

# YOUR PERSONAL STATEMENT

---

## WHY IS THE PERSONAL STATEMENT SO IMPORTANT?

The Personal Statement essay included in your online application allows the Admissions Committee to “see the person behind the numbers.” Admissions Officers see hundreds of applications. The Personal Statement offers you the opportunity to stand out from the crowd and convince the committee of your commitment to a health profession and—just as importantly—what you have done in the past to achieve this. It’s your chance to prove to the Admissions Committee that you have earned a seat in their school.

The personal statement gets you an interview once you clear the numbers hurdle. You have only one page on which to convey your personality, your experience and motivation, and your uniqueness. It is likely to be the most exacting piece of writing you will ever have to do. Most students need to write several drafts, so start early. A great deal of thought and insight must go into this statement for it to be effective. **DO NOT LEAVE IT FOR THE LAST MINUTE OR TAKE IT LIGHTLY!**

### Length (including spaces):

AMCAS: 5,300 characters

AADSAS: 4,500 characters

## TIPS FOR WRITING A PERSONAL STATEMENT

### A Personal Statement IS:

- ✓ About YOU, not your parents or other mentors
- ✓ Proving to the school that you’ve earned a seat in their upcoming class. (Every applicant has deeply-felt reasons why they **WANT** to be a doctor or dentist. Show what you’ve done to demonstrate this.)
- ✓ Written in a simple, conversational tone. **BIG WORDS** do not impress Admissions Committees (other than technical references regarding specific research.)

### A Personal Statement is NOT:

- ✓ A literary exercise
- ✓ A reiteration of your resume/experiences
- ✓ Full of quotes or obscure references
- ✓ An essay on the state of health care and how you’ll change it

## **STEPS FOR WRITING A PERSONAL STATEMENT**

- ✓ Reflect on your theme  
Email theme(s) to the Pre-Health Office
- ✓ Begin your draft
- ✓ Work with Writing Center for polish
- ✓ Send final draft to the Pre-Health Office for review

After you complete your first draft, the first step is emailing it to the Pre-Health office. It's important that you strike the right tone and emphasize the points you need to emphasize. There's no sense in submitting a powerful, beautifully written essay if it's about your father, the dentist, and not about YOU and what YOU'VE accomplished.

Once Mrs. Wood-Hill approves the draft, your next step should be the YU Writing Center. They will make the additional edits and provide guidance on how to make it stronger. This may take several revisions. After you have a polished statement, send it via email to the Pre-Health Advisor BEFORE YOU SUMIT YOUR ONLINE APPLICATION for review and additional suggestions.

These last two steps are optional, but we STRONGLY ADVISE you to take advantage of this service. Please understand that the sooner you start on the statement and make the necessary revisions, the more quickly we will be able to give you feedback.

Updated: September 21, 2016