics someone in the profession you want to enter should possess.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Of those attributes, which do you have? Circle three or four characteristics.

Successful essays make a point and then support that point using examples. An example can be a story that illustrates a point, or in the case of a personal statement, a characteristic or trait. Look at the attributes you circled above. Now jot down some experience in your life that you can use to illustrate that point. You can use shorthand for the experience. For example, writing "story about cat giving birth on my stomach" would trigger that incident for you.

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