

## **PERSONAL STATEMENTS**

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Writing a personal statement may seem like a daunting task. You had little trouble completing the application, requesting letters of recommendation, etc. Now it's time to tell the programs who you are and why they should include you in next year's class. The personal statement allows you to:

- Introduce yourself to the reader
- Show your interest and preparedness (i.e. how long have I been considering this field?)
- Demonstrate your ability to write well
- Highlight what you bring to the program
- Share your personal values related to the field (i.e. what related experience do I have?)

Overwhelmed? You are not alone. The following tips will help, and you are always welcome to meet with your LSU Career Coach to start the process, help with ideas, or to review your draft!

Okay, let's get started...

## **CONTENT**

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*Provide a word picture of yourself with one or more stories. Ask yourself:*

- Does the essay say something about me as a person and future practitioner in the field
- Does it have element that will stick with the reader?
- Do the action words accurately describe me?
- Are there specific, personal examples to back up my statements and illustrate my qualities?
- If applicable, have I answered the essay questions?

## **ORGANIZATION**

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*Even the best content will be lost if the ideas are presented in a jumbled, incoherent manner.*

- What is your message? Write that first.
- How will your ideas logically progress to get to that conclusion?
- Write your key sentences. These may be parts of your larger story, but should lead to the message.
- Provide a framework for your essay, with the first and last sentences referring to the same topic.
- Do the key sentences flow in a logical order? Does the entire thing make sense?
- Can you "flesh out" each of the key sentences with interesting paragraphs that complete the sentence's idea?
- Does the final essay say what you wanted in a logical and compelling way?

## **UNIQUENESS**

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*Demonstrate the qualities that will make you an outstanding practitioner. Your essay should:*

- Sound interesting. At this point, your essay may bore you, so ask others what they think about it.
- Read like a story that ends in a logical conclusion.
- Start with a personal anecdote that will entice readers to continue reading.
- Continue to show, by example, your finest traits.
- Avoid clichés, redundancies and \$25 words. It should sound like you!

*Adapted from "Get Into Medical School!" and DePaul University's Career Center "Preparing Personal Statements for Graduate Schools & Professional Programs"*

## **EDIT**

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Poor grammar, spelling, and typographical errors can ruin your statement. Review your essay. Did you:

- Check guidelines for appropriate length?
- Use varied sentence structures? Do not start every sentence with “I”.
- Use standard punctuation, capitalization, and spelling?
- Use no exclamation points? (Except in dialogue)
- Use active, rather than the passive voice when possible? (e.g., “I found the book” vs. “The book was found by me.”)
- Write sentences no longer than about 30 words? Some should be much shorter.
- Shorten paragraphs so that the page doesn’t look like a gray wall of type?
- Avoid contractions?
- Maintain agreement between subjects and verbs?
- Use large enough type (at least 10-point?)
- Have your personal statement critiqued by several people? Ask a trusted faculty member, the LSU Olinde Career Center, the LSU Writing Center, a friend, etc.

## **PRE-WRITING PROMPTS**

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Here are examples of pre-writing prompts to help you brainstorm and form your personal statement content & structure.

### ***Option 1: Skills & Qualities***

**Personal Accomplishments:**

**Community Involvement:**

**Academic Accomplishments:**

**Professional Experience/Research:**

## **Option 2: Storytelling**

Reflect on an experience that illustrates you – your personality, interests, and goals. Now, think about why you chose this story and how does it relate to your desired graduate program. Answer the following questions:

1. Does this story/experience explain why you have chosen to pursue this graduate degree?
2. In what ways does this story describe potential research experience and/or interests for the future?
3. Does this story/experience address why you are a good candidate for this graduate program?
4. How does this story/experience show that you are prepared for this graduate program?
5. Does this story/experience highlight a theme for your personal statement? Explain how this ties into your career field.