

0:02

Alright. My name is Erin Colburn, thank you for coming here tonight and today. My colleagues and I from the Career Services Office and the Future Physicians' Club put this together for you as a series. This is the first of the series we will be having an interview preparation workshop as well. So we want you to go to that and will be sending out information for that as well.

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We are also going to be doing a Mock Mini Medical Interview in April. We are looking to invite students who are interviewees and observers. This is open to dental students and medical students. We would appreciate any feedback from this presentation because it is our first one. We received really great feedback on that last Fall. We are going to try and provide it to more students this April, whether you want to be an interview observer or interviewee. Please note we really appreciate any feedback with this being our first one. We hope that this benefits you

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So first we are going to go around and introduce those that created this workshop tonight. My name is Erin Colburn I am an academic advisor in the College of Health Sciences Advising Office

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My name is Kelley Gould and I'm a career counselor with Career Services

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My name is Melody Volk and I am an academic advisor that helps Erin Colburn

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and I am Kelsey Nelson I am a Career Success Coach, I am Mary Crowell, Director of the Advising office. I am Makaylee Lindsay President of the Future Physicians' Club

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Great, so these folks are here to help you with this whole process as you write your personal statement the Career Services Office has made these services available to you set up an appointment and go through some of the things asked us our college of health sciences advising office, and then the future physicians club has been putting on and sponsoring these programs. All right, so I'm going to turn the time over to Mary Crowell, after we go through agenda for today. We're going to get started, how do we get started, how do I write a personal statement. What are some of the best practices for writing a personal statement, what you might consider avoiding and the typical questions that fellow students ask themselves while they're writing, and then what the typical questions are that you might be asking. I am going to turn the time over to Miss Mary.

2:20

Thank you. Okay. So, after getting started. The question is why, right, why are you writing personal statements and how important is a personal statement in the admissions application process, which I'm going to tell you is extremely important. Why, because your grades and your test scores

are going to tell a story, your personal statement is there, to tell the rest of your story.

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If done right your personal statement it should tell a meaningful story. Since this is your opportunity to show the admissions committee your passions, why you're pursuing what you're pursuing and how your experiences, connect to your goals of applying.

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admissions committees are looking for a proven ability to succeed, your clear intellectual ability, your analytical and critical thinking skills and evidence, stress the word evidence that this person has the potential to make, not only a good medical student or ex students but also a good doctor. Right, so they're looking for those three key components into totality, your personal statement should demonstrate a dynamic mature and thoughtful applicant who has meaningful experiences that truly to tell why you want to pursue x, why or wanting to go into medical school.

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Bottom line, personal statements are here to help you stand out from the rest of the crowd, aside from your grades aside from your test scores stresses positive way

4:11

Okay.

4:15

Why am I even writing a personal statement.

4:19

Okay. Quick question. Think about this for yourself. Why do you want to be in health care?

4:26

I'm going to argue this is a completely made up statistic, but nine times out of 10 answers help people. Right. That's kind of what it all comes down to. You want to help people. However, when it comes down to it, everyone's motivation probably people's want to be different, how you get your where you get it your motivation help people to be different than another person. Maybe it's from previous experience in healthcare, maybe it's from a drive to support your community. Whatever the case, a personal statement can be a great way to help identify why you want people where that motivation comes from. Okay, so a few points to remember as you're beginning your graph. Okay. So historically. All these are going to do this list, medical, dental pharmacy cometary have a free right so they will not have a prompt for you during this section. However, other

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professional schools as well as doctoral programs and changes will have a prompt.

5:35

Oh, sorry.

5:37

And it's important to make sure that you are answering the question if they give you a prompt.

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I have seen some really powerful great stories don't have anything to do actually answering the question, and it's heartbreaking because if they would have just responded. Other questions or directly their response to the question that demonstrates your paying attention. Right. So, very important to make sure that you're reading the instructions. The application, make sure that you are looking, or admissions, communicating word count page lengths on those sides all that matters in the admissions committee knows. no with a knows what those criteria are, and they'll be seeing if you are also following directions complete attention. So really important to make sure to read the instructions. A limited amount of time that you should be setting away for drafting is about one semester. So, this is not your traditional paper that you write for your classes. This is insane. A document that you want to spend a great deal of time on and it takes time to develop your ideas to reflect and think about your experiences. I know that Erin is trying to hammer reflection and journaling. Often, right, and I can not tell you how important that is that how much with making yourself clear. When it comes time to actually start drafting and taking this seriously. The minimum number of drafts that I have seen students apply for a doctoral program or professional program is six drafats, that's the minimum number of drafts that you can expect to write. And these are substantial edits, these are huge base here there. It's right this is the next step, and admissions committees want to make sure that they're seeing the whole dynamic, which we're all of those things that we listed. So often something to take into consideration is who you should have to review, your drafts and Kelley will go into this a little bit more depth, but just make sure that you have someone or some people that you can trust to give you constructive feedback, and the different areas that have someone look over is for general style structure.

