

## **Personal Statement Brainstorming Worksheet**

This worksheet is designed to help you download the thoughts and feelings you have about becoming a health professional. Write down your answers.

1. [For medical professions] Why do you want to be a (doctor, nurse, vet, etc.)? DO NOT write that you cannot imagine another career or that you've wanted to be X since you were a child. Dig deeper.
2. What milestones occurred in your life that got you interested in this field?
3. Who are your role models and why?
4. Which extracurricular activities have you completed that have cemented your desire to enter the field you aspire to? What were the takeaways from these activities?
5. [For graduate school] Why do you want to study (biochemistry, psychology, etc)?
6. What milestones occurred in your life that got you interested in this field?
7. What qualities do you possess that will make you good at your chosen field? If you're planning on becoming a health professional, don't say you are compassionate. It is assumed you have compassion if you are pursuing the field. Think more about the qualities a good doctor, nurse, or vet has. For example, if you cannot imagine having to perform euthanasia on a pet, you won't get through veterinary school.
8. What experiences do you have that can illustrate your capabilities? For example, if you are a good problem solver, think about a difficult situation you were in and how your quick thinking and actions helped resolve the issue.
9. What is the timeline for you choosing this path? Think back to the moments in time when something happened that piqued your interest, ultimately leading to your desire to enter the field.
10. What characteristics do you have that can show you have the ability to succeed in graduate school and beyond? Competitive graduate programs cannot afford to admit people who don't know how to study or collaborate or learn lots of information quickly.
11. What is unique about you that makes you better than another candidate for this program? What elements in your background make you stand out from other candidates? This can include living in a community where healthcare was out of reach to being brought up by two physician parents.
12. What are your strongest selling points for admission to the graduate program of your choice?