8:37

Overall though committees are looking for that. Right, looking for that.

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Cool, Well I thought we could brainstorm just a little bit, and think about all of the different experiences that you have as tools

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uses tools for your personal statemen. So there's this idea that anything for a student has to be related to healthcare, which it's not necessarily the case obviously just meaningful experience in healthcare, and definitely tools within your personal statement however there are a lot of experiences that you guys are are participating in now or participate in previously that can be used in your personal statements. For example, maybe experiencing customer service jobs, full time, part time gig in the summer. Any internships. So this could be fieldwork maybe student teaching volunteer experiences again and outside of the hospital

service learning projects, is service learning something that you've done that can be operated Sheamus extracurricular activities. So student organizations sports leadership and professional organizations, all these can be used. study abroad, and then research as well. So you're not just limited to healthcare although it is very valuable. I just want to get started thinking about all the other ways that you bring value to the table as well. Also good about prompts, that you could possibly see when it comes to a personal statement. So, just like we mentioned before, there's the classic, no prompt. Maybe it's something as little as you space provided to explain why you want to go to medical school

10:15

pretty general, sometimes it comes with character and word counts as well. So something to look for. And then here if you got one so you want to just kind of see what you guys think. So, some of them may explain why you walk towards into this particular medical school.

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So that for you first draw on what do you find appealing about that program is the location. Is it a collaboration between different departments what what gets you excited. Right. Maybe from list of activities experience, and experiences listed in your application is like one that is most impacted your decision and your medicine. What researcher in academic work Have you completed, what did you accomplish or learn what you think is the role of a physician in the community,

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described a humbling experience

11:00

a lot of different ones that you could possibly receive.

11:05

What do you do let me make sure to read the questions

11:07

Yes.

11:11

Okay, so I will quiz for you, which is better to include a personal statement on hospital volunteers in the community.

11:20

What do you thinkin friends.

11:24

Yeah.

11:37

I want to go for a meeting of this. Obviously, again, your experience in the hospital is so valuable please don't discount that, but we want to challenge you guys to think about all these experiences that you are reflecting on or you're going to want to be reflecting on and how you can incorporate that into how we want to be involved in health care. Can I

just chime in and point out that when you're trying to choose experiences that you are wanting to showcase they all need to be really heavy, emotional, you know, Destiny airways those kinds of things. That's not necessarily important admissions committees are looking for are the lessons that you learn from your experiences, the lessons that you learn to and how you connect them to

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to your goals, so.

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Yeah, exactly.

12:36

Okay, we have a little activity friends. Yay, Miss Mary handing out piece of paper here in while she is handing that out, we had that out our activity so we will do part one with us, and then part two will be in the next section so now and while we take that out. We wanted to pull some of these words healthcare, these are some qualities that I that they are looking for patients. And both of the motivation because ultimately. Why, watch for some of you right

13:17

Okay, so five minutes. We want you to name an experience that you have, whether it be professional volunteer academic, etc. that has helped shape, why you want to pursue health care. We give you a whole lot of space here because use what way helps generate ideas for you. Maybe that's the kind of mapping or bullet points or writing out sentences, but we want you to take five minutes to name that experience and brainstorm a little bit about it, Remember no experience too great or too small. Experiences are experiences that you are having. As an example, so don't don't don't try and be too big, just something didn't happen this week or so,

14:02

it can take a second to wrap up any thoughts that you have that you're, you're writing down, and that's where we will end up one of the activity for right now. Now someone said some other tools and these are links in the slides as well. On the first tab the first resources that I'll allow it for do they got a lot of resources available in terms of writing but they've got a really great one about personal statements, you should check out. There's also the core competencies for the

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Association of American medical colleges, and, the National Association of Colleges and Employers

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AAMC has core competencies competencies that are listed that medical professionals are expected to possess. And then the new core competencies are core competencies that employers would like in the workplace. So those are some things to take a look at and reflect on and to incorporate into your materials, if there are any of those competencies that resonate with you. And if any of those experiences you have had highlights, or

have allows you to develop those competencies. And there also be different strategies to their mind mapping Wayfinding, values and strength finding and then obviously meeting with your health professions advisor or services that we're going to pass it along now.

15:31

Remember we are

15:33

send this stuff to you later

15:41

I'll be going over some to do's and not to do.

15:46

So we're going to look at some issues regarding style

15:51

that some dos are that before me right we're trying to be eloquent in this and writing smoothly writings.

16:00

Without your like your

16:02

resume your

16:05

cover letter

16:07

writing in second person

16:09

when possible. So,

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an example of that would be. passage read from slide

16:22

thankfully many observers we were chatting experiences are possible to achieve during the school year at networks nearby State University. But this is it, and frequent use of I's in your writing to help direct where you're going with that but it's not only. As you see, so when active voice is important as well if possible. So, passive active is when you emphasize the doer of the action passive voice emphasizes three recipient of the action.

17:00

So you may be putting the.

17:05

The do or of action for yourself. Can you say what I enjoy about serving in the boys and girls clubs influencing others by being a positive role

model, whereas has made me more on a good role model, and how that can be being a positive role model as

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always trying to be in the active voice.

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Some don'ts then try to be funny or use humor because of course that's always overwhelming screws out text messages right and you know format just unfortunately wasn't caught. And that can be, you know, unfortunate. So, try not to include that if possible, you can still be yourself. Use those assets. Maybe then use another I's we mentioned, it is just jumping out across the board of your writing or that you can get caught pretty easy, and bring other people in from pretty different styles.

18:12

So the next area of grammar some Do's, you should typically involve in the organization.

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There are the differences between physician versus doctor, especially since doctor could be PHd or something

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learned any area but not specific

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to manage or to help those fields. physician assistant versus pa so you know, pre pa but I decided to go towards becoming a doctor in one of those shortcuts.

18:45

And that scene alphonsum Regional Medical Center

18:49

is actually building a house, and using the full name of St Alphonsum, the same moves, especially for for our warehouse.

19:00

They may not know those

19:06

And then allopathic versus MD are osteopathic.

19:11

So, do not use contractions

19:16

Right. Okay and flow.

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So, if you can use your own voice.

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I'm sure you're aware there is a

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character count so you're using that very

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important word counts use someone else's word, you're just hope that it can be that the best of your ability but if you can be using your own voice to describe something,

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and that will be the goal that you're getting to your voice and that you're getting to speak towards your story and your experiences. So generally do not try to use those. And then using them where they or those, rather than just calling out what it is you're talking about so an example of that, using what we did before we don't work in a real community it may be harder to find clinics and hospitals in China experience. Thankfully, many of those experiences is one way we have done it but again, bringing up a subject many of many of the observing and shadowing experiences are possible to obtain during the school year

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So moving on. Another area to get positive. What this means is always putting yourself in a good light so using the event of session is available to discuss

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an addendum section is sometimes below or attached to your personal statement, and it lets you spell out exactly what might have happened. That was

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a great issue, something in particular that might have caught you off guard but it doesn't need to be addressed in your personal state. So it works really hope that you can in yourself in the most positive way. So, using the example that negative let's say there's a very serious type of condition in your family, such as your you know Grandma, having a medical issue or hospital let's say a whole semester a year, seems to really affect your organic chemistry grade, you know, that would be something that you would hope you could address somehow, rather than just bringing up, you know, having serious issues and letting life flat, you can say, because of that I was often connected to the hospital network and really got to see and observe how they care specifically with my grandma. And what it meant to me how I would like to act as a physician one day. And beyond that,

21:46

although I still remember getting chemistry grade next semester I dropped out about biochemistry and really hit the ground running. I learned

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how critical of a year that was that even though it had some hardships because of life events I'm still in this to profitable because I am passionate about accomplishing my goals

22:07

something about it.

22:09

So some loans are great, unless you're sure you how to use your criticism. So, and then I don't often involving other people through you

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okay so Mary touched on this a little bit.

23:02

But really you should try to have very much. Ideally, probably about.

23:08

So I know it can be really scary having somebody review your stuff. And remember that it's worth it because they're probably hopefully give you some feedback on grammar, spelling. How you sound and it just to make sure that your and the values you were reviewed personal statement, often questions. So like I said before, does the grammar also make sense and use proper grammar when I'm talking about grammar but whatever. And then, so does it sound like you, things like that, and that being said be careful with having too many people read it. Too many voice, can potentially infiltrate your voice really don't want that to happen. Because that's how medical school really see who you are to want to make sure that your voice is coming through

23:58

And then you want to be careful with potential a physician or dentists who have graduated medical school or who applied to medical school for a really really long time ago because things change and how and there could be a lot of difference between then and now.

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So, they might not what you should include within your personal statements.

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You definitely haven't read it, things like that but essentially take their feedback with a grain of salt.

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Okay, so now we're going to dive a little bit.

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So, The original examples of how to pick someone to pick one of your top three for you personal statement, asking someone to look specifically at grammar and writing asking someone who's trained in medical school personal statements in dental school personal statements, like your preprofessional advisor or someone from Career Services. And then somebody who might know you well enough to give you really good opinion and not well enough to kind of let that influence, so maybe my mom would not be the best person have read it at the very end because she might be biased

25:18

Questions within our activity. But is there something that you can ask and these are all will be receiving this kind of leads us to our activities so if you might already flip over that piece of paper

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and take a few minutes to discuss what you wrote in Part 1, so we will have you partner up next

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Activity #2 started

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Anybody willing to share an experience that they've had and how they reflected about it today.

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Clay, do you want me to read what I wrote

26:48

if you're comfortable with that. You don't want to step out of your comfort zone. All right. While training at my gym is turned out to be a great springboard into the field of medicine

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training high intensity interval workouts last 16 months.

27:04

I realized, I enjoy the challenge....

27:41

So What questions might you ask to try and turn the bottle to try and get the ideas flowing brainstorming ideas going and what might you also be asking that we didn't answer for you today. Okay. So, so the questions to ask yourself when writing. How am I current activities reflect my values. Do I know my values shows something about my character and personality. In other words, am I showing the best me am I there in the statement. Is this a topic that I care about the last couple years, or is it something old that may have been the spark that lit this desire They care about the most recent things. You are right now. So in high school, you may have had a wonderful experiences. Yes, I really want to go to medical school, that's the spark. They don't care about Spark, they care about the engine. And why is it and how do you know that have I'm sure I've changed. We have to change. We're in constant motion change the only constant is change. What are we interested in reading about this topic if someone else wrote about it. Or am I just kind of blowing stuff out there in the air that would be boring somebody else write about something that you're passionate about this any contribute quality or skill distinguish you from everyone else. Is there something that you believe is uniquely you. And how talk about it, share. Okay, so make sense, I believe, honestly, in my experience of doing this for 12 years that each and every one of you is unique, that you have an experience just like everybody else does everybody goes out and they shadow, they may event shadow the

same physician, or or the same PT or the same pa or whatever it is. At the same time, but you learn differently than the person sitting next to your observations your perspective. They are show very much yours. And that's what medical schools and PT schools and graduate schools and PA schools, want to hear about. What is that you grabbed on to and that said haha yes please me. Okay, so I'm really serious about no experiences too big or too small to write it up. So,

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your turn.

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But I promise you be able to repeat what we covered what questions do you have. Yes, lets say you want to write a personal statement that might be directed very deeply for a specific school. Okay.

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Is there any way you can kind of derive a personal statement. Like, they want.

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10 others, you know, so the question is, if I want to write to a particular school should my personal statement, be to that particular school. Probably not. Because in the big scheme of things, whether you're applying to PT school or ot school or med school or dental school, you're going to be sending out what's called primary application. What that means is that you're sending in one application to all the schools, but here's what you could do catch that question, you can look at the WWAMI's mission, and find out, it's very likely it's in similar mission to many other medical schools. Their mission is to serve the underserved and rural populations, many medical schools care about that and even right now. You just don't want to say things like Duke University or WWAMI or, you don't want to do that because you're going to be writing. Now, The second part of this is, this isn't just about a personal to me. You're not going to be done after you send that beautiful personal statement essay off into to the world to write secondary application so lots of them. And we're going to have some prompts. And their going to have other questions, and we like specifics set of applications to the WWAMI.

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Prior to that. So think about that, you're never done, you're going to write the personal thing is.

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The other thing I want to share with you to get into that question is I want you to think about those experiences, you're going to put them in your application for Med they give you 15 spots for dent its about 15 spots, for PT its about 10 to 15, you're going to get some characters to describe it. Now, let me ask you a question if I describe this, I'm a CNA at hospice. clinical exposer, I do blood, I take vitals, but I help with the dispensary I do this and do that like. Versus I am a CNA, and I get the opportunity to work with patients that are in your last steps. And this is what I've learned from that experience, which was betterTh. The second one!

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isn't a mini personal statement a little baby one

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If you write and reflect about each of your experiences, each one. You will be able to put that in the description and you will have an extra set of characters to talk about you.

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I don't know how many times have seen that application when that has not been done and it's been a disservice to the students because they fail to see value of those characters that they give you.

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Soon as your question, smart. Let's go. Yes.

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dentistry is about 4500. So what you need to do is read the instructions for whatever application you're processing is a character your lap. Keep in mind, they see characters and talking about spaces as well. You will not be able to format this into a pretty piece of paper it will be one big large paragraph

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Okay, so characters and space count. Remember when we were talking about writing PA versus Physician assistant it sucks but its a better essay even though each character counts.

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I actually seen a personal statement where someone put doctor versus physician and it ended up being bad juju. Okay. So think about your characteristics thnk about how your going to say things. It's okayto go big and figure out how to scale your essay back because the more you write the more you will be exposed to yourself and your views this will help you build a better statement about yourself.

34:53

Okay. Does that answer your question,

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yes, back here,

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follow up question I'm just wondering, is this need to be single or double spaced.

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there will be no formatting.

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So basically what you're going to do is you're going to customize it in word great but remember that you will not be uploading a word document

you will be copying and pasting as plain text to remove all the formatting into a box..

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If you try and do it differently you can risk it not working or the application getting really angry at you.

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Did that answer your question.

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So the question was, should we not include our spark because Erin said not to. I didn't say not to. I just don't let that be the only thing you talk about.

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So, if you only have the story of your high school life. And you don't enlighten them what's going on now whoops .

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They care about about who are right now.

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My sister applied to PA school and she wrote about when she was in high school, ER was a thing,

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er,

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She wrote about ER, how that was your first exposure to medicine, and then she became a CNA she realized Holy smokes. ER is so wrong

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So she described in her personal statement about what she thought medicine was and what she learned it was in her experience.

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The question that's being asked is, what you twofold one is a what if you have to reapply, and you have you try and not be redundant and show that you have change that a little bit. And the second part of that is each personality should, how do you how do you stop yourself from being redundant in your experience components and your personal Statement. I think it's like this, I would describe it, if I'm thinking about this. My opinion is that, you know, what you experienced over the last five years, you've written it down and reflected about each of those experiences. You know how to squeeze out three of them, that your like. Those three are mine. The are mine to use I have other experiences, but these three are the most viable experiences that I own truly.

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Okay. He talked about one

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in a new way.

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So in other words, we'll see how my experience, You shadowed a physicia. It was awesome it was the best thing ever. But shadowed another physician, and had a similar experience the same thought processes the mind is with that other experience with the new experience . So, think about it like that. Eat about Okay. How does experience a shadowed of over 100 hours, I had seven different moments right here about location that's one in one should not have been holding it together. Absolutely. your personal status should shine a spotlight on your applications your application should be often doing the same thing.

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There's no reason that they will necessarily read your personal statement first

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Mic drop Yeah. the could choose to read your experiences first.

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So you need to think about that keeping the enlightening each other.

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So, you guys can chime in whenever you want. But here's the thing. Question is, we talked about whether its appropriate to talk about acadeamcis in your personal statement and whether or not its okay to talk about feeling less adequate in your experiences.

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So this is how I would answer question.

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This is meant to be a positive statement , this is the personal statement is your place where you get to shine, where you show your brightest moments in the most positive attributes. So why would you have that discussion with them at that point, you wouldn't, what you would have is a discussion, during secondary, if they asked you that question, or interview, they asked you that question give yourself some credit guys you chose it to certain experiences, because they were what you want to do, you enjoy them. Tell them how much you're passionate about them, because those are the things they might hear about. They'll interview you and you might get that question. Why don't you do more research, and you will have the answer. But then it will be blanketly showing them a difficiency. I can honestly say I am not the best writer sometimes I'm very good talker but I'm a terrible writer sometimes.

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I don't think I could eloquently describe that in a way that will be seen in a positive way. So I choose to eliminate it because is I want to show the best parts.

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So we can't stress that positive piece enough. Okay. That is your question. Yeah,

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Asking about saying Physician assistant (pa) I have seen it that way where you put it in parenthesis but

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I personally wouldn't because you want to be consistent across other words, stick to what you did to it, like just keep it going. Is there another way and word is your practitioner suspicious is a possibility. Think ingeniously about how you want to word and craft your sentence eloquently, what do you guys think

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in the place of abbreviating I would reserve it for a CV

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just a better and not in a personal statement, that

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just to me as professional as possible is really nice. Yeah.

42:53

So the question is how do we adapt a story into our personal statement. And I would say that I find that there are some people who are great storytellers who can get to the point. And that's the thing for sure. So you need to be the seeds. So you need to get them there. So I heard a personal statement from a man who wrote about the Mexican spring that I jumped on things. It was very novelistic personal things like whoa, whoa.

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This is great. This is more like a novel, this is it.

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Tell me why I should care about that story. So I would say be careful about throwing in a story. Why would they care. Right. But set the stage eloquently quickly let it be like, Hey, I was actually experience an opportunity to see someone at the close of ancilla. And I got to see the team and I got to see all these cool things, they care more about your reflected about that story than they are about the details of the story. If you're in an emergency and they know that if you're in a physical therapy office, they know what that looks like. Okay, you know, you don't have to go into great detail to explain that to them, might not go back, your common sense of it different than typical CNA baby, but unlikely that make sense that action question.

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Unless the story is really important to you.

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I would say there's many great storytellers, that swear you invite every part of that

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so, so, so the comment was it takes practice that it might mean that you might have to write a whole bunch

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That's why Mary said hey you know,

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right, you're not going to get the first time you're gonna have to mold it and shape it and writing it, writing it, and that's okay. I wrote ten drafts and they were all different. She's threw away every single one of them. she was so frustrated with herself to get to the meat of what she was trying to say to meet you. The thing you want to did just to grow. That's something to process just like the process of experiencing and learning about the world you want to be in, whether it's PTA, wherever it is time. That's

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better. Okay. So more, go for it. Question was about specialities and should you talk about the desires to want to do that speciality

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It's hard to say this is a personal thing. I think that one is a gray area. I can say that there are some medical school, or dental schools that might have a problem with that, because ultimately when I first started out, going to medical school. They want you to have an open mind. They want you to be like, hey, you may think that you want to do. And you may not actually need 30% of inventors to walk into medical school.

47:09

So I know I want to be...

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exposed. Actually, almost

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as though I actually met.

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And he went on the whole way as a pathologist.

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And that's exactly in

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your school, you need to ask yourself is that special discussion important enough to explain who you are, and it could. So that's it. This is great. Prayer is how God supposed to medicine, and he has a great opportunity. But tread lightly.

47:53

Yes, which I remember.

47:57

Somebody told me that you go to medical school you're going to be trained as a primary care physician. So that

48:09

was when you go to medical school, you're likely getting trained as a primary care physicians

48:14

and the answers pretty much yes, because your third year clinic rotations going to be exposed to all the types of medicine

48:22

to start with you,

48:25

mergency. In June, and health, human health insurance medicine there, how to care they're exposed to all these things, you have to be exposed to all those. I haven't turned it to a PA or PC is you're going to expose your transit Gen first, and then you leave the door, which specific area you want to

48:51

make sense,

48:54

hanging out.

49:01

These are great questions guys

49:22

And I encourage students to observe multiple settings

49:28

to teach you about that again. shadowing multiple settings

50:02

So I had a student who submitted to me a personal statement. And I read it and I said your conclusion is your introduction so she got going and it was at what she thought was the end that was where she should have started.

50:11

That could be an issue. We want to talk about the story. That's like right now in their world like I am so enlightened about this story, right. So, I think that in our time this is for me. But you have to reflect, you have to journal, you have to free write because that's the only way to get to paper or computer, however you drive to really see what needs to start in the where you are starting the statement, or you start at the end, some students are chronological in the nature so they start at the beginning. Other people are like this is my high point I want to start with that so use there beliefs or themes like leadership in the core competencies and so maybe they,

51:16
they're strong with core competencies.

51:19
Can't see that there is one right way to it, because it's so open. If
your PT, OT, you're gonna have a prompt vets are gonna have a prompt. And
so,

51:31
you need to answer the question,

51:33
but how do we start that you need to visualize to you might call it
personal narrative. Personal statement

51:39
does that make sense, does that answer your question.

51:44
Yes. Can I add that

51:47
reflections process is arduous like it's it's difficult it's exhausting,
just really give yourself some grace and patience in that process.

51:57
It's a lot to reflect on your experiences as a whole. All the little
bits,

52:02
little bit at a time

52:04
where you're at process

52:07
to just have forgiveness for yourself.

52:12
Do you have ten mintues today that I can steal from you. Can I have your
ten minutes today

52:20
looking after this.

52:22
Don't let me steal it. You take it. Just write for ten minutes everyday

52:28
every day

52:29
in the morning, night, and you're done.

52:33

10 minutes. 10 minutes don't spend hours doing this.

52:41

You're like, I am going to write about myself today

52:43

You might actually get something good out of my life.

52:53

10 minutes. Doesn't take much.

52:57

And one thing that I found

53:02

was when I started writing my personal statement. I answer the space with one sentence that became my thesis

53:26

Why do I want to go to school and use that as the statement

53:32

that can work.

53:36

The hard part is what might work for you, always going to work the next person is so individualized, we can give these workshops will give you kind of some of the dos and don'ts and this is a framework for the growth.

53:49

Right

53:51

now, Africans

54:22

talk about your spark.

54:27

So, how do I spend a lot of my sparks and stands from my experiences and habit so if you look at a lot of, like, we're talking about inner city and underserved and inner city communities and so those American medical records. While domestic problems and so what level do we adapt our personal statements to achieve American medical missions and while we are going to still come across what we care about in our own experiences .

55:03

I had an experience where I've interacted with the mission of this college, this institution. If I had that you nugget that's the needle and then build on. You see, I don't see that it's only about that but I have to do this all this and have these experiences. So, the key would be to have one. And you know what you're right I was looking for that

underserved under represented mission. Yes, what we have right here in garden city

55:51

American national Americans, these are all volunteer places where you can be exposed individuals who are are underserved don't have health care, and they are running like regular income, they're earning an income that they can afford health care. You can see that, go and have that experience, and you don't have to have it only arching theme in your statement. But you need to talk about it you need to say hey, I had. Right. The friendship clinical is another great example.

56:25

And no matter which branch or the area your intersted those are viable examples

56:32

We also have examples here on campus. So there's food to desparity, there's into food insecurities, there's a pantry here. Your own community people riding around with out homes, living in their cars, and

56:49

also going to work in theire car.

56:53

And they're, they're here ladies.

56:57

So there are lots of ways for you to get experience, so that you write about the experience but it doesn't have to be the only thing you talk about.

57:05

does that makes sense. You can put quite a bit in your statement

57:17

Yes.

57:22

So I like

58:18

I don't see, I think the key. is are you bein being sincere. Are you being genuine or honest. How can you be sincere here is the thing. We did not an activity tonight. We asked you to give someone feedback. you have Lots of people that you can do that with. I hope vocal person. My writing comes, vocally, right, learning, thinking comes vocally,there's a tool called otter.ai its an app you can get on your phone

59:01

you can get 600 minutes for free every month.

59:03

it records and dictates

59:07

If you are not one of those people who is not a good writer or typer, or

59:15

if you could talk to somebody, sit there and have a conversation with somebody

59:22

you get out some of the most fascinating pieces, stop that I'm able to talk about with you in advising appointment.

59:30

That's my best stuff because out loud

59:35

So if that works for you, that helps you.

59:39

Here's what he can do. You said, I want to talk to you today about and you laugh. I see no right that I want to talk to you today about

59:50

Right.

59:53

I want to talk to you today about you gotta

59:57

write a clear structured sentences, I think....

1:00:04

Don't be afraid.

1:00:08

If you

1:00:10

enormously frightened to stare at yourself in the mirror.

1:00:16

I see you.

1:00:19

See if you need to come in and do a mind map on my dry erase board lets do that.

1:00:51

I want to thank you.

Transcribed by <https://otter.ai